



advanced Insight

TEACHER TRAINING



Directed by
Margi Clifford

LPC-Supervisor
E-RYT500
C-IAYT

PROGRAM FACULTY INCLUDES

David Westlake
Diane Ziegner
Carolyn Hitzler
Leigh Lubin

Advanced teacher training is the next step. It's the next level. It provides the structure and support, the community and compassion that creativity and passion need to thrive!

If you have tasted the sweetness of connecting more fully to your own body, mind, and heart, if you are passionate about creating opportunities for yourself and others to thrive, if you are curious about how to sustain a commitment to practice for yourself and in service, this is the program for you.

We are overwhelmed with gratitude for the generosity of our teachers and students who have contributed to this program. Yoga for Mental Health's 300 hour teacher training program will not only elevate your personal and professional practice but it will serve as a guiding light for those who are called to serve. On behalf of all beings, we practice patience and diligence. We build awareness and tolerance. We gain confidence and find ease. We make a difference.

Participants can expect to deepen their understanding of the physical body with its subtle and mighty powers, the mind with its patterns, preferences, and potential, and, the heart and soul that keep us going. Motivation and expectation will be seen more clearly and their power will be more accessible. Awareness of integration is the cornerstone of this program and insight into the interconnectedness of all systems is expected. Qualified participants will be capable and conscientious, courageous and compassionate. The ability to be both self-directed and collaborative will be essential for the successful candidate.



PENDING APPROVAL

APPLY TODAY:

YOGAFORMENTALHEALTH.COM/ADVANCED-INSIGHT-TEACHER-TRAINING