

New Yoga Teacher Training Course Launched In Costa Rica

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The Costa Rica School of Massage Therapy (CRSMT), operating in Samara, Nicoya, Costa Rica, is proud to announce that they have recently released the new yoga teacher training course. They currently offer an Early Enrollment Discount for those who book the course before February 26, 2017. Full details are available at http://crsmt.com/yogateachertrainingincostarica.

Tammy McGee, Director of Admissions from CRSMT, says: "We offer a 200 hour program approved by the Yoga Alliance, where you will gain the skills required to become a confident instructor of hatha yoga. Through this unique program, you will explore yoga through both eastern and western anatomy, learning asana, pranayama, philosophy, holistic lifestyle, ayurvedic practices, mediation and exploration of your inner selves."

The Costa Rica School of Yoga (CRSY) employs instructors with extensive education and decades of experience. The program enables students to enrich their knowledge of the entirety of hatha yoga. Full details about the school and their philosophy are available on their website at crsmt.com.

Tammy McGee continues: "You will leave this course with a teacher's toolbox. You will develop a strong

foundation in teaching intriguing, challenging, varied, safe, and inspiring classes. You will learn to construct classes that keep students coming back. You will receive a solid base of anatomy and physiology and be able to teach to diverse groups of students at beginner and mixed levels. You will learn tools for marketing yourself, taking your class to the community, balancing your personal practice while being a teacher, positive language skills, and a deep exploration into the teachings and writings of yoga."

CRSMT is a popular school and hundreds of people have already walked through their doors, learning about yoga and massage techniques in the idyllic environment of Costa Rica. As shown on their Facebook page, they have been able to enrich many people's lives. "This place changed my life back in 2007," says Rob R.A. "If I could do it over and over I would. A piece of my heart will forever be in Playa Samara."

The school looks forward to welcoming students to this fast paced new yoga teacher training.

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For more information about Costa Rica School Of Massage Therapy, contact the company here:Costa Rica School Of Massage TherapyTammy McGee1-800-770-9893 ext 1info@crsmt.comCostado norte de la plaza de deportesSamara, Nicoya 50205, GTECosta 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!

Website: http://www.crsmt.com

Email: info@crsmt.com

Phone: 1-800-770-9893 ext 1

