



The experience of going thru the Yoga Sutras and this awakening with a fantastic group who will now forever be family ... this changed the way I approach life and practice. I now find each day an adventure and an opportunity to grow and help others, on and off the mat. Sue, YTT 2010

Angel's heart-based teaching, dedication, and drive for each person to find their inner strength changed everything. There was no push to become something I wasn't. There was a push to uncover what was there, transforming my practice and life. Whitney, YTT 2010

I never understood the true meaning of Yoga until this training. For me, it was all about fitness. But when I learned that yoga is union; connecting the breath with the body, it transpired something beautiful within my innermost being and soul. Mona, YTT 2011



"The Heart, Connection, and Community of YOGA" taught by Angel Grant

Would you like to share the power of yoga? Deepen your practice? Both?

Get your reservation in now for this unforgettable experience!



YOGA in COMMON
3080 Deville Street
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Yoga Teacher Training



**~ The Heart, Connection, and Community of YOGA ~
taught by ANGEL GRANT**

Share, Explore, Expand

...your yoga practice, your life....

Our Ashtanga-based Vinyasa Flow course is certified Yoga Alliance 200-hour yoga teacher training program. It's intense and intensive, so we ask that applicants be fully committed and dedicated to practice.

The program is designed to increase your awareness of all aspects of yoga. You will learn about yourself and your role as a yoga teacher. During the training, you will experience lots of changes as you practice intensely, read many books, keep a journal, talk with others, and explore many new concepts. This yoga training is designed to create a safe space within which to question, wonder, be.

We'll jump right in, and you'll be supported every step of the way as you learn how to teach yoga to others and how to keep your own practice developing.



Overview of Topics We Will Cover:

- ~ Asana
- ~ Meditation
- ~ Pranayama
- ~ Bandhas (energy locks) and inward focus
- ~ Philosophy and History of Yoga
- ~ Sanskrit
- ~ Basic Yogic Anatomy of the Physical and Energetic Body
- ~ Yogic Diet
- ~ Teaching Methodology
- ~ Sequencing
- ~ Alignment and How to Avoid Injuries
- ~ How to Create a Safe, Inviting Space for Students
- ~ Assists and Adjustments
- ~ Finding Your Own Authentic Voice
- ~ Mantras and Kirtan
- ~ Mudras
- ~ Developing and Teaching a Vinyasa-style class

"Teacher training was an amazing experience! I wanted to deepen my practice, but found so much more than asana. I found family, community, love, kindness, just to name a few. It is not about being a teacher; it is about finding your inner SELF!"
Elissa, YTT 2011



The Instructor: Angel Grant, ERYT 200

I practice yoga because it changed my life. I teach because I want to share with others the love that yoga awoke inside me.

Yoga found me over ten years ago. I completed Ashtanga (Vinyasa Flow) teacher training in 2004. Since then I've been blessed to practice and study with incredible people whose