

Yoga Teacher Training Retreats with Caroline Klebl in Portugal, Mexico and Los Angeles

Caroline Klebl offers 200 and 500 hour yoga Certification retreats in beautiful retreat destinations around the world.



Los Angeles, Oct 12, 2019 ([IssueWire.com](http://www.IssueWire.com)) - Announcing the 200 and 500 hour [Yoga Teacher Training retreats](#) with Caroline Klebl in Portugal, Mexico, and Los Angeles. Immerse deeply in the Ashtanga Vinyasa Yoga practice in Source of Yoga Teacher Training with Caroline Klebl. Her certification course is registered with the Yoga Alliance and surpasses its 200 and 500 hours internationally recognized Yoga Teacher Training standards. Caroline Klebl offers a comprehensive [Yoga Teacher Training program](#) to yoga teachers, aspiring teachers and all levels of yoga practitioners. Her yoga instructor training combines the high standards of practice of the Ashtanga Vinyasa System with the development of the teaching skills necessary to introduce students to yoga practice safely and effectively. By learning the Ashtanga Yoga method, you can teach Vinyasa, Power, and Ashtanga Yoga classes.

Learn to practice and teach hundreds of yoga poses and improve your health on a [Yoga Teacher Training Retreat](#).

A Yoga Teacher Training Manual will be supplied to each participant. To those who attend all scheduled classes, a 200 hour Yoga Teacher Training Certificate will be issued, at the end of the course. With this certificate, you can register as a 200 RYT with the Yoga Alliance. Those who have already completed a 200 hour Yoga Teacher Training, will receive a 200-hour Advanced Training Certificate towards 500-hour Certification. Beginners are welcome to attend the 200-hour program.

For additional information please visit www.sourceofyoga.com

The focus of this course is the practice and method of teaching the Primary Series of Ashtanga Vinyasa Yoga. The Primary Series includes over 70 asanas (postures), linked by Vinyasa (breath-initiated movements between the asanas).

Topics include:

- Practice of the Postures of the Primary Series of Ashtanga Yoga
- The principles of Vinyasa, Drishti, Bandhas and Ujjayi Pranayama
- Teaching Techniques and Adjustments
- Assisting and Supervised teaching
- The Anatomy of the Postures of the Primary Series
- Introduction to Ayurveda
- Meditation and Meditation Instruction
- Chanting and Philosophy of Patanjali's Yoga Sutras

Caroline's all-inclusive yoga Teacher training retreats are held at seaside resorts in Portugal and Mexico.

For additional information and to register for the course please visit www.sourceofyoga.com

Known internationally as an outstanding yoga teacher, Caroline Klebl teaches yoga teacher training courses in Los Angeles and in beautiful retreat destinations around the world. Over 500 students have graduated from her courses, who teach yoga all over the world. She wrote a book on ashtanga yoga and

produced an instructional yoga DVD. Her articles have been published in yoga magazines and photographs of her yoga poses have appeared in two yoga calendars and on the cover and in the pages of yoga magazines.

For additional information please visit her website www.sourceofyoga.com



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