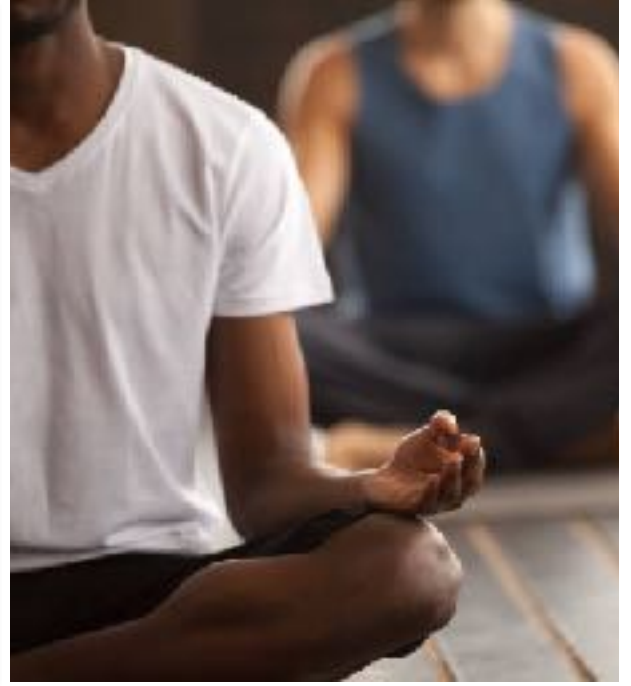


# Past 200 Hour YTTs



## **Ritze Yoga Teacher Training**

Yoga Alliance Certified YTT Immersion

2011 - 2015

The Dharma Lab

1814 Pandora Street, Vancouver

## **Wakeful Heart Yoga Teacher Training**

Yoga Alliance Certified YTT Immersion

2017 - Present / 2024 Program TBA

Green Room Yoga

2645 East Hastings Street, Vancouver

## **What's Included?**

- ▶ Yoga Philosophy
- ▶ Meditation Practice
- ▶ Breathing Techniques
- ▶ Hands-On Workshops
- ▶ Teaching Methodology
- ▶ Verbal Cueing
- ▶ Alignment Principles
- ▶ Class Sequencing
- ▶ Embodied Practice
- ▶ Theming
- ▶ Friendship Building

**Contact:** [info@vvyoga.ca](mailto:info@vvyoga.ca)

\* Stay tuned for upcoming trainings.