

YogaWorks 200-HOUR TEACHER TRAINING



In partnership with **ANANDA KULA** in Jacksonville, FL

Since 1990, YogaWorks has trained thousands of teachers worldwide, including some of the most celebrated modern-day yogis. It is a comprehensive program that combines Vinyasa flow with an emphasis on alignment and skillful sequencing. The method forms the container into which each aspiring teacher can pour their unique voice & personality.

THE YOGAWORKS ADVANTAGE

- Materials refined for over 20 years with the input of over 50 highly skilled trainers.
- Signature sequencing logically builds poses thematically. Encompassing both precision & flow, it is designed to be accessible to all yoga practitioners.
- Integrate the historical teachings of yoga philosophy into daily life.
- Deepen your practice and understanding of yoga.
- Become a member of a yoga community that is recognized worldwide.

WEEKEND 200-HOUR TRAINING

Led by Caitlin Casella
with featured guest teacher Sarah Bell

May 14, 2011 - February 5, 2012

Saturdays & Sundays

Meets for a total of 13 weekends.

Please ask for a detailed schedule.

PROGRAM FEES

\$2,950 if paid-in-full by March 26

\$3,150 if paid-in-full by April 21

\$3,400 after April 21

Reserve now. Space is limited.

INFO SESSION & FREE CLASS

Saturday, March 26

9:30-11:30am • Ananda Kula

YogaWorks intermediate level class and Q&A.

**RSVP with Rachel Hollander at 614.434.6041
or email rachelyogaworks@gmail.com**



Caitlin Casella

Visit yogaworks.com for her full bio.



Sarah Bell

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FOR ASPIRING TEACHERS AND SERIOUS STUDENTS



Ananda Kula
4150 & 4154 Herschel Street
Jacksonville, FL 32210
www.ananda-kula.com



yogaworks.com/teachertraining