



# Vinyasa Yoga Teacher Training Course

June 1st – 15<sup>th</sup>, 2012



**With Yoga Alliance  
200hrs certification.**

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200 hrs course only  
**\$2,600usd**

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200 hrs course and 2  
weeks accommodation  
at Laluna **\$3,800 usd**

This International teacher training course will be hosted by the beautiful hotel & spa in St. George's, Grenada. Instructor Michelle Maue is returning to Laluna to present the basic tools designed to take your practice and teaching to a new level. She runs her own yoga studio in St Louis and has been a corporate yoga teacher for over 8 years.

In this course, Michelle will guide you to learn and teach how to meditate, practice the primary series of Ashtanga, the basics of anatomy and modifications for all postures. In addition, you will learn how to combine these tools and apply in depth knowledge of the postures in order to better live your yoga and integrate the practice into your everyday life.

This Course meets all 200 Yoga Alliance hours and covers a broad, relevant and interesting field of subjects pertaining to Vinyasa yoga. Also included is a 200 page teacher training manual, fascinating research findings, reading list, Yoga Anatomy book, and many more handouts along the way.

The course begins on Friday 1<sup>st</sup> June 2012, and will be held at Laluna's beachfront yoga pavilion/shala. Students are expected to arrive by Thursday 31<sup>st</sup> May 2012, and depart on Saturday 16<sup>th</sup> June, 2012. The classes will run from 7am- 7pm. The day will include several breaks and journal time to assimilate information. Homework is required before the first day of the training.

Space is limited so book early, and reservation of your book will only be accepted with full payment in advance. Please contact Wendy at [wp@laluna.com](mailto:wp@laluna.com) to book your space.

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