

200 Hour Yoga Teacher Training in Costa Rica

with Jessica Kruse
March 3 - 24, 2018



This Yoga Alliance 200 hour RYS registered program is offered in an intensive format of 21 consecutive days, in the beauty of Costa Rica. The program is offered as all inclusive with organic meals and accommodation included and is perfect for students of yoga who wish to deepen their practice and understanding of Yoga and Ayurveda.

In this hands on training we will focus on the practical application of the ancient traditions of Ayurveda and Hatha Yoga as inherent synergistic healing systems that achieve optimal results when used together.

TRAINING INCLUDES

- 20 days of instruction and 21 nights of accommodation at two diverse and stunning locations (15 days at beach front location and 6 days in the mountains)
- 4 organic meals a day; light breakfast, breakfast, lunch and dinner
- Daily Ayurveda lectures, yoga practices and meditation sessions
- A 1 hour personal Ayurvedic Consultation with Jessica
- Yoga Teacher Training Manual

Not Included:

- Airfare to and from Costa Rica - choose SJO airport
- Books required for training

TUITION

Earlybird registration by December 3rd, 2017:
\$4000 USD
Regular pricing: \$4500 USD
*Full tuition due by February 3rd, 2018



Anila Ayurveda
HOLISTIC HEALTH AND YOGA

Complete Details and Registration:

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