



## KIND YOGA

### CHAIR YOGA TEACHER TRAINING

Chair Yoga Teacher training is a 16 hour course designed to encourage and empower students to teach yoga to those for whom floor yoga is not an option.

Chair Yoga Teacher training builds on your current teacher training and experience through practical and experiential learning by learning to adapt poses for the chair. This training will encourage and empower you to safely combine the poses you will learn with those you know and your own special teaching style to design a compassionate, caring and edifying practice for your students.

Your teacher trainer is Rev. Pam Smith Paquette ERYT, YACEP, and Director of Chair Yoga Teacher Training at Kind Yoga. Pam has taught chair yoga for 7 years at YMCA and COAs.

- ♥ Dates: Saturday November 14 & 21, Sunday 22 1-5PM
- ♥ Cost: \$285
- ♥ Certification: 12 hr. Cert for 200hr certified yoga teacher. Certification of completion for participants who are not.
- ♥ Registration & more information
  - [www.kindyoga.com](http://www.kindyoga.com)
  - [www.yogawithgrace.net](http://www.yogawithgrace.net)



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