



# 200 Hour Teacher Training

## Vinyasa Flow, Kundalini and Yin Yoga

21 Transformative Days Over Seven Weeks

- Dates:** Jan 18, 2024 - March 3, 2024
- Trainers:** Catherine Mazur, Jennifer Lovas, Arianna Raiola
- Location:** Black Sheep Yoga Studio 1828½ S. Coast Hwy, Oceanside, CA 92054
- Training Times:** Thursdays 4 - 8 p.m., Saturdays & Sundays 10:30 a.m. – 6 p.m.
- Topics:** Yoga history, Yoga philosophy, Yoga lifestyle, Vinyasa flow, Yin Yoga, Kundalini Kriya, Pranayama, Meditation, Asana, Sutras, Class planning, Safe sequencing, Energy anatomy, Chakras, the Business of Yoga: Retreats, Privates, Corporate Anatomy and Physiology
- Tuition:** \$3000 for payment plans or registering after Dec 18  
\$200 discount for military, Seniors 65+
- Includes:** Comprehensive manual, Certificate of Completion, 3 months of unlimited yoga at Black Sheep Yoga Studio, in person training, life access to online training course.

*To qualify for a 200 hr certificate, enrollees must make up any missed sessions  
Flexible make-up policy. Questions? Contact us.*

- Questions & Info:** [catherinemazur1@gmail.com](mailto:catherinemazur1@gmail.com)  
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- To Register:** [200 Hour Yoga Teacher Training and Certification](#)