

Teaching Yoga allows you to share the joy and wonder of Yoga. You are able to help others integrate body, mind, and spirit.

But there is more to being a good Yoga teacher than just the love of Yoga. As a RYT at the professional level (500 hours), I can help you structure your classes and show you how to guide your students.

And then there is the business side of your Yoga practice. As a small business accountant, with over 25 years of experience, I can help you with the practical side of your business.

All classes meet the Yoga Alliance standards for continuing education credits.

**Robin Abrett,
RYT500
E-RYT200**

Certifications:

Kripalu Yoga Teacher,
professional level (500 hours)

Angel Yoga (yoga for children
ages 3 to 14)

Certified by Naturally Yoga

IGM Therapeutic Acupressure

Cardiac Yoga®

Reiki Master/Teacher

CPR

Small business accountant

**The Heart of Yoga, LLC
Phone: 973-616-9807
theheartofyoga@hotmail.com**

[logo]

**The Heart of Yoga,
LLC**

**Classes for Yoga
Teachers**

Robin Abrett, RYT500

**Certified Kripalu Yoga
Teacher**

973-616-9807

The Business of Yoga

Learn the basics of how to set-up and run your Yoga practice.

Topics covered include:

- ◆ How to work within the Yamas and Niyamas and not only run a business but make a living;
- ◆ How to set-up your Yoga practice;
- ◆ What to do if you only teach at studios or gyms;
- ◆ How to manage your taxes and other financials most effectively;
- ◆ What is the best business structure for your practice (Corporation, LLC, etc.);
- ◆ How to complete all of the necessary forms.

Teaching Yoga Nidra

Yoga Nidra is both a technique for relaxation and a method used to promote physical, mental, emotional, and spiritual well-being. It helps to reduce muscular, emotional, and mental tensions that create stress, disease, and unhappiness.

Yoga Nidra blends aspects of affirmations, progressive relaxation, breathing exercises, witnessing techniques, inner visualizations, awareness of states of energy, and the development of one-pointedness.

Using these ancient techniques, learn to guide your students in an experience of total relaxation.

Teaching Gentle Yoga

Learn how to put together a gentle yoga class including:

- ◆ which asanas to teach;
- ◆ which breathing techniques to teach;
- ◆ how to structure the class;
- ◆ gentle yoga adjustments.

Teaching Pranayama, Level 1

Refresh your skills in teaching Pranayama and learn five basic breathing techniques. Class includes:

- ◆ practice teaching;
- ◆ how to integrate breathing into your classes;
- ◆ which techniques work best for your students.