

Yoga Outreach Core Training

November 25, 26 & 27



Are you interested in expanding your scope of practice as a yoga teacher? Do you want the skills to impact the lives of people who cannot access mainstream yoga classes?

Yoga Outreach has developed a 16 hour Yoga Alliance accredited Core Teachers Training that will empower you to work with students confronting a wide range of challenges within diverse settings. The training includes in-depth explorations of trauma sensitive techniques and strengths-based practice.

At Yoga Outreach we specialise in developing yoga programs for people overcoming multiple barriers in their lives. Our Volunteer teachers have been working in Mental Health and Addictions Facilities, Women's Transition Homes, Youth At-Risk Centres and Corrections for over 15 years

www.yogaoutreach.com/training

Come. Learn. Share

Tuition: \$288

Limited Work Study Scholarships Available