

200-Hour Yoga Teacher Training

with Jovan Nikolic (E-RYT 500/YACEP) – Australia
and Noreen Belarmino-Nikolic (E-RYT 500/YACEP) – Philippines

✦ TRANSFORM YOUR LIFE TODAY AND BECOME A CERTIFIED YOGA TEACHER! ✦

Join our 200-Hr Yoga Teacher Training Course and become a Registered Yoga Teacher (RYT200) with Yoga Alliance - the largest international association of yoga teachers in the world!

IS THIS COURSE FOR YOU?

- Do you want to teach yoga full-time or part-time?
- Do you want to share the health benefits of the practice with others?
- Do you want to understand yoga in depth?
- Do you want to take your practice to the next level?

THIS COURSE IS DESIGNED FOR STUDENTS OF ALL LEVELS, INCLUDING:

- ✓ Beginners
- ✓ Intermediate
- ✓ Advanced

COURSE SUMMARY:

13 days x 14 hrs per day = 182 hrs
+ 18 hrs Post-Training Requirements
= 200-Hours

DAILY SCHEDULE*

07:00 - 09:00 **Asana & Teaching Practice**
09:00 - 09:30 **Breakfast**
09:30 - 12:00 **Lecture 1**
12:00 - 13:00 **Pranayama & Meditation**
13:00 - 13:30 **Lunch**
13:30 - 16:00 **Lecture 2**
16:00 - 17:30 **Teaching Methodology**
19:00 - 22:00 **Self-Study**

Lecture 1+2: Primary Series Analysis, Vinyasa Workshops, Postural Alignment, Anatomy and Physiology, Ashtanga Yoga Fundamentals, Yoga Philosophy, Yoga Sutras, Sanskrit, Trauma-Informed Yoga Principles, Yogic Food, Diet & Nutrition.

**Schedule may be subject to change*