

SRI SRI YOGA TEACHER TRAINING SOUTH AFRICA

Teacher : Yogacharya Krishan Verma

Sri Sri Yoga is a celebration of the diversity in Yoga in a simple and joyful manner

The 11 day Teacher Training program covers study and practice that includes: Morning and evening Asana sessions; Knowledge of Yoga scriptures; Knowledge of Anatomy and Physiology; Nutrition; Introduction to Ayurveda; Teaching skills; Development of proper personal practice; AND off-course like any Art of Living course : Service, Singing, Fun, and Laughter. Your mind, body and soul will shine ☺

This program is an excellent opportunity for those interested in teaching yoga, or for those who would just like to enrich their spiritual experiences and bring more discipline in their practice. Anyone who has completed the Art of Living Course Part 1 and Art of Living Course Part 2 may apply for the Sri Sri Yoga TTC. In addition, applicants are asked to watch founder Sri Sri Ravi Shankar's commentaries on the ancient texts of the Yogasara Upanishadas and Patanjali's Yoga Sutras.

1. Course Dates & Check in Time

Course will start at 4.00 pm Wed 8 Sept & end after lunch Sunday 19 Sept. Check in time on 8 Sept : from 2.00 pm to 3.30 pm

2. Cut off date for registration : 30 July 2010

Venue

Nan-Hau Buddhist Temple in Bronkorspruit

Approximately 90 min drive from Johannesburg or 50 min from Pretoria.

Registration & Enquiries

We will be happy to assist with any questions you may have. Please contact us to register:
vinesh.kara@gmail.com

Vinesh Kara 2783 277-8786

Ashnee Kara 2784 725-1928

For more info visit : <http://www.srisriyoga.org/>

We look forward to hosting you in the cheerful FIFA city ☺

With love

The Sri Sri Yoga Team South Africa