



Mindful Movements
YOGA SCHOOL

BECOME A YOGA TEACHER

200 HOUR YOGA TEACHER TRAINING

Learn in a Retreat Style Setting

Register NOW

Space is limited

200 Hour - Yoga Alliance
Registered Yoga Teacher Training

with **Kym Riley, E-RYT**

July 6 - August 6, 2021

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
- Experience SUP (Stand Up Paddleboarding)
- Receive Paddleboard Yoga Lessons
- Enjoy Yoga on the Water
- Daily Luscious Vegan Lunch
- Become involved in the Yoga Teaching Community



Overlooking the Bay of Quinte
Prince Edward County

For more info email: Kym@MindfulMovements.ca