

# Root Down, Rise Up

## YOGAWORKS 200-HOUR TEACHER TRAININGS

Leading trainings since 1990, YogaWorks is the gold standard in teacher training and has trained many of the world's most celebrated yogis. Whether you want to be a teacher or simply want to advance your practice, we invite you to join our legacy!

### 5 MONTH PROGRAM

JANUARY 12 - JUNE 2, 2019  
Saturday | 10:15am - 5:15pm  
Sunday | 10:15am - 4:15pm

Led by Jennifer Elliott & Liz Blanding  
Westlake Village



\$3,300 by 11/12/18 • \$3,500 by 12/12/18 • \$3,700 after

► **FREE CLASS + Q&A!**

Saturday, November 3, 2018 • 2-4pm  
Saturday, December 1, 2018 • 2-4pm

### 3 MONTH PROGRAM

MARCH 23 - JUNE 30, 2019  
Saturday | 1:45pm - 7:45pm  
Sunday | 11:45am - 6:45pm

Led by David Lynch  
Woodland Hills



\$3,300 by 1/23/19 • \$3,500 by 2/3/19 • \$3,700 after

► **FREE CLASS + Q&A!**

Saturday, January 19, 2019 • 1-3pm  
Saturday, February 16, 2019 • 1-3pm



Register online! [yogaworks.com/teachertraining](http://yogaworks.com/teachertraining)

► FOR MORE INFO, CONTACT US  
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