

How to Apply

To reserve your space in the Karuna Yoga 200 Hour Teacher Training course, please complete a written application and submit with your course fees. Space is limited.

Application Form

Name: _____

Address: _____

Phone: _____

Email: _____

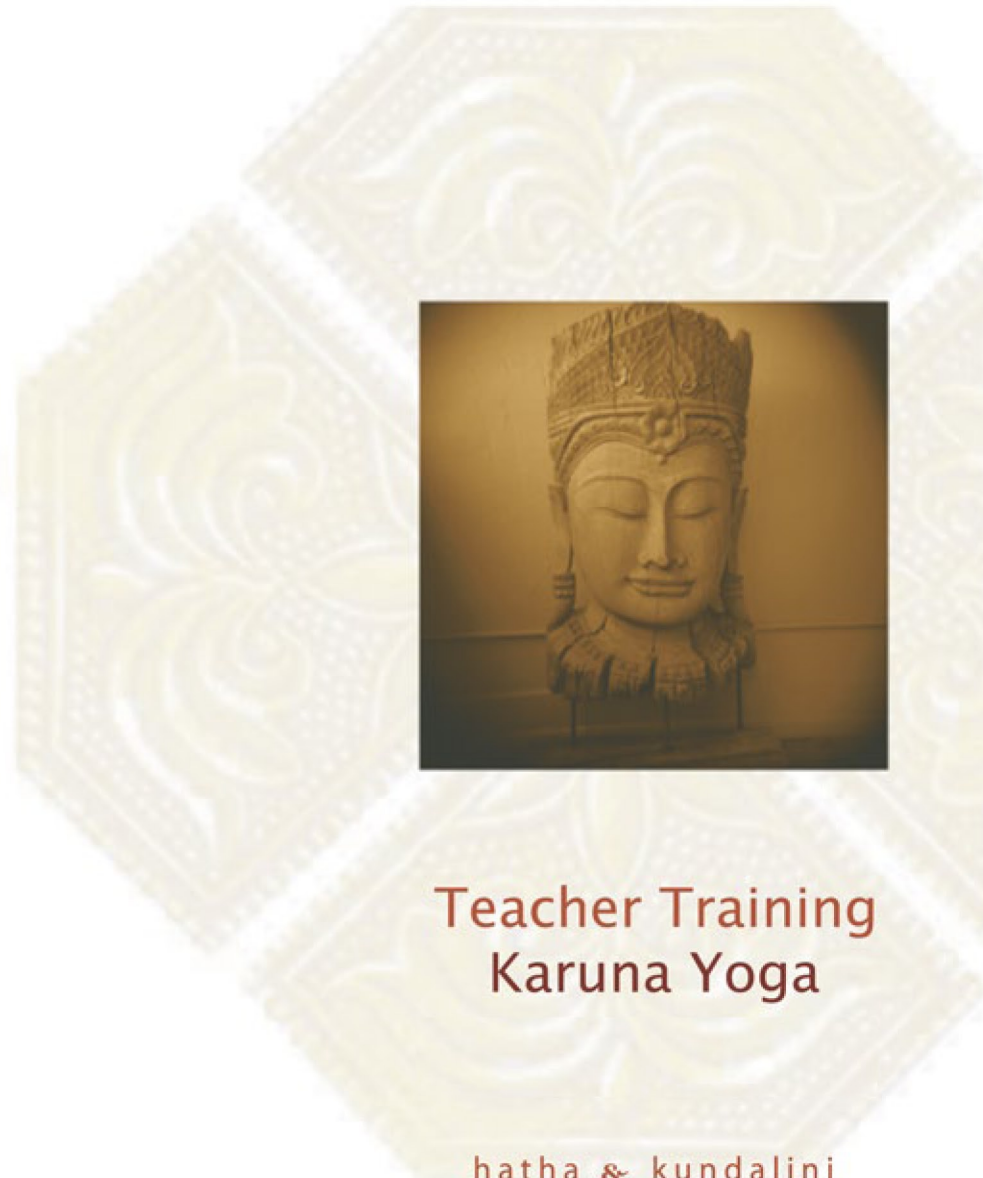
Experience (type of yoga & length of time practiced):

Expectations of the course:

Signature: _____

Date: _____

Cancellation Policy
20% cancellation fee plus prorated fees as applicable



Teacher Training Karuna Yoga

hatha & kundalini



For additional information
please contact Kelly Wood
info@karunayoga.net

www.karunayoga.net

Topics Include:

Asana Form & Alignment
Yoga History & Philosophy
Developing a Personal Practice
Developing a Personal Teaching Style
Principles of Teaching
Meditation, Pranayama & Mantra
Anatomy
Chakras & Esoteric Anatomy
Restorative Yoga
Kids Yoga
Business of Yoga

Certification Requirements

Attend all sessions
Complete all homework assignments
Maintain a daily personal practice during training
Complete 20 Class Pass by attending weekly scheduled classes
Pass the final exam



Upon meeting the course requirements, participants will receive a letter of completion and certificate from Karuna Yoga. Our training meets the Yoga Alliance 200 hour standards.

MISSION



The Karuna Yoga 200 Hour Teacher Training course is of exceptional quality. One experiences positive transformation from taking this course and new levels of commitment to health and happiness. Our training is designed to bring forth the student's authentic voice and teaching style.



Kelly Wood is the owner and director of Karuna Yoga. Kelly is a pioneer in the field as she is certified in both Kundalini and Hatha Yoga. Kelly's teaching style is influenced by her in-depth study of yoga, meditation, dance, philosophy and art history. Kelly is committed to the health of all children and joyfully goes into public and private schools to teach her specialized Kids Yoga ~ Hi Yoga!

"Teacher Training was the best thing I could have done for myself. It has opened me up to celebrate and embrace life on a level that I've never experienced before."

Karuna graduate

Everyone is welcome

This is an excellent program to learn to teach, deepen personal practice and sharpen practical knowledge of yoga.



Training includes:

200 Total Hours
Led by Kelly Wood
& Guest Teachers
20 Class Pass
Training & Supplemental Material
Certificate & Letter of Completion

Fees

\$1800

Early Bird - \$1500

Contact info@karunayoga.net for details

Certified through Karuna Yoga

200 RYT Yoga Alliance