

ELEMENTS OF POWER YOGA

200 HOUR YOGA TEACHER TRAINING

CERTIFICATE OF COMPLETION

Dawson Botsford

CURRICULUM

- Asana, Meditation, and Pranayama
- Safe and Effective Asana Sequencing
- Yoga Philosophy
- Anatomy and Subtle Anatomy
- Practicum (Supervised Personal Practice and Teaching)

ELEMENTS OF POWER



YOGA



Paul Teodo

PAUL TEODO

E-RYT 200

Byron de Marsé

BYRON DE MARSÉ

E-RYT 200

Date: February 28th, 2019

