



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# TRANSFORM YOUR LIFE THROUGH TEACHING

## 200 Hour Power Flow Yoga Teacher Training

The **405 YOGA 200HR Teacher Training** program supports students in deepening their Power Flow practice and prepares students to teach Power Flow and Vinyasa yoga . This program is for yoga students ready to transform their practice. Students will learn the philosophy and history of yoga, breathing, postures, teaching, + more, and graduate prepared to teach Power Flow and Vinyasa yoga classes through the Yoga Alliance (YA) national certification of YTT.



### Program Components

- Science, Philosophy, and History Lab
- Asana Lab
- Teaching Lab
- Goal setting, authenticity training, and off the mat workshops
- Posture Labs, purposing, alignment, + more
- Cueing, Basics of Classroom, Business of Yoga, Teaching 101, + more

### Locations

YMCA Bethesda-Chevy Chase	6/2/17 – 9/10/17
YMCA Anthony Bowen	6/9/17 – 8/20/17
YMCA Fairfax County Reston	9/22/17 – 2/4/18
YMCA Alexandria	9/29/17 – 2/11/18
YMCA Arlington	11/17/17 – 2/18/18

### All dates and locations

time schedule		YMCA Bethesda
FRIDAY	6:30-9:30pm	6:30-9:30pm
SATURDAY	9am-5pm	1-9pm
SUNDAY	9am-5pm	1-7pm

**Contact** Heather Worthy, [heather.worthy@ymcadc.org](mailto:heather.worthy@ymcadc.org)

**Additional Information** [ymcadc.org](http://ymcadc.org)