

Advanced Teacher Training

Continuing Professional Development

The Yoga Centre Winnipeg Advanced Teacher Training Workshop Series is open to those who have completed 200hour basic certification, as well as those students practicing at an intermediate-advanced level looking to deepen their knowledge of the yoga path.

This program focuses on developing the skills to teach more advanced postures, while increasing the instructor's depth and precision in teaching basic postures. We will also begin to explore the organic level of practice and expand participants' repertoire in different methods of yoga.

The course is taught by senior teachers from the Yoga Centre Winnipeg: Candace Propp, Darlene Sveinson, and Larry Isacoff. For complete bio's visit yogacentrewinnipeg.com. The course consists of 9 afternoon sessions and one weekend workshop.

Students may register for the full program or individual workshops.

Full program 39 hours, \$661.50

A \$250.00 non-refundable deposit is required to reserve your space. Payment in full or payment plans in place prior to the start of the first workshop. Missed workshops will not be refunded.

Individual Workshops:

Saturday/Sunday Sessions: 3.5 hours \$63.00

Weekend Workshop: 7.5 hours \$157.50

Prices include GST

For information on Yoga Centre Winnipeg 500hr Advanced Teacher Training Certification requirements please contact the Yoga Centre Winnipeg. Please keep track of the course hours completed, the dates and the course names.



Afternoon Workshops

Saturday or Sunday | 1-4:30 pm

Sunday October 1, 2023 | Larry

Observing Bodies: Modifying Props to Meet Student Needs

Sunday October 29, 2023 | Darlene

Yoga Specifics: Vinyasa Sequencing: Creating the Flow

Saturday November 25, 2023 | Candace

Yoga Specifics: The Vayus

Sunday December 17, 2023 | Darlene

Yoga Specifics: Incorporating Yoga Philosophy Within Asana Practice

Sunday February 25, 2024 | Candace

Observing Bodies: A Deeper Look at Flexibility and Stability

Sunday March 24, 2024 | Larry

Yoga Specifics: The Feet

Saturday April 27, 2024 | Darlene

Special Circumstances: Pre- Post Natal

Saturday May 25, 2024 | Candace

Observing Bodies: Hands on Adjustments

Saturday June 15, 2024 | Larry

Special Circumstances: Sequencing for Older Adults

Weekend Workshop:

Friday, January 26: 6:30-9:00pm

Saturday, January 27: 1-3:30pm

Sunday, January 28: 1-3:30pm

Larry, Darlene, and Candace come together to lead an introspective workshop that combines asana, pranayama, and meditation.

Each workshop will be a combination of theory and practical work.