



Free Bonus Vacation Week For Yoga Teacher Training In Costa Rica Offered

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The Costa Rica School of Massage Therapy has announced the presence of the Costa Rica School of Yoga on their campus. With this addition students will be able to take part in yoga teacher training. Those who sign up now will be able to enjoy a free week of teacher training.

"We have focused on various elements of fitness for some time now and are so happy to be able to add yoga teacher training to our list of services," says Courtney Krenz from the Costa Rica School of Massage Therapy. "It is a known fact that yoga is now one of the most popular trends in fitness so we are very excited to be able to offer yoga teacher training. Those who sign up now will be able to enjoy an extra week at our resort style campus with activities, but spaces are very limited."

The first round of yoga teacher training will start in May 2016. The entire course is 200 hours in length. It uses the chakra system to explore 36 different yoga poses. Students will be able to learn about proper posturing and positioning and how to instruct others on completing these positions. The instructors themselves have many years of experience in yoga instruction as well.

At the end of each day, a meditation session will be held on the beach, enabling the waves of the ocean to connect with the heartbeat and breath of the students. During meditation, students will use classic yoga chants and the syllables of the chakras in order to align their bodies with their internal movements and breathing.

Previous courses at the Costa Rica School of Massage Therapy have been very positively received, as can be seen on <https://www.facebook.com/costaricaschoolofmassagetherapy/?fref=ts>.

"CRSMT is a profound, condensed school with an experience to always remember," says Zachary J. Adams. "It was an opportunity for me to grow inwardly as well as outwardly. The staff, instructors, grounds keepers, house keeping, security guards, and the classmates whom I have spent the last 4 months with have impacted my life in a positive and inspiring way. I would recommend this school to people who want to make a difference in the world and people who want a difference made in them as well."

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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!

Website: <http://www.crsmt.com>

Email: info@crsmt.com

Phone: 1-800-770-9893 ext 1

