

# Transform Your Life

WITH A 200-HOUR TEACHER TRAINING

Ready to take your practice to a whole new level? Gain a deeper understanding of the many layers of yoga, advance your practice, develop confidence, and find your voice. For those who want to teach, our comprehensive teacher training program will mark the beginning of your successful career as a yoga teacher.

**JULY 7 - AUGUST 1, 2014 IN COSTA MESA**

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**Week**  
PROGRAM

**Monday-Friday 7:15-4:15pm**

\$3,300 by 5/7 • \$3,450 by 6/7 • \$3,650 after  
Unlimited yoga is included for the duration of the training.

**Contact us** [teachertrainingoc@yogaworks.com](mailto:teachertrainingoc@yogaworks.com)  
949.281.1820 • [yogaworks.com/teachertraining](http://yogaworks.com/teachertraining)



Led by **Michelle McKay**



**COME PRACTICE AND LEARN MORE**

Saturday May 3 & 31 • 1-3pm



 **yogaworks**  
FOR EVERYBODY

Leading Trainings Since 1990