

YogaWorks 200-HOUR TEACHER TRAINING



In partnership with **INDIGO YOGA** in Salem, OR

Since 1990, YogaWorks has trained thousands of teachers worldwide, including some of the most celebrated modern-day yogis. It is a comprehensive program that combines Vinyasa flow with an emphasis on alignment and skillful sequencing. The method forms the container into which each aspiring teacher can pour their unique voice & personality.

THE YOGAWORKS ADVANTAGE

- Materials refined for over 20 years with the input of over 50 highly skilled trainers.
- Signature sequencing logically builds poses thematically. Encompassing both precision & flow, it is designed to be accessible to all yoga practitioners.
- Integrate the historical teachings of yoga philosophy into daily life.
- Deepen your practice and understanding of yoga.
- Become a member of a yoga community that is recognized worldwide.

EXTENDED 200-HOUR TRAINING

Led by Hazel Patterson

October 7, 2011 – April 15, 2012

Fridays, Saturdays & Sundays

Meets for a total of 8 weekends.

Please ask for a detailed schedule.

PROGRAM FEES

\$3,150 USD if paid-in-full by September 7

\$3,400 USD after September 7

Reserve now. Space is limited.

INFO SESSION & FREE CLASS

Saturday, July 23 • 1:00 – 3:00pm

Indigo Yoga

YogaWorks Intermediate level class and Q&A.

**RSVP with JoAnn at (503) 507-8531
or email joannkobel@gmail.com**

Hazel Patterson

Hazel took her first teacher training 12 years ago and has been teaching yoga since 1999. In 2004, she completed her YogaWorks 200-hour teacher training with Lisa Walford. Hazel later became YogaWorks certified and currently teaches at several Los Angeles YogaWorks studios. Her approach is to teach an uplifting YogaWorks style class and embrace the opportunity to deliver this elegant and effective system to future teacher training students.



Visit yogaworks.com for her full bio.

FOR ASPIRING TEACHERS AND SERIOUS STUDENTS



Indigo Wellness Center
3276 Commercial Street SE
Salem, Oregon 97302
www.indigowellnesscenter.com



yogaworks.com/teachertraining