

Maureen Rae's
Fast Track
Yoga Teacher
Training
Module 1



Maureen Rae
RN, E-RYT

MONCTON, NB

September 27/28 2014

Venue:
Moncton YMCA

Times: 10 - 5 Saturday
10 - 5 pm Sunday

Tuition: \$325 + hst

To Register:

416-716-7589 or email
jrae5633@rogers.com

Website:
www.mraesyogastudio.com

canfitpro CEC's
4 FIS OAS NWS PTS PDS

REGISTRATION DEADLINE:
September 15 2014

CURRICULUM

Intro to Yoga
Spiritual Philosophy
Styles of Yoga
Formatting a Basic Class
Fundamental Yoga Poses

Teaching Techniques
Sequencing
Safety
Cueing Skills

Clear Communication
Techniques
Boundaries/Ethics of Yoga
Teacher
Pranayama

Meditation Techniques
Skill sessions with other
students

...and lots more!

Register Early!
This workshop fills quickly!

Maureen Rae is the owner and program director of Maureen Rae's Yoga Studio, located in Toronto. A registered nurse by profession, she is also an Experienced Registered Yoga Teacher with the International Yoga Alliance, and conducts yoga teacher training across Canada. She received the Award Presenter of the Year by Canfitpro!

