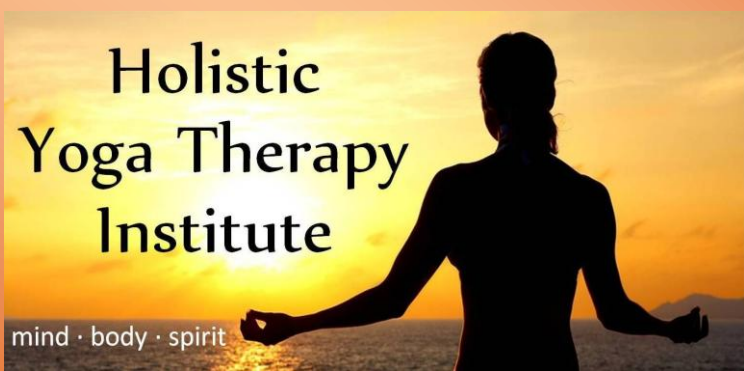




Yoga for Heart Health



With Cheryl Fenner Brown
E-RYT 500, PYT

Yoga for Heart Health

City: Charlotte, NC

Dates: Friday July 10 -
Sunday July 12

Times: 6 pm - 9 pm Friday
9 am -6 pm Sat & Sun

Cost: \$300 thru April 10
\$325 thru May 10
\$350 thru June 10

Where: HYTI TBD
Charlotte, NC

Info: www.yogaclub.us
(Under Teacher Training)

22 Hrs YA CEC's or towards your 200 HR, 500 HR, or Therapeutic Yoga Teaching Certificates, member IAYT

Holistic Yoga Therapy Institute
200 HR / 500 HR, Yoga Alliance RYS
Yoga Therapy, member school IAYT

- * Learn yoga therapy applications for the cardiovascular system & interconnections with other major physical systems
- * Explore integrative health approaches to many common cardiovascular conditions including hypertension, coronary artery disease, recovery from heart attack & stroke
- * Explore physical, energetic, & emotional techniques including asana, pranayama, mudra, and yoga nidra for heart health