

Join me in Cold Lake Alberta for an exclusive Kamena Yoga Teacher Training 200-Hour Certification Program



Program Details

August 8th through 23rd 9am to 4pm

Plus written & reading assignments online and in class "self directed, "at your own pace" blended learning



At Kamena we intentionally keep our Yoga Teacher Training classes small & intimate for best teacher student success.

Only \$2,675 plus tax

For more info
contact Lynn at:
kamenayoga@gmail.com

Why Kamena?

- ***With more than 30 years of personal teaching experience you will be expertly guided through your studies.***
- ***Empower yourself and your students by providing tools for personal growth.***
- ***Leave the 200 hour training with all the skills you need to lead safe, grounded Kamena Yoga classes.***
- ***You will learn philosophy, anatomy and physiology, breathing techniques, foundational postures and so much more!***
- ***Create memorable lesson plans for a 1-hour class: discover ways to warm up, cool down the body.***
- ***Develop strategies to skillfully weave and modify postures into meaningful sequences.***
- ***Focus on safety, correct alignment and skeletomuscular systems.***
- ***Learn to create space for fostering inward focus for relaxation, centering and meditation.***
- ***Understand business & teaching ethics***



Lynn McGowan E-RYT-500 is an internationally recognized master level teacher with over 20 years experience facilitating trainings in Ireland, Canada, Europe and the Caribbean.