



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](mailto:Kym@MindfulMovements.ca)