

YogaWorks 200-HOUR TEACHER TRAINING



In partnership with **HAUTE YOGA** in Solana Beach, CA

Since 1990, YogaWorks has trained thousands of teachers worldwide, including some of the most celebrated modern-day yogis. It is a comprehensive program that combines Vinyasa flow with an emphasis on alignment and skillful sequencing. The method forms the container into which each aspiring teacher can pour their unique voice & personality.

THE YOGAWORKS ADVANTAGE

- Materials refined for over 20 years with the input of over 50 highly skilled trainers.
- Signature sequencing logically builds poses thematically. Encompassing both precision & flow, it is designed to be accessible to all yoga practitioners.
- Integrate the historical teachings of yoga philosophy into daily life.
- Deepen your practice and understanding of yoga.
- Become a member of a yoga community that is recognized worldwide.

WEEKEND 200-HOUR TRAINING

Led by Jessica Seabern
with featured guest teacher Stacy McCarthy

April 30 - September 25

Saturdays & Sundays • Haute Yoga Carlsbad

Meets for a total of 13 weekends.

Ask for a detailed schedule.

PROGRAM FEES

\$2,950 if paid-in-full by February 26

\$3,150 if paid-in-full by March 23

\$3,400 after March 23

Reserve now. Space is limited.

INFO SESSION & FREE CLASS

Saturday, February 26

1:30 - 3:30pm • Haute Yoga Solana Beach

YogaWorks intermediate level class and Q&A.

RSVP with Dino at 858.345.1810 or email info@hauteyoga.com for more information.



Jessica Seabern

Visit yogaworks.com for her full bio.



Stacy McCarthy

Visit yoganamastacy.com to read her bio.

FOR ASPIRING TEACHERS AND SERIOUS STUDENTS

HAUTE YOGA

Solana Beach
437 S. Highway 101 • Solana Beach, CA 92075
858.345.1810 • www.hauteyoga.com

Carlsbad
1905 Calle Barcelona Suite #238
In the "Carlsbad Forum"
above Bed, Bath and Beyond
Carlsbad, CA 92009

 **yogaworks**[®]
FOR EVERYBODY

yogaworks.com/teachertraining