



200-HOUR YOGA TEACHER TRAINING PROGRAM

Sunday October 21st, 2018 - January 2019

Our lead instructor, *E-RYT, & YACEP* is Ms. Tracy Palmieri. Tracy has certified some of the instructors at Good Vibes Yoga as well as many others in northern NJ. As an Experienced yoga instructor and owner of her own studio, Tracy provides a well-rounded program covering technique, philosophy, history, anatomy, teaching methodology, benefits of practice, and even the business side of Yoga.



Early Bird Rate: (Paid in full before October 1st, 2018) **\$3,400.00 - Normal Fee: \$ 3,600.00**

Ask at front desk, call, or email us for any questions regarding the program