



# 200 Hour Yoga Teacher Training

Learn more at [YogaHeightsDC.com](http://YogaHeightsDC.com)



led by **Jess Pierno & Angela Meyer**

Do you want to change your life? Do you want to help others to change theirs? Do you want to take your yoga practice to the next level? Do you want to teach yoga?

This training is for you. Email [Jess@yogaheightsdc.com](mailto:Jess@yogaheightsdc.com) for details.