

shine yoga

www.shineyoga.com • 3330 Erie Ave. Suite 15

Ancient Wisdom • Modern Mojo

300 ryt Registered Yoga Teacher Training & Yoga Student Lifestyle Immersion... Begins February 2020

Registration is NOW open! Early bird pricing until 12/31.



The ancient yoga teachings lay out a clear path to personal freedom, well-being, and spiritually inspired lives. Shine Yoga's teacher training, under the lead direction of Kate Noble e-ryt 500+ and with support from a great team of support teachers and mentors, is designed to educate and guide students & teachers through the ancient teachings that have been passed down and have evolved through a clear line of teachers, scientists, and artists. **We deeply explore the ancient philosophy of yoga and modern physical science in order to help practitioners and teachers to develop their own personal practices that support empowered & integrated lives ~ as individuals ~ and for our greater good.** The teacher training aspect of the Ancient Wisdom / Modern Mojo program helps individuals cultivate teaching skills that will allow one to more clearly, authentically, and effectively share the powerful practices of a full-spectrum yoga practice.

visit <https://www.shineyoga.com/teacher-training> for details!



Our 2020 300 ryt Registered Yoga Teacher Training & Yoga Student Lifestyle Immersion is led by Kate Noble e-ryt 500+ and will be supported by a team of support teachers and mentors, including but not limited to, Rob Dorgan, Erin Trentel, and Alodie Loney. Kate Noble is the owner/director of Shine, has been teaching movement based classes for the last 34 years and predominantly functional yoga & mindfulness since 1998. Kate draws on the ancient teachings of yoga which are processed through a modern scientific lens and applied to practices of yoga, mindfulness, and well-being in order to elevate consciousness, harmony, and a high quality of life for all practitioners and those they share their lives with.

