

KRAMAS

yoga



Located at Radiant Lotus Yoga



200 Hour Yoga Teacher Training: November 2024-April 2025

KRAMAS (certified by Yoga Alliance as a 200 hr. School) offers a Teacher Training that honors and values the diversity and history of all students. The coursework, taught over the course of eleven weekends, is designed to meet the needs of students with complex schedules. The Sanskrit term, *krama*, signifies the evolution on a pathway, or the gradual steps that are taken on a progression.

Tuition is \$2975

Flexible Payment Plans Available!
Jessica Noche 608.213.0900

This yoga teacher training is for practitioners of yoga who want to deepen their personal practice of yoga and extend their knowledge of yoga philosophy. It is also for those who would like to eventually teach yoga, potentially within a studio setting. A student's ability for success in this program is based on their discipline and integrity while working within the scope of the system of yoga, both in their daily lives and during the modulated weekends.

For weekend schedules and course details please visit our website: www.kramasyoga.com

Radiant Lotus Yoga, 202 S. Century Ave. Waunakee, WI.