



# Baptiste Power Yoga St. Louis Teacher Training

## 200-hour Yoga Teacher Training

Teach, lead and inspire! Immerse yourself into yoga. This 4-month yoga teacher training is held at Baptiste Power Yoga St. Louis. Our process is a twice a month journey designed to deepen your practice on and off your mat, teach you more about the practice and philosophy of yoga and to provide the tools to teach, lead and serve. Our program is divided into 7 weekend intensives designed to educate, inspire and empower you to teach, live and be yoga.

## Our Program Delivers:

- Personal growth and development as a student, teacher and leader through discussions, journaling, exercises

- Understanding of yoga philosophy and bringing it to your students
- Understanding the origins of Yoga and modern-day ethics in the application to teaching yoga
- Techniques for hands-on assisting and modifications for physical and emotional needs
- In-class assisting practice
- Exploration of anatomy and physiology and how it applies to each asana
- Development of sequencing for 45, 60 and 90-minute classes
- Methodology and techniques of teaching yoga to enhance practice and help avoid injuries
- Practice-teaching classes with direct, applicable feedback
- Enhanced confidence in personal presentation, and listening and communication skills

- Introduction to the business of yoga, including establishing yourself as a teacher

## 2019 Dates:

Aug. 16-18, Sep. 6-8  
Sep. 27-29, Oct. 11-13  
Oct. 25-27, Nov. 15-17  
Dec. 6-8

## Hours:

Friday 5:15-9  
Saturday 8-6  
Sunday 9-5

## For More Information:

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314-805-0908

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