

# WHAT ARE THE WAYS TO BE A CERTIFIED YOGA INSTRUCTOR?

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Contact: Inner Spring Yoga

Phone:

Address: 802 East Market Street, New Albany, Indiana, United States

Price: Check with seller

Description:

Being a potential yoga instructor, is indeed not an easy task, and it requires hardcore practise for long hours, if one wants to achieve that that prestigious title. A person has to go through different courses, in order to learn and become aware about the various yogic posture like ashtangam vinyasa, hatha and many others. The individual has to go through rigorous sessions of yoga, while practising several tricky yogic posture at the same time. That apart, there will be an indispensable need to practice yoga for a duration as long as 75 hours every 3 years, that includes, 45 hours of teaching students, and the remaining 30 hour has to be spent on extra classes, and get certified accordingly. Inner Spring Yoga ...



<https://tinyurl.com/2qg2arg5>

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