

Starting February 4th and  
Ending February 26<sup>th</sup>, 2012.

Saturdays 12-4 PM

Sundays 11-4 PM

At YogaHop, West Side Room  
1612 Montana Ave, 2<sup>nd</sup> flr rear  
Santa Monica, CA 90403

\$1,095 if paid by 1/30

\$1,195 after 1/30

For More Information:

Email:

[matthew@yogahop.com](mailto:matthew@yogahop.com)

Or call:

Matthew Reyes

310 - 755 - 8184

Limited to 12 people

Payments are Non-refundable

Cash, Check or Credit Card  
accepted

# Wanna Teach Yoga?

## YogaHop's 4-Weekend Intensive Instructor Training with Matthew Reyes

A streamlined, proven program that teaches the art and skill of teaching yoga classes.

Once your training is complete, you will be able to confidently and effectively teach group and private yoga classes of any level. Learn how to:

- Give hands-on adjustments
- Use verbal and visual cuing
- Safely teach students with injuries
- Open and close a class
- Skillfully teach 52 poses
- Build sequences
- Communicate effectively
- Structure classes

Whether you are an experienced student or an up-and-coming teacher, this course will give you the skills of a seasoned professional yoga teacher.

**\*HATHA AND VINYASA FLOW YOGA. TRAINING NOT MUSIC-BASED**

