



Level 2 TriYoga Teacher Training

with Citrinī

Saturdays 11am-5pm

**Sept 5, Nov 21, Dec 5,
Jan 23, March 13, April 10, June 26**

(dates will be modified as other trainings are scheduled with senior TY teachers)

TriYoga Teacher Training is open to those who would like to teach Level 2 TriYoga, those who would like to refine their teaching abilities, those who would like to explore the possibility of teaching Level 2, and those who would like to deepen their own Level 2 practice. This training can be used to pursue certification to teach Level 2. Training will focus on Level 2 TriYoga Technique. (Level 2 Teaching Methodology will be offered by visiting teachers).

Requirements:

- **Registration with TriYoga International as a Level 2 Intern**
- **Level 2 manual**
- **Consistent and regular Level 2 personal practice**
- **(Recommended: TriYoga Basics and/or Level 1 certification)**

Citrinī (Christine) Ware, Ph.D., RYT-500 is certified in TriYoga Basics through Level 3. She has studied TriYoga for over 13 years. She is approved by Kali Ray to present the Technique aspects of TriYoga Teacher Training.

Offered as seva (suggested donation: \$10/hr)

Pre-registration required

**TriYoga® Center of Philadelphia, 301 West Chester Pike, Suite 102,
Havertown, PA 19083 / www.mindbodyservices.com / 610-664-6446 x3**