

# **200 Hour Ashtanga Yoga Training**

## **with Mark & Shankara Darby**

### **March 2014 - February 2015**

*Aspiring to become a yoga teacher? Looking to greatly deepen your understanding of the Ashtanga practice? This year long experience is for anyone who shows genuine interest in learning.*

**To register and for information please contact:**

Darby : [markdarbyyoga@yahoo.ca](mailto:markdarbyyoga@yahoo.ca)

Shankara: [alchemyyoga@yahoo.com](mailto:alchemyyoga@yahoo.com)

#### **Schedule:**

*Hours: 10 week-ends of 16 hrs*

*and one 6-day-workshop of 40 hrs in July 2014*

*Week-end Schedule: Saturday & Sunday: 7:30 a.m. – 5:00 p.m.*

*Dates: Starting March 29<sup>th</sup>, 2014*

*Location: 4812 BOUL ST-LAURENT suite 101 (corner Villeneuve), Montreal*

**Cost:** \$2,600 before February 28th (Taxes not included)

\$2,900 after deadline (Taxes not included)

Minimum deposit of 500\$ (non refundable) is required to reserve your space.

**Check our website** for more details

(Course content, dates and payment plan)

[www.sattvayogashala.com](http://www.sattvayogashala.com)

*Sattva Yoga Shala is registered with the Yoga Alliance (RYS).*

*At the end of the course, if the student has fulfilled all the requirements required, he will receive a 200-hour Certificate of yoga training which is recognized by the Yoga Alliance of North America.*