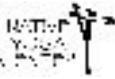


Native Yoga Immersion



200 ~ 300 ~ 500 hr Teacher Training

with Todd & Tamara McLaughlin, ERYT, LMT

Friday, January 11th - Sunday, January 13th, 2019

Peace

Tranquility

Tapas

Strength

Focus

Contemplation

Equanimity

Balance

Santosha

Intention

Determination

Ahimsa

Meditate

Satya



For more
information
visit:

[www.
nativeyoga
center.com](http://www.nativeyogacenter.com)

Register today by contacting

Native Yoga Center

833 Donald Ross Rd

Juno Beach, Florida 33408

www.nativeyogacenter.com



Registered Yoga School

Workshop Schedule ~ Monkey

Friday, January 11th

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 "The Technology of Traditional Hatha Yoga."

Saturday, January 12th

12pm-3pm

Yoga Assists-"Drop Backs" Workshop w/ Todd

Learn fun, safe and effective techniques for assisting others in dropping back and coming up from Urdhva Dhanurasana, Upward Bow Pose and other related backbend postures.

Saturday, January 12th

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, January 13th

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, January 13th

4pm - 7pm

Sanskrit: Posture Names, Mantra and Sutra

Chanting Workshop w/ Todd This class will include an Anatomy study and a Group philosophy discussion of Hatha Yoga.

Multiple options for payment:

RYT200 w/ 44 Classes \$2940

RYT300 w/ 64 Classes \$4200

CE Individual sessions - \$60

Visit website for details or call 561-296-7996