

Let Your Yoga Dance Teacher Training! *Via Zoom!*

Join Megha for three wonderful, virtual, and transformational weekends for Let Your Yoga Dance® Teacher Training!

Let Your Yoga Dance® is a transformational movement practice where joy and fun meet deep and sacred. Join Megha to explore the science, method, and application of Let Your Yoga Dance, dive into the art of teaching, and lead a practice class for your peers... all virtually, in the safe comfort of your home!

Offered via Zoom and in an atmosphere of playfulness, compassion, non-competition, kind rigor, professionalism, and respect for different learning styles, this training includes:

- Complete training in 3 weekends
- In-depth mentoring and skill-building
- The art of creating a safe and sacred class
- Study of meditation in motion and relaxation
- Chakra exploration, accompanied by fabulous world music
- Dancing tips for yoga teachers
- Applied yamas and niyamas—the yogic codes of conduct
- Music appreciation and building your chakra music library
- Techniques for promoting and marketing your business.



**Training is Completed over
Three Weekends:**

May 14-16
May 21-23
June 25-27

Each weekend runs from Friday, beginning at 6:30pm, through Sunday, 4:00pm EST

Cost:

Only \$720 for ALL three weekends!

Enrollment is limited!

While this will be on Zoom, the connections among the future teachers is an important aspect of this training. To create the connections and intimacy important to the training, enrollment is limited.

**COME JOIN THE CELEBRATION —
*Half the Cost, Double the Fun and Ease!***



**To register, contact Megha —
Email: megha@letyouryogadance.com**

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Far more than instruction, this training invites you to deeply explore all seven chakras through powerful personal experience. Megha guides you through each of the energy centers of your multidimensional self, helping you to find profound joy and release unhealed blocks along the way.



Upon successful completion of your final practice-teaching session, you will be a fully certified Let Your Yoga Dance instructor. The program concludes with a presentation of diplomas in a special graduation ceremony, and an invitation to join the Let Your Yoga Dance Teachers Association.

What people are saying...

"I am so grateful to be part of this wonderful, loving and supportive community of Let Your Yoga Dance Teacher Training. I appreciate how you have taught with such kindness, clarity and spaciousness, allowing space for people to be where they are at and move forward from there. And I appreciate how you've been able to juggle the Zoom platform and that you have this wonderful staff of teachers that support the training." — Mary M., Participant, Future Let Your Yoga Dance Teacher



Megha! Nancy Bittenheim
MA/E-RYT 1000

Megha Nancy Bittenheim is CJO (Chief JOY Officer) and Founding Director of Let Your Yoga Dance®. She is author of the book, *Expanding Joy: Let Your Yoga Dance*, and her new DVD/MP4, *Let Your Yoga Dance – with Megha*.

Since 1985, Megha has trained thousands of people at Kripalu Center in yoga, holistic health, and Let Your Yoga Dance®.

Join the amazing group of teachers who are spreading joy and healing to the world through Let Your Yoga Dance!



Where Joy and Fun Meet Deep and Sacred
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