



Yoga Teacher Training School In Costa Rica Supports Las Divinas

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Costa Rica School of Massage Therapy, located in Nicoya, Costa Rica, is proud to support Las Divinas, an empowerment effort geared towards teen girls who are impoverished. The group is organized by Asociacion CREAR, which aids these girls in self-esteem and education. To promote knowledge of the cause, and to support the group, the school held a yoga class for them.

All CREAR teens who attended the yoga class, which took place on June 20, 2016 reported that the experience was positive and fun. Everyone who took part was new to yoga, and described the experience as comfortable and engaging.

The Costa Rica School of Yoga welcomes students from all over North America. Students are immersed in yoga physiology over a three-week period, working on developing sequences, and becoming more practiced in the art of meditation. The school describes the program as follows: "Whether your desire is to deepen your private practice or teach others, this program will enrich your knowledge of the entirety of Hatha yoga. Taught by instructors with decades of experience and extensive education, this program will give the student a strong foundation in western and eastern anatomy, physiology, and philosophy."

While the school opens its doors to all those seeking guidance in yoga, they are particularly proud of their latest efforts to give back to others, as seen through their work with CREAR. Part of the school's vision is the concept of Seva, which is a Sanskrit word that means service of selflessness. By completing these acts, individuals are thought to inherit a greater sense of personal and spiritual growth. In this way, Seva is sacred to the school, and by sharing the gift of yoga with those in need, the students were able to flourish. The Costa Rica School of Yoga encourages current and potential students to read more about Seva at <http://www.mindbodygreen.com/0-5062/Seva-The-Art-of-Selfless-Service.html>.

Those interested in learning more about the school and other events which are taking place this summer are invited to visit the company's official website at <https://crsmt.com/yoga-teacher-training/>. Here, individuals can read more about the vision of the school, and better understand what becoming a yoga teacher entails.

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For more information about Costa Rica School Of Massage Therapy, contact the company here: Costa Rica School Of Massage Therapy Tammy McGee 1-800-770-9893 ext 1 info@crsmt.com Costado norte de la plaza de deportes Samara, Nicoya 50205, GTE Costa Rica

Costa Rica School Of Massage Therapy

The Costa Rica School of Massage Therapy is the premier study abroad program in the world for Massage Therapy Certification, Yoga Training and Continuing Education!

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