

March 14 - June 27, 2016

## 200 Hour Registered Yoga Teacher Training

Company: ANYA  
Venue: ANYA  
Location: New York, NY

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ANYA

### 200 HOUR REGISTERED YOGA TEACHER TRAINING

ANYA's 200 Hour RYT Training explores ancient yogic teachings through a multifaceted lens to reveal both the timeless wisdom and the modern appeal of yoga. Our blending of Eastern and Western philosophies, cutting edge fitness & meditation techniques and focus on physical alignment, in combination with our unique cueing system, makes ANYA teachers stand out as masters of the art of teaching yoga.

In the 200 Hour ANYA Teacher Training, you will:

- Complete 200 Hour Yoga Alliance Certification
- Focus on 40 ANYA Shapes/Asana (postures) and explore how to weave together a fluid movement sequence for a 75-minute group class
- Explore Yoga Philosophy and Ethics
- Study Anatomy and Physiology, Pranayama (breathing techniques), Kriyas (yogic cleansing practices), Toning/Mantra, Meditation
- Master Yoga Teaching Methodology and our Six-Level Cueing System that teaches, step-by-step, how to progress each shape to fit the specific needs of your students
- Learn to use breath, verbal prompts and tactile feedback to sharpen your instincts and intuition and cultivate your authentic teaching voice

NEXT TRAINING:  
Spring 2016

Every Monday, 10:00am-5:00pm  
March 14th – June 27th

Weekends, 10:00am-6:00pm  
March 19th & 20th  
April 16th & 17th  
May 21st & 22nd  
June 11th & 12th

EARLY BIRD DISCOUNT!

Sign up by February 1st for a \$200 tuition discount!  
Payment plans available.

For tuition rates and details visit: <http://www.studioanya.com/yoga-ryt/>

Or contact: [laura@studioanya.com](mailto:laura@studioanya.com)

ANYA  
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Schedule  
January 27, 2016: 8:00pm