



HERIZEN™ YOGA FOR WOMEN

HERIZEN™ YOGA TEACHER TRAINING / CERTIFICATION & SELF MASTERY FOR WOMEN

Level 1: 200 Hour YTT - Learning Objectives

- ॐ Trainees will be able to confidently teach a Hatha Flow Asana sequence for beginner and or intermediate students.
- ॐ Trainees will be able to apply the principles of basic Ayurveda nutrition to determine the state of their own digestion and how to improve it through simple nutritional techniques for overall health and natural Well-Being.
- ॐ Trainees will have increased Confidence and clarity of communication through the use of **Clarimizing™** and apply it to their Yoga teachings.
- ॐ Trainees will be able to incorporate a simple meditation practice into their Yoga teachings and this will include both energetic and physical alignment cueing.
- ॐ Trainees will be able to integrate philosophy from Patanjali Yoga Sutras in designing their Yoga teachings.
- ॐ **HERIZEN™** Yoga For Women's Level 1: 200-hour Yoga Teacher Training / Certification Intensive & Self Mastery for Women prepares its trainees to begin teaching the principles and techniques of Yoga safely and competently