

TEACH. INSPIRE. TRANSFORM.



200 HOUR FUNCTIONAL YOGA TEACHER TRAINING with Hope Zvara

Learn to teach more than yoga asanas!

With the proper training, knowledge, practice, experience, and feedback, you can become a vibrant, diverse, well-equipped, and inspiring teacher.

Discover missing pieces to yoga & your personal growth

PERSONAL GROWTH PROGRAM & YOGA TEACHER TRAINING:

- Go beyond traditional asanas, anatomy, & sequences.
- Delve into yogic philosophy, meditation, and self-discovery through journaling and yogic practice.
- Gain instant hands-on experience through observation and practice teaching.
- Learn to challenge yourself as well as your students.

9 WEEKENDS
NOV 2015-MAY 2016

SESSION DATES

2015:

Nov 6-8 • Dec 5-6 • Dec 19-20

2016:

Jan. 9-10 • Feb 6-7 • March 5-6
April 2-3 • April 30 & May 1
May 13-15

MEETING TIMES:

Fri. 6 -9 pm (2 Fri) , Sat.8-5pm &
Sun. 7 -5 pm



Start your journey as an un-yoga teacher! Early-bird: \$3200

After September 22nd \$3500 | Payment plan available.

Apply Online: www.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

