



# 200 HATHA YOGA HOUR TEACHER TRAINING

at Bodytree Studio, Abu Dhabi | April-June 2019

**“The body achieves what the mind believes” Take your first step into something that can change your life.**

This training will equip you with the necessary tools, skills and insights, to guide you on your unique journey of deepening your own practice and getting ready to share your knowledge with others. Each one of us comes to the mat for something different. Our journey is to ourselves, yet during the course we learn and grow together and become part of the same energy.

We firmly believe that being a strong practitioner will give you the grounding and foundations to becoming a successful and confident yoga teacher.

In this training you will learn to create flows for a variety of class types, explore contemporary principles of alignment and safety, while honoring our students' need for creativity, freedom, and self-expression in their practice.

<b>Head Teacher:</b>	Didier Abner
<b>Dates:</b>	18-20 and 25-27 April, 2-4, 9-11, 23-25 and 30-31 May 1, 13-15, 20-22 and 27-28 June
<b>Time:</b>	Thursday 6pm-9pm Friday 9am-6pm Saturday 9am-6pm
<b>Investment:</b>	AED 9,950 Early Bird 10% discount Book and Pay before 31 January 2019.

This course is internationally certified by Yoga Alliance International and valid world over. Students will receive a manual and a certificate upon successful completion of the course. Prior registration and payment are recommended to secure your space.

Book your place by emailing

\* All prices are inclusive of VAT  
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