



Vinyasa Yoga Teacher Training

200 Hours



Do you love yoga? Are you curious about teaching yoga? Become a certified Vinyasa Yoga teacher! Learn the history of the practice and how to infuse it today through anatomy, creative sequencing, intention setting and much more.

Become a Yoga Alliance Certified Vinyasa Flow Teacher Yoga Teacher Training with Taylor Coupland of GoYoga Orangeville



Taylor Coupland has been teaching yoga for 7+ years. Her love of yoga comes from many years of experiencing the transformational practice of body, mind and spirit. Taylor's personal practice developed as a way to learn about and manage her own anxiety. Taylor obtained her initial training through Ann Green and has since then studied with Shiva Rea, Travis Eliot, and many other known yoga practitioners.

January 19 - April 28th, 2019
Classroom time is:
Every Wednesday: 5:30 - 8:30pm
Every other weekend:
Fridays; 5:30 - 8:30pm
Saturdays: 9:30 - 4:00pm
Sundays: 9:30 - 4:00pm

\$2500 + HST
Payment plan is available
Hold your spot today with a \$500 deposit*
*Deposit is non-refundable