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# Mindful Movements

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# YOGA SCHOOL

## BECOME A YOGA TEACHER

### 200 HOUR YOGA TEACHER TRAINING

Yoga Teacher Training is for you if you love yoga and want to...

- Take a journey of self-discovery
- Deepen your practice and understanding of yoga
- Become involved in the yoga teaching community

**Register NOW - Space is limited**

**200 Hour - Yoga Alliance Registered Yoga Teacher Training**  
with **Kym Riley, E-RYT**

**Start Date: SEPTEMBER 2020**



For more info email: [Kym@MindfulMovements.ca](mailto:Kym@MindfulMovements.ca)

Location: Mindful Movements Studio  
164 Moira St. E., Belleville, ON