

# TULITA YOGA METHOD

200 HOUR YOGA TEACHER TRAINING



# TULITA OVERVIEW

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The Tulita Yoga Teacher Training is a 200 hour Yoga Alliance recognized yoga school utilizing both modern and ancient approaches to the sacred teachings of yoga. The curriculum includes styles of restorative, hatha, vinyasa, and flow with an in depth combination of each individual essential element pertaining to the definition of yoga itself: mind, body, and spirit. The Tulita Method embodies a deep anatomical, spiritual, and psychological reflection of Asana, in conjunction with a detailed guide to safe sequencing.



## THE FINE DETAILS

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**COST: \$3000<sup>+hst</sup> per person**

Early bird: \$2800<sup>+hst</sup> when paid in full by January 31, 2019

**PROGRAM DATES: April 27 – June 30, 2019**

Saturdays and Sundays from 6:30am–4:30pm

Regular yoga classes are to be attended through the week

**SIGN UP: At the Club Desk**

Spots fill up quickly!

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