

Costa Rica School Of Massage Therapy Announces Yoga Teacher Training Course

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The Costa Rica School of Massage Therapy (CRSMT), which is located in Samara, Guanacaste, Costa Rica, is proud to announce that they will be offering the Yoga Teacher Training Class June 4-30, 2017. The classes will focus mainly on alignment based hatha yoga and Iyengar style yoga.Director of Admissions of the CRSMT, Tammy McGee, says: "We are incredibly excited to launch another yoga teacher training course. We know that anyone interested in becoming a yoga teacher or deepening their own practice will benefit greatly from this course.

Spaces are limited, so we encourage people to visit our website as soon as possible to find out what the course is about and to apply. "The 200 hour yoga teacher training course has been approved by the Yoga Alliance. The course instructors will be Samantha Saladino and Peggy Kelley. Samantha is a certified E-500 RYT yoga instructor and she has been a licensed massage therapist since 2004. Peggy is also a certified E-500 RYT yoga instructor and she is the founder of the Austin Yoga Institute.

Tammy McGee adds: "In this yoga teacher training program, we will use the chakra system to explore 36 yoga poses, pranayama, philosophy, holistic lifestyle, and meditation. 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. Some of our meditation classes will be held on the beach using the ocean waves to connect with our breath and heartbeat. We will use the seed syllables of the chakras and classic yoga chants to align our bodies with our breath and internal movements."

Prospective students and interested parties are also encouraged to follow the CRSMT's Facebook page at https://www.facebook.com/costaricaschoolofmassagetherapy/?ref=br_rs, where they can find the most up to date information on the school and its courses. Additionally, it gives them the opportunity to network with past and current students alike.

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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!

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