



# 100h Yoga Therapy Teacher Training

This includes:



## Two Yoga Therapy Courses

Fascia Embodied  
Personalised Alignment



## Online Mentoring Program

Two Yoga Therapy Workshops  
Supervised Partner Program  
Live Calls



## Certification

Theoretical and practical exam

# 1 - Yoga Therapy courses

## Fascia Embodied & Personalised Alignment

*Your 100h YTTT journey starts here. Offering you maximum flexibility, you can choose how and where you would like to take these 2 courses. Prices vary depending on the option (online or offline) you choose:*

### Online

pre-recorded courses

**Start anytime at your own pace**

*approx. 3 months to complete*

**One - year full online access**

*Start with mentoring next to doing these courses online!*

### Offline

for dates check website

**Hridaya Yoga - France**

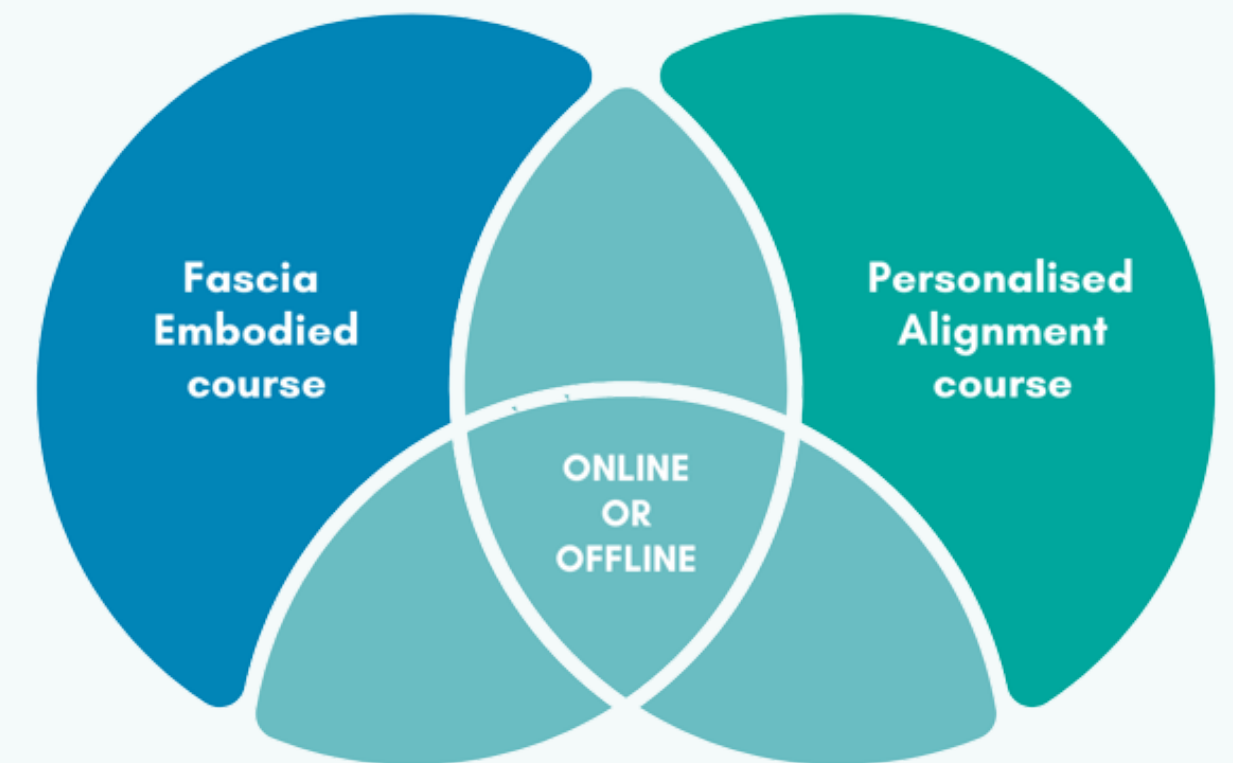
6 Days of Personalised Alignment and  
Fascia Embodied Training in a beautiful  
castle 1hr from Lyon

