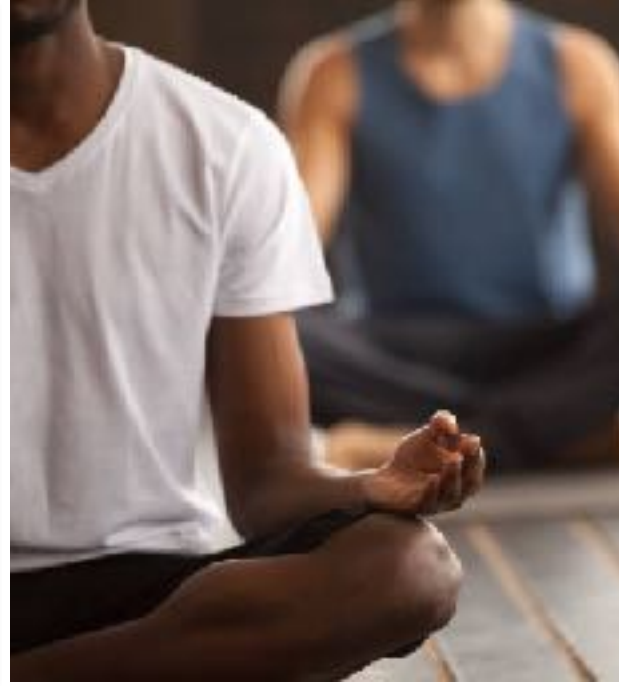


Past 200 Hour YTTs



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 / 2023 Program TBA

Green Room Yoga

2645 East Hastings Street, Vancouver

Jada Yoga Teacher Training

Yoga Alliance Certified YTT Immersion

2023 Program TBA / 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

* Stay tuned for upcoming trainings.