

Kripalu Yoga Teacher Training comes to Ontario, Canada



Harmony Dawn Retreat

Be one of the first ever Kripalu Yoga Teachers trained in Canada

With **Randal Williams**, Teacher Trainer for the Kripalu School of Yoga
At Harmony Dawn Retreat, Rice Lake, Ontario

Quad format: Nov 2-6 / Dec 7-11-2012 / Feb 8-12 / Mar 13-17-2013



Training

With more than 30 years of experience in training yoga teachers, Kripalu knows that the best way to learn how to teach yoga is to immerse yourself completely in a yogic lifestyle and practice. Over the 5 month immersion you will learn how to create inspirational and safe yoga classes, principles of anatomy, physiology, and kinesiology, and pranayama techniques, relaxation & meditation methodology.

Trainer

Randal Williams, MA, E-RYT, is a leading experiential educator and Teacher Trainer for the Kripalu School of Yoga. As a workshop facilitator with twenty years experience he brings a deep understanding of yoga, natural inquiry and an inspiring mindfulness to his treasured events.

“The quad format of the KYTT offers an expanse of time to learn and develop as a teacher.”

www.randalwilliams.com

Retreat

“Our vision for Harmony Dawn was two-fold. We wanted to create a subtle-energy environment to enhance healing, bonding, creativity and self-transformation. We also wanted guests to directly experience a vision of a cleaner, greener future - a sustainable energy environment which works in a conventional sense”. Andy James & Nicola Lawrence James www.harmonydawnontarioretreat.com

Food

Nicola Lawrence James, Chef and co-founder of Harmony Dawn, consistently draws extravagant praise from guests for her food. She is a passionate advocate of fresh, local and organic food while celebrating the genius and diversity of the planet’s culinary traditions. Her food has been described as cutting edge “Spa Cuisine” at its finest! Nicola is experienced in a wide range of specialty diets.

Tuition

Early Bird, register in full by Aug 3rd: \$2650 usd

Later Bird, by Sep 15: \$2850 usd

After Sep 15, by Oct 31: \$3000 usd

Payment plan option, available upon request. canadakytt@gmail.com

Accommodation & food are paid separately to Harmony Dawn Ontario Retreat.

nic@harmonydawn.com

email canadakytt@gmail.com for more information or visit www.kripalu.org to apply today.