

LivFree® Chair Warriors

Senior Chair Yoga Certification

As a certified yoga teacher, have you thought about expanding your teaching to a new group, or have you felt you are called to reach out to a specific group and just didn't know how to put all the pieces together?

This course will help you to create a class that speaks specifically to seniors and will help you bring the gift of yoga into their lives. This training is for any 200 or 500 hour RYT looking to reach out to a new demographic and deepen their knowledge.

June 8-9 * 9am-5pm

The YogaShop West Hartford

Cost: \$350, includes all course materials
Credit: 15 hours continuing education



Led by Holly
Peronace Zygiel

ERYT-500

