

200 Hour

26+2 Teacher Training



Embark on a journey to deepen your practice

9/13/24–11/10/24

9 consecutive weekends

- Learn to teach a traditional 26+2 class
- Explore alignment in posture clinics
- Study basic anatomy and physiology of the body
- Discover the history of the Ghosh lineage
- Deepen your personal practice

Tuition:

\$3,800 Early Bird

Registered and paid in full by 6/15/24

\$4,200

\$100.00.00 will be added if paying with card



Jill Holden



**Pam
Frinkman**



Lili Hall

HIGHER GROUND
— HOT YOGA —

www.highergroundhotyoga.com/workshops

801-627-4688 or contact Jill Holden jill@highergroundhotyoga.com