

SPRING 2023

YOGA TEACHER TRAINING

200 Hour Certification

hybrid format: online & in person
at Seattle Central College on Capitol Hill



**Mon, Wed & Fri, 6-9:30pm (online) & Sat, 8am-5pm (in person)
4/3-6/16 • 41 sessions • \$2,199**

Share your love of yoga with others and become a certified yoga instructor in this rewarding intensive program led by Dee Williams.

This program is a great fit if you:

- Want to learn more about yoga and strengthen your practice
- Are interested in teaching yoga
- Would like to refresh and renew your current yoga education through exploration and expansion of new techniques

During this 200-hour program, learn about:

- The fundamentals of Hatha, Vinyasa & Restorative Yoga
- How to structure a class
- Use of props
- Movement dynamics
- Proper modifications
- Meditation techniques
- Effective cueing
- Anatomy & physiology
- Yoga philosophy
- Nutritional concepts

Graduates of this class will receive certification from Seattle Central College and are eligible to register with the Yoga Alliance.



**SEATTLE CENTRAL
COLLEGE**

Continuing Education

QUESTIONS? CONTACT US!

email: conted.central@seattlecolleges.edu

LEARN MORE & REGISTER

www.ce.seattlecentral.edu