

## Introducing Utopia Yoga Academy RYS® 200



If you're interested in furthering your yoga knowledge, becoming a teacher, or expanding your teacher education, welcome to Utopia Yoga Academy. Utopia Yoga Academy is a Registered Yoga School (RYS) with Yoga Alliance, which designates this teacher-training program as one that follows Yoga Alliance's standards. Students who complete a verified training with this school may be eligible to register with Yoga Alliance as Registered Yoga Teachers (RYTs).

### Highlights\*

- A chance to explore different kinds of yoga, with a specific goal to find your own style and passion.
- Receive an expansive range of yoga knowledge from experienced teachers around the world.
- Qualifications in Hatha Yoga, Vinyasa Yoga, Yin Yoga, Restorative, and Hot Yoga.
- Anatomy, biomechanics, and functional movement lessons from professional physical therapists that have years of experience in yoga.
- Incomparable practical experience observing, assisting and teaching in a studio setting.
- Training registered with Yoga Alliance at the 200hr level.
- Limited spaces to ensure you are given the proper amount of attention and care.
- Opportunity to teach your practical hours at the studio in classes of your choice, encouraging you to create and live the vision of who you are as a yoga teacher.
- Mentoring from Utopia teachers and staff, helping you grow and love what you do.

**Price 40 000:-** Included in price is an unlimited membership at Utopia Yoga Studios from the course start date until the date of graduation. Upon registration 5 000:- (reserve your place in the course). Choice of payment: 35 000 at once at start of course, or pay in installments 7 000:- monthly for 5 months, or 5 000:- per month for 7 months.

Our 2022 training program will be a **part time course** during one weekend per month (Friday-Sunday) starting **September 16<sup>th</sup> until February 26<sup>th</sup>**

Due to the current covid-19 restrictions, we will have a limit of 10 participants to ensure distance is possible. Including an option for participating online, live, should you or someone you live with display symptoms.

Teachers included in the teacher-training program are: Lead Trainer- Jerrica Zeron, Maria Murelius, Alexandra Sjöberg, and Olivia Berggren

For questions email [info@utopiayogastudios.com](mailto:info@utopiayogastudios.com)