**OR**

**Yoga Medizin - Germany**

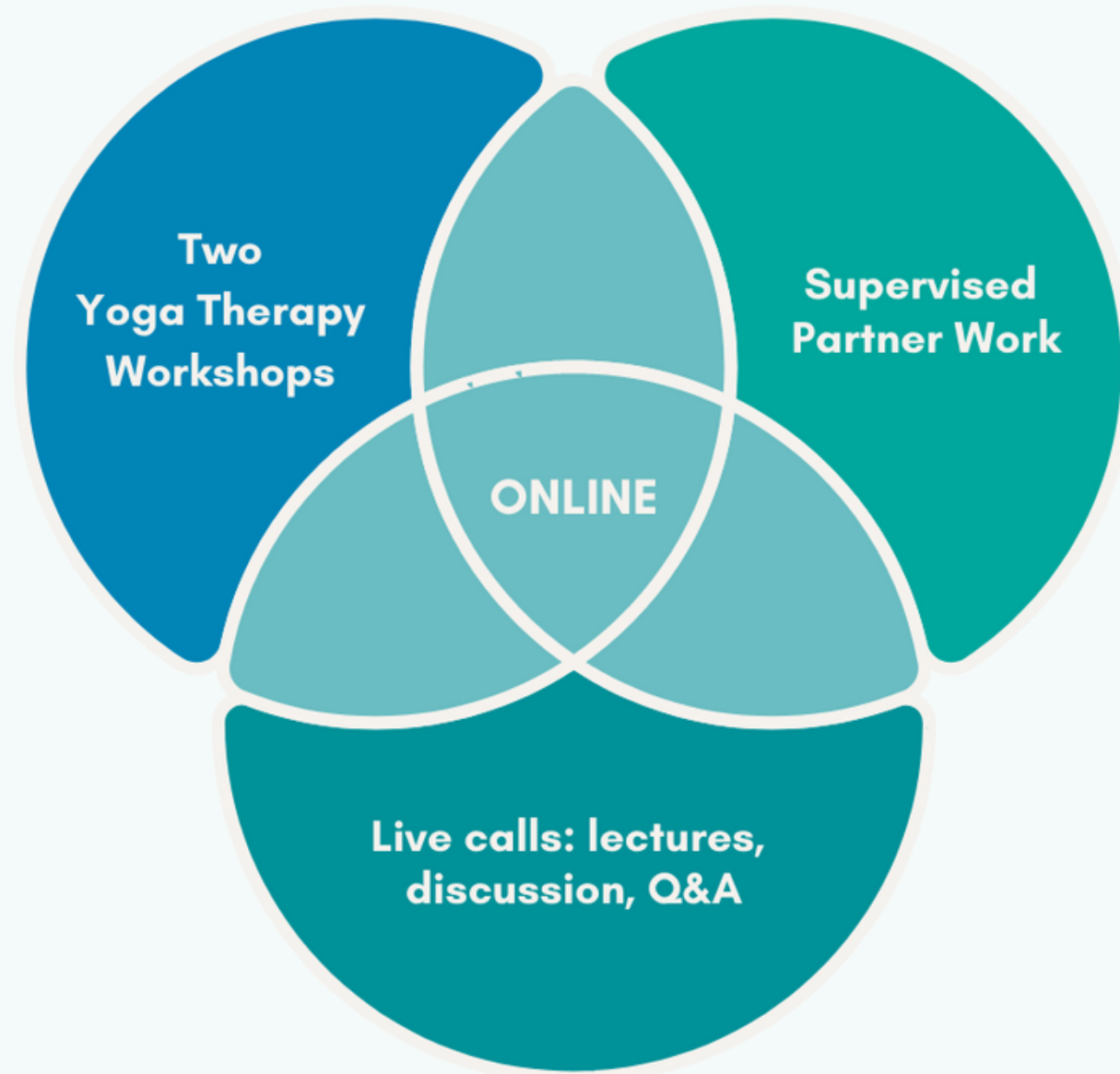
4 Day Personalised Alignment and 4  
Day Fascia Embodied Training at  
Lake Constance

*Mentoring starts after completion*



## 2 - Mentoring program

*This part of the program is designed to take you even deeper.*



### **Integrate and apply the teachings together:**

- Duration: 4 months
- Time investment: around 10 hours per month
- Includes 2 live calls (zoom) per month

Starts 2 times a year - March & November

# 3 - Certification

In order to receive your 100h YTTT certificate you will need to pass a theoretical and practical exam.

*We can assure you that once you have finished the yoga therapy courses and mentoring program you will be confident and skillful to pass these two tests with grace and ease.*



# Pricing 100h Yoga Therapy Teacher Training

Yoga Therapy courses	+	Mentoring Program & Certification	TOTAL
All online: 695 euro	+	480 euro	1175 euro
All offline: <a href="#">Pricing check website</a>	+	480 euro	480 euro + offline (location specific) pricing

## More info:

- ~ For offline course information, please check [here](#)
- ~ For a free info & intro call, choose your slot [here](#)