

*Stress Management Center of Nevada*  
*Yoga Teacher Training & Certification Program*  
*Registered Yoga Alliance School - 200 & 500 Hour Training*

# *Yoga Teacher Basic Training*

*20 Hours of CECs for Yoga Alliance RYT's*



***Saturdays, February 11 & 18***

***1:00 – 5:00 pm***

***and***

***Sundays, February 12 & 19***

***10:00 – 5:00 pm***

***(1 hour lunch break)***

SMCN's Yoga Teacher Basic Training is an intensive and exciting program that will provide you with building blocks and skills that form a solid foundation for safely and effectively teaching any style or level of yoga. Yoga students are more likely to continue attending and benefiting from your classes when fresh, key elements of correct practice are skillfully delivered.

This interactive workshop is loaded with great information and lots of practice and experiential training. ***Some of the elements include:***

- How to teach using modifications for multi level classes
- 12 essential “mini-lessons” for correct practice
- Skillful verbal cueing
- Planning a well sequenced Yoga class
- Special problems in teaching beginners
- Teaching with confidence

***Who this training is for:***

- Yoga teachers who want to sharpen and hone their teaching skills
- Those who are considering becoming a Yoga teacher but are still undecided
- Trainees registered in the SMCN 200 Hour Yoga Teacher Training Program

**Earlybird Fee: \$390** if you register by February 6, 2012

Starting February 7, 2012 fee increases to \$410

To register, call our office at **702-458-8088**,  
or visit our website at **[www.yogainlasvegas.com](http://www.yogainlasvegas.com)**