



Inbalance Yoga Teacher Training, 200 hours Ashtanga Vinyasa Yoga and Vinyasa flow

*Teaching course including: Asana / Teaching Techniques / Alignment / Hands on adjustment / Sequencing
Anatomy and Physiology / Yoga Philosophy / Pranayama / Meditation and Chanting / Ayurveda
In addition to the 200 scheduled hours, hours has been spent – observing, giving
hands-on adjustments and teaching – Ashtanga level I / Vinyasa flow classes.*

Camilla Thörn

Has successfully completed 200h Teacher Training programme.

23/03/17

day / month / year

Naomi

*Naomi Grosin, Head of Inbalance Yoga Teacher Training and Inbalance Yoga Stockholm
Inbalance Yoga Teacher Training is registered with Yoga Alliance.*

