

Chakra Power Yoga 200hr Teacher Training



It's Your Time To Inspire, To Awaken, To Teach

Well-known Boston yoga teachers Tim Kelleher and Nicole Burrill invite you to delve deep into world of modern yoga. Join them for a Comprehensive, Intelligent and Creative 200-Hour Yoga Teacher Training Program.

This comprehensive training features:

- Proper alignment of physical postures
- Dynamic sequencing and class structuring
- Meditation and pranayama
- Effective teaching techniques
- History, philosophy and traditions of yoga
- Business and ethics of the practice
- In-depth study of anatomy and physiology

Whether you want to become a teacher or simply deepen your connection to the practice you will be empowered to find your unique voice and authentic presence to inspire those around you.

Tim and Nicole take a holistic approach to yoga, and share a passion for building community and maintaining high standards. Inquire to reserve your seat, 617.833.3273

When: September 22nd-24th, Oct 7th-9th, Nov 10th-12th, Dec 2nd-Dec 3rd, Jan 13th-15th, Feb 3rd-4th, March 3rd-4th, April 7th-8th. (snow dates April 21st-22nd)

Times: Saturdays 11am-8pm, Sundays 9am-4pm
One Friday evening 9/22 7pm-9pm
Mondays 10/9 & 1/15 9am-5pm
Friday 11/10 9am-5pm

Where: Chakra Power Yoga
871 Washington Street
Braintree, MA 02184 (and beyond)

Tuition: \$3199 due by September 15th
\$2999 if paid in full by July 15th
\$500 due with application
Payment plan available: inquire at chakrapoweryoga@gmail.com