

Native Yoga Immersion

200 ~ 300 ~ 500 hr Teacher Training

with Todd & Tamara McLaughlin, ERYT, LMT

Friday, June 16th - Sunday, June 18th, 2017

Peace

Tranquility

Tapas

Strength

Focus

Contemplation

Equanimity

Balance

Santosha

Intention

Determination

Ahimsa

Meditate

Satya



For more
information
visit:

www.
nativeyoga
center.com

Register today by contacting

Native Yoga Center

833 Donald Ross Rd

Juno Beach, Florida 3340

www.nativeyogacenter.com



Registered Yoga School

Workshop Schedule ~ Rooster

Friday, June 16th

6pm-9pm

Vinyasa Flow Master Class w/ Todd

Study the functional anatomy in yoga posture. This workshop will incorporate an asana class designed to challenge and inspire woven together with philosophical discussion entitled "Tantra: Yoga for the Modern World."

Saturday, June 17th

12pm-3pm

Backbending Workshop: Building Blocks from Basic to Advanced Technique w/ Todd

This class will include an Anatomy study and a Group philosophy discussion of Tantric Yoga.

Saturday, June 17th

4pm-7pm

Technique of Vinyasa Yoga (Part I) w/ Tamara

An in depth look at the Technique and Alignment Principles of Foundational Yoga. Fine tune your awareness of asana, alignment, modifications and adjustments.

Sunday, June 18th

12pm-3pm

Technique of Vinyasa Yoga (Part II) w/ Tamara
Practice the skill of verbal delivery of postures and practice of hands on adjustments* *must have attended to Part I (Saturday) to attend.

Sunday, June 18th

4pm - 7pm

Yoga Adjustments Workshop w/ Todd- Learn new and exciting ways to help each other with yoga practice through hands on adjustments.

Anatomy of Posture session with a Group philosophy discussion included.

Multiple options for payment:

RYT200 w/ 44 Classes \$2940

RYT300 w/ 64 Classes \$4200

Individual sessions - \$60

Visit website for details or call 561-296-7996