

Costa Rica School Of Massage Therapy Launches 3rd Annual Yoga Teacher Training

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The Samara, Costa Rica based Costa Rica School of Massage Therapy and Yoga has announced the schedule for their third annual yoga teacher training in Costa Rica. The 28-day course will take place on June 2 to June 30, 2018. For further details and to book a slot, people are encouraged to visit https://crsmt.com/yoga-teacher-training-costa-rica/.

"This is the best Yoga Teacher Training in Costa Rica," says Tess McGrath - Yoga Instructor from the CRSMTY. "In this comprehensive, 200 Hour Yoga Certification, 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."

The 200-hour training course is known to be very exciting and diverse. It allows people to go on a journey of self-exploration, while at the same time developing their skills as a confident yoga instructor. The course covers the 12 systems of the human body and the links between yoga poses and health. It also explores the philosophy and history of yoga itself.

Tess McGrath continues: "Join us to examine the ancient texts of yoga: Patanjalis Yoga Sutra, Hatha Yoga Pradipika, and the Bhagavad Gita. Explore the inner landscape of the body, mind, and soul through the chakra system of yoga and Ayurveda. Learn the ayurvedic daily health and cleansing practices that the yogis use to stay healthy, vibrant, and energized."

This is the third consecutive year that the course has been offered, and it has proven to be very popular. It includes either on-site or off-campus accommodation in beautiful surroundings, where participants can truly focus on their own development and find inner peace. This year's instructors are Samantha Saladino, Peggy Kelley, and Tess McGrath. Tess has completed her own yoga teacher training at the CRSMT, which is a testament to the excellence of the courses.

With regards to Tess, Director of Admissions,Tammy McGee, says: "She served first as a teaching assistant for the program. She teaches yoga classes at the massage school in Samara as well as to the local youth. Tess is also a licensed massage therapist who is passionate about body movement and leading an active life."

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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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