

One Yoga™ Teacher Training

With ERYT Liz Klug and Special Guests

Take your practice into new demensions.

200 hours of dynamic training leaving you confident and certified to teach others well.



April 9, 2021-
December 17,
2021
Meets weekly.



RYS
200
yoga
ALLIANCE

Learn more
and apply at
yogasol.org

Join us for an in-depth study of Yoga: philosophy, posture, breath, meditation, mantra, sequencing, applying Yoga to your daily life, and sharing the inspired practice!