

RASA YOGA

SCHOOL OF YOGA & AYURVEDA

WELCOMES YOU TO THE **Teacher Training Certification**



Congratulations! You have taken your first step on the path to an amazing journey of self-discovery through yoga teacher training.

This brochure will provide you with the initial guidance you need to determine if our program is the right fit for you. Please make note of any questions and we will be happy to address them in our follow-up conversation. We look forward to assisting you on the path.

~Toward the One,
Padma Shakti

Tracie Brace Hatton

Founder & Director of Yoga Studies, Rasa Yoga School of Yoga & Ayurveda



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THRIVE. PASSION. PURPOSE.



Rasa Yoga Teacher Training Certification

~7-9 months or less

~RYT200 hour certification

~Enroll for as little as \$200



TEACH YOGA.



Rasa Yoga Teacher Training Certification (TT200) offers the opportunity to receive the highest standard of training for yoga teachers. It is now possible for the serious yoga student to get their certification in a time-frame that works around almost any busy schedule.



Students completing Rasa Yoga Teacher Training Certification can graduate with a 200-hour teacher training certification in seven to nine months or less and fulfill the requirements to register with Yoga Alliance for RYT200.



In addition to general course work, teacher training students will only need to attend one 7-day intensive plus 4-7 weekend workshops tailored to individual goals and proficiencies. In the 7-day intensive, students immerse themselves in the yogic life-style through the experience of true community and study. Students can choose from multiple intensive sessions scheduled throughout the year.

Topics of study include:

- Ayurveda
- Meditation
- Anatomy
- Asana and Pranayama
- Teaching Methodology
- Yoga Psychology and Philosophy
- Sanskrit

YOU ARE READY TO

THRIVE.

It means more than simply climbing a ladder of success, punching a clock, checking in and checking out. It means going beyond the daily routine and experiencing a life that feels rich and full. Teacher Training Certification at Rasa Yoga allows you to THRIVE in your teaching and your life!



YOU HAVE

PASSION.

What is it you seek to create? What drives you? What is the desire in your heart that won't be silenced? Rasa Yoga Teacher Training Certification empowers your voice and fans the flame of your PASSION so that you can light the world around you.



YOU LIVE LIFE FOR

PURPOSE.

You've felt that feeling before...that there is a reason you are here. Rasa Yoga Teacher Training Certification not only gives you the credentials to begin teaching Yoga, but gives you the insight into your unique gifts and how to share them. Discover your PURPOSE!



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TEACH YOGA.