



# 200hr Yoga Teacher Training in Hawaii with Caroline Klebl

Source of Yoga, September 27, 2008

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*Announcing the Ashtanga Vinyasa Yoga Teacher Training Retreat at an exquisite seaside resort in Hawaii from March 26th to April 22nd, 2009. Immerse in the Ashtanga Yoga practice in this 200 hour Yoga Certification course with Ashtanga Yoga Instructor, Caroline Klebl. For additional information visit <http://www.sourceofyoga.com>*

PR9.NET September 27, 2008 - Ashtanga Vinyasa Yoga is a highly effective method of Asana practice, which quickly builds strength, increases flexibility and clears toxins out of the body. This method includes numerous sequences of Asanas (yoga postures). Vinyasa (fluid movements, which are initiated by either the inhaling or exhaling breath) link one posture to another. The practice of Asana with Vinyasa stimulates the cardiovascular system and creates heat in the body, which eases the body into the Asanas. The Ashtanga Vinyasa practice removes impurities and strengthens the functions of the body and mind.

Yoga Teacher Training Topics Include:

Intensive practice of the postures of the Primary Series of Ashtanga Yoga  
The principles of Vinyasa, Bandhas, Drishti and Oujai Pranayama  
Adjustments and Teaching Techniques  
Assisting and supervised teaching  
Introduction to Anatomy  
Introduction to Ayurveda  
Meditation instruction  
The Chanting and Philosophy of Patanjali's Yoga Sutras

Retreat Location:

This course will take place on Hawaii's largest nature conservation area, at an exquisite Oceanside Eco Resort.

Dates: March 26th to April 22nd, 2009

Course Schedule:

Sunrise Meditation: 6:30am-7am  
Ashtanga Yoga (Mysore Style or Led): 7am-9am  
Adjustments/Teaching Techniques: 10:00am-12:30pm  
Anatomy, Ayurveda & Philosophy: 2:30pm-5pm

Yoga Teacher Training: March 26- April 22 , 2009

Triple Occupancy: \$5,200 US  
Double Occupancy : \$5,500 US  
Camping : \$4,900 US

All campers must bring their own tent, sleeping gear and tarp. Campers have access to hot showers and the pool area, which includes 2 hot tubs and a dry sauna.

The Price includes:

The 200 hour Yoga Teacher Training Certification Course, accommodation and three vegetarian meals per day

For additional information and to apply for the course visit <http://www.sourceofyoga.com>

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## About Caroline Klebl

Caroline Klebl is a dedicated Yoga instructor, who learned the Ashtanga Vinyasa method over the course of 9 years from Sri K Pattabhi Jois in Mysore, India. She studied Ayurveda, Yoga Philosophy and Sanskrit in Kerala and Karnataka. Her Yoga Teacher Training is an internationally recognized certification course, which is registered with the Yoga Alliance. Her teacher training combines the high standards of practice, required by the Ashtanga Vinyasa System with the development of teaching skills necessary to introduce students to Ashtanga Yoga safely and effectively. This course is open to yoga teachers, aspiring teachers and yoga practitioners, who would like to learn the Ashtanga Vinyasa method.

## About Source of Yoga

Source of Yoga offers Ashtanga Yoga workshops, teacher training courses and Retreats in the US and internationally with Yoga instructor, Caroline Klebl.

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