YogaFit®
Level 3 Instructor Training

June 25 - June 26, 2016
KSU Student Rec and Activities Center

For more information and to register:
yogafit.com (888)-786-3111

College Students are eligible to receive a 20% discount on any YogaFit Training on campus.

Teachings include:
- Breakdown of 20+ New Poses and Sequencing
- Moon Salutation
- Health Benefits of Meditation
- Hands-on physical adjustments
- Study of Right and Left Brain Activity
- Benefits of Journaling & Mindful Living
- Brain and Nervous System
- Importance of a Personal Practice
- Discussion of the 7 Chakras (energy centers) in the body
- Four Paths of Yoga