

FitFlow Yoga Teacher Training

Yoga is more popular than ever.
Learn to teach what you love!



FitFlow Yoga Jan. Course Dates

**Steve Nash Fitness World
100-7337 - 120 St
Delta BC**

Weekdays

- Jan 11- Feb 3
- Tuesday & Thursday
- 11:00 AM - 3:15 PM

Weekends

- Jan 21, 22, 23 & 28, 29, 30
- Friday evenings 6-10
- Sat & Sun 11-6

Prerequisite:

BCRPA Fitness Theory Course
A personal yoga practice

For more info or to Register contact
Tina at 778-882-YOGA (9642)

fitformation@shaw.ca
www.fitformation.ca

BCRPA Yoga for Fitness Module

FitFlow Yoga Teacher Training is a fun, informative and practical BCRPA Fitness Module that certifies you to teach yoga in Recreation Centers & Fitness Clubs.

The content is 50% theory & 50% practical. You will learn over 40 yoga postures (asanas) and their modifications, breath work (Pranayama) & yoga language and cues that will help you cultivate a class that addresses the **Mind Body & Spirit.**

35 BCRPA CEC's