



YOGA TEACHER TRAINING FOR ADDICTION AND TRAUMA
ADVANCED TEACHER CERTIFICATION

Instructor: Nancy Candea, CYT, E-RYT



Sunday: March 18th 2012- 12:00-8:00 PM
Course Content (8 CEC Yoga Alliance Hours)

- ❖ Be inspired through a transformational training weaving together group process, lecture, and skill building. Discover the connection between the yogic path and divine service.
- ❖ Integrate the biological and psychodynamic aspects of trauma and addiction.
- ❖ Learn how to prepare and deliver effective lesson plans using therapeutic yoga, breath work and meditation.
- ❖ Thread appropriate themes such as: non-violence, truthfulness, loving kindness, forgiveness, taking responsibility and inner peace to empower vulnerable populations we teach.
- ❖ Become an Agent of Social Change by joining *Kula for Karma's* teaching community.

Tuition: \$150

To register: Contact: penni@kulaforkarma.org

**For more information visit kulaforkarma.org. Checks made payable to: Kula For Karma
P.O Box 820 Franklin Lakes, NJ 07417**

Location: Purple Om Yoga, 3118 Rt 10W Denville, NJ

Sponsored By:

