



# 200 HOUR YOGA TEACHER TRAINING

GUIDELINE



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*raffa life*  
Active Relaxation Center

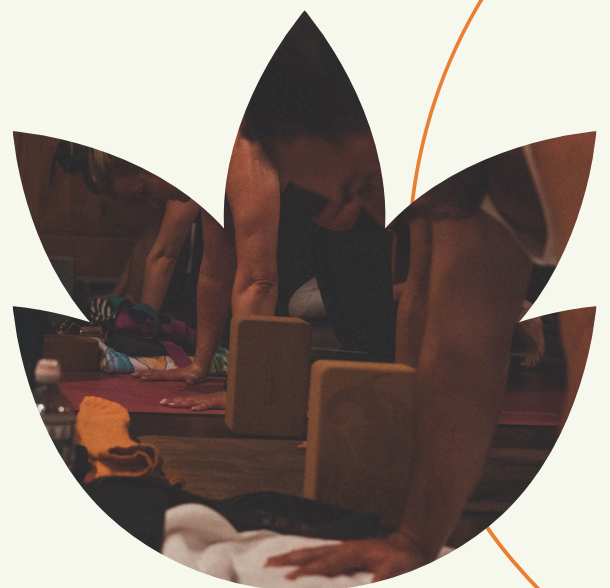


Facilitated by Christine Raffa & Staff, this training encompasses the practices of Baptiste Power Yoga, Forrest Yoga, Hatha Yoga, Vinyasa Yoga, Adaptive and Therapeutic yoga. Raffa Yoga is committed and dedicated to your experience and are excited to be offering this teacher training. This training is for; anyone interested in teaching yoga classes, those interested in deepening their yoga journey and current yoga teachers interested in honing teaching skills.

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This teacher training program will include and is not limited to:

- Teaching techniques including demonstrating, sequencing, and assisting
- Correct alignment and action for traditional Hatha postures
- How to work with injuries and ailments
- Meditation and room-centering techniques
- Pranayama and The practices and benefits of breath exercise
- Om-ing and Chanting
- Introductory Anatomy in relation to yoga
- Yogic Philosophy and Lifestyle
- A yoga 'game plan': intro to business of yoga
- How to bring greater joy to your own life and those of everyone else around you!



## TRANSFORMATIONAL

Share an unforgettable, life-changing journey through the rich landscape of yoga. Heal your mind and body, while you nurture your spirit and connect to other inspiring humans.

## COMPREHENSIVE


A modern approach to ancient wisdom. Whether you're a dedicated yogi seeking to expand your knowledge of yoga and meditation, or an aspiring teacher seeking a globally recognized yoga teaching certification, you'll receive a solid education while elevating your personal development and skills as a facilitator.

## PROFESSIONAL

Our program is designed and facilitated by Master Teachers to ensure the highest standard of education.

## INTELLIGENT CLASS SEQUENCING

Our sequencing is creative, purposeful, effective, and truly transformative.





## DATES + TIMES

### **DATES:**

September 6, 7, 8

October 11, 12, 13

November 1, 2, 3

December 6, 7, 8

January 3, 4, 5 2025

Jan 31, February 1, 2

March 7, 8, 9

April 4, 5, 6

### **TIMES:**

Fridays from 5pm-9pm

Saturdays From 9am-5pm

Sundays from 7am- 3pm

**25 hours of home study 15 hours of student teaching**



# TUITION

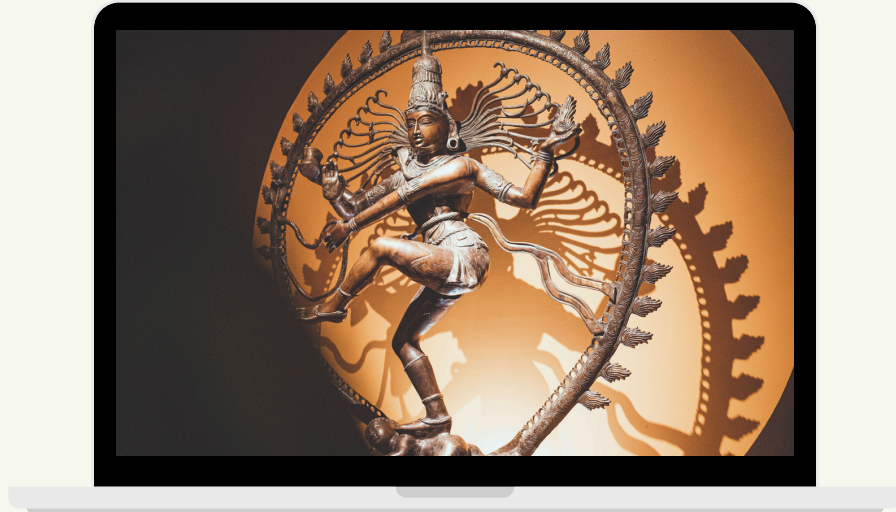
Total Tuition \$3500

\$500 non-refundable deposit required at time of registration

Payment options:

Option One: Early Bird Special (save \$1,000) Pay \$2,500 when paid in full before July 1, 2024

Option Two: 3 Monthly Payments 3 monthly payments of \$1,000 pulled from a checking or savings account on the 15th of the month. Must be paid in full before the start of the first weekend



## CONTACT US

Email

[managerraffa@gmail.com](mailto:managerraffa@gmail.com) for  
more information and registration