**200 HR Integrated Practice Teacher Training**

This is where becoming a qualified yoga teacher begins, in our Integrated Practice Course.

In asana and anatomy, you will learn the practicalities of teaching, how to safely adjust the poses to suit your body and how to facilitate this for others.

In Philosophy and Physiology, you will explore the impact of your thoughts and feelings on your life energy, and then practice techniques that will benefit your body and mind.

There is plenty of hands on experience, you will have the opportunity to apply the practices, teachings and philosophy, in small supportive groups, exploring meditation, mantra, asana variations, pranayama, teaching techniques, assisting, specialized classes and much more.

The benefits you gain from this course will radiate out and touch everyone in your life - Enrol now, invest in yourself.

The format of this course is part time over 8 weekends, March to June, or 4x4 days Saturdays to Tuesdays from August to October.

Please check the dates @ [www.yogarhythms.com.au](http://www.yogarhythms.com.au)

**150 HR Yogic Lifestyle Residential Teacher Training**

If you have completed our integrated practice course, or any other 200-hour minimum teacher training, then you qualify to attend our Post Graduate Residential.

9 glorious days, and 8 wonderful nights with ayurvedic inspired meals and an ashram styled daily program.

The Integrated Practice course will be reviewed, and guest facilitators will expand your knowledge base, with workshops on Muscular Anatomy and Pregnancy Yoga.

Whether you simply feeling like a refresher, or are ready to complete your 350 hours of Training, this course will ignite and nourish the teacher within you – Enrol now, fill your cup, then let it overflow to your students.

Please check the details @ [www.yogarhythms.com.au](http://www.yogarhythms.com.au)