

## *Oceanfront Yoga Teacher Training*

*A 200 hour comprehensive teacher training for the serious student. Students will learn 3 modalities of teaching, Sanskrit, meditation, breath work, essential adjustments and study of the ancient texts. We will meet each weekend for 12 weekends beginning November 15, 2014 skipping the weekend of Thanksgiving.*

*Cost: Early Bird \$2400 cash or \$2500 with 3 equal payments. A \$100 registration is required to hold your space. Please mail your payment of \$100 to Oceanfront Yoga, 616 Virginia Beach Blvd. Ste. 104, Virginia Beach, VA. 23451*

*Purchase of 5 books which will become your first library and useful tools throughout your teacher career.*

*Contact: Connie at 7574724627 or reach out to her at [connie@oceanfrontyoga.com](mailto:connie@oceanfrontyoga.com)*

*Connie has been guiding students throughout the area since 1979 as a body coach. She has been teaching yoga for the past 15 years and has studied with many masters. For detailed information please read her bio at [oceanfrontyoga.com](http://oceanfrontyoga.com)*