

# TEACHER TRAINING OPEN HOUSE

saturday, january 31<sup>st</sup>, 1:00-3:30 pm  
auburn, me

- ☀ Sample a free YOGAspirit® style class
- ☀ Enjoy Healthy Refreshments
- ☀ Question & Answer Discussion
- ☀ Learn “How to Become a YOGAspirit® Certified Teacher”

## become a yoga teacher

YOGAspirit® Studios provides an atmosphere of safety, compassion, and respect bringing forward a learning environment to meet each individual's needs.

Learn and refine skills to have perfect posture, develop physical strength & flexibility, manage stress, and gain mental focus & clarity.

Our students experience spiritual benefits that produce a feeling of deep connectedness, inner peace, and stability. These inner changes enable each student to take action with initiative, navigate through life with clarity, and utilize their yogic principles.

This certification is also appropriate for anyone who wants to deepen their personal understanding of yoga, regardless of teaching others.



*Achieve a rewarding career, full or part-time. Heal your life, help others, & have fun!*

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YOGAspirit®  
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