

TEACH. INSPIRE. TRANSFORM.



Prenatal YOGA TEACHER TRAINING with Hope Zvara

Learn to teach more than asanas!

Discover how to nurture both the mother-to-be and the new life to come. Learn how to lead pregnancy and post-pregnancy classes as well as techniques to empower and prepare women for birth and beyond.

YOGA ALLIANCE-APPROVED TRAINING INCLUDES:

- Comprehensive manuals featuring detailed anatomy lessons – pre-and postnatal
- Beneficial asanas for each trimester and afterwards
- Techniques in meditation, relaxation, chanting, breathing, and energy work
- Gain hands-on experience through observation and practice teaching

3 WEEKENDS

Nov. 2014 – March 2015

SESSION DATES

2014: Weekend I: Nov. 21 – 23:
Prenatal Yoga & Anatomy

2015: Weekend II: Jan. 16 – 18:
Prenatal/Postnatal Body,
Delivery & Special Care

Weekend III: Mar. 20 – 22:
Postnatal-Baby Yoga & Creating
Community

Program Hours:

Fri. 4 -9 pm , Sat. & Sun. 8 am -6 pm



Qualify to be a Yoga Alliance Prenatal yoga teacher!

All 3 Weekends: \$1,300 | Payment plan available.

<http://HopeCoreFitness.com/Teacher-Trainings>



ABOUT HOPE ZVARA

Hope Zvara-*The Real Deal*, is a Yoga Teacher, Trainer and Expert specializing in the true art of Yoga and Core Functional Fitness™ for students, teachers and Fitness Professionals interested in practicing authentic mind-body Yoga and other practices in need of true connection. HopeZvara.com

