



RECOVERY YOGA TEACHER TRAINING

YOUR TRANSFORMATION BEGINS • JAN - DEC 2018

"I left with more than my certification to teach yoga. I found a deeper level of emotional, spiritual, physical strength and balance. Recovery Yoga offered an intimate, personal environment, where the teaching staff was dedicated to a common goal of offering an understanding of all that yoga encompasses." Kelly Lynn Ives RYTT graduate

A unique 200 hour training, with emphasis on the yoga of service.

Instructed by Elizabeth Johnstone (500 ERYT), Founder of Recovery Yoga
Special guest instructors: Priscilla Humphrey (500 ERYT),
Lisa Bragaw (500 RYT + PharmD), co-owner of Zen and Now, Sue MacClain (500 RYT) and more!

Held in an environment that creates space, deepening self-awareness, and transformation, you will learn:

- history + philosophy of yoga
- practice teaching, assisting + observation
- adaptation + class management
- hatha, restorative, + vinyasa yoga
- self care practices
- breath work, relaxation + meditation
- functional yoga anatomy
- healthy boundaries + yoga therapeutics
- apprentice opportunities with Recovery Yoga



INFO

Application, FAQ's, dates + times: zenandnowct.com, recoveryyoga.org or 860-739-2625
RY Training may also be taken as an intensive. Training is held the second full weekend of every month with two weekends in February. There will be no weekends held in July and August.