

YOGA *for* HUMANKIND

200+HR YOGA TEACHER TRAINING

in contemporary hatha, trauma-informed & community based yoga



**UNITING PEOPLE
THROUGH THE
LOVE OF YOGA,
HUMANITY &
INSPIRED ACTION**

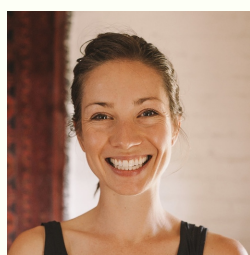
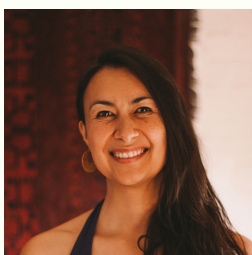
MELBOURNE, 2019

ABBOTSFORD CONVENT
OCT 2019 - APR 2020

Join us for a comprehensive yoga teacher training that is inquiry-based, inclusive and people-centred. This training will transform your own practice and equip you with the skills to teach yoga effectively in both studios and community settings.

You will get the highest quality of a foundational 200hr yoga teacher training, plus additional hours and training in trauma-informed and community-based yoga teaching.

With Mei Lai Swan, Jo Buick, Amber Gray & Andrew Mournehis



Full details at:

WWW.YOGAFORHUMANKIND.ORG

Yoga School & Social Enterprise – 25% of profits goes to community based yoga and development projects