

HARMONI YOGA TEACHER TRAINING

harmony of mind, emotions, body, spirit
and breath



200 hour Certification Program
Successful completion entitles you to join
the Canadian Yoga Alliance



Our Program



A powerful blend of two Eastern healing philosophies: Yoga and Chinese meridian theory, with a focus on breathwork, energy flow, therapeutic alignment & meditation.

10 weekend intensives
Sept.19/08—Apr26/09



Our Faculty

Marie, Certified Hatha Yoga Teacher & Holistic Therapist, (Polarity & Cranial Sacral), has been teaching and inspiring her yoga students for 8 years. Her focus is on Hatha Yoga, breathwork, going within, and feeling the movement from the inside out. Marie is an enthusiastic teacher who firmly believes that yoga is a journey to experience and live life by.



Sabine Macdonald and Marie McGuinness
Experienced ~ Compassionate ~ Fun

Sabine, Certified Meridian Yoga Teacher and Holistic Therapist, (Thai Yoga Massage & Reiki), owned and operated her own school in Germany for 7 years. She will introduce you to Kundalini breathwork and Meridian theory, which explains how to control the healing flow of energy in your body through yoga. Sabine strives to develop body and mind through her own daily practice & is dedicated to seeing her students grow and transform.

Rukhshana Surty, B.Ed. Director of Harmoni Centre, Mind-Body Therapist, will introduce you to the powerful benefits of a daily Meditation practice.

Ian Ramsay, BA.,BSc.,PFT, brings his 25 years of teaching experience out of the classroom and onto the mat with yoga anatomy & physiology.

Training Prerequisite

Minimum 6 months of regular yoga practice

Course Schedule

Friday 6-10pm, Sat.12-7pm, Sun.10-6pm
Sept. 19-21, Oct.17-19, Nov.21-23,
Dec.12-14, Jan.9-11, Jan.30-Feb.1,
Feb. 20-22, Mar. 13-15,
Apr. 3-5, Apr.24-26 (RETREAT)

Tuition Includes:

- ◆ 160 classroom hours
- ◆ 20 class Harmoni Studio Pass
- ◆ Full-day Breathwork Seminar (6 hours)
- ◆ Retreat Weekend in the Laurentians
- ◆ Harmoni YTT Manual and handouts
- ◆ Meditation Companion CD

Payment Options

Price: \$2800. (includes all taxes)
\$2700. at registration (\$100 discount)

OR three Payment Plans Available

Call for your Registration Package

Harmoni Holistic Center
102 Du Barry, (X St.Charles)
Kirkland, Qc ~ (514) 695-9025
www.harmoni.org

