



Mindful Movements 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

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

In Person Learning

Sept. 2021 - Jan. 2022
Mindful Movements
Studio

or

NEW Online Learning

Begin anytime.
Work through modules
at your own pace.



Kym Riley



To register or for more information email:
Kym@MindfulMovements.ca
Space is limited.

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