



Yoga Teacher Training

- Deepen your understanding of yoga & develop your own yoga practice.
- Develop your confidence & learn to teach Vinyasa Flow Yoga, Hatha Yoga & more...
- 200 hour comprehensive course. Yoga Alliance approved for Registered Yoga Teacher (RYT200).

**Commences October 2, 2009
Accepting applications now.
Apply now!**



Taught by
Michelle Cormack, E-RYT, RYT500
& special guests

5 ELEMENTS YOGA & PILATES



We are a Yoga Alliance approved
Registered Yoga School.

905.451.YOGA (9642)
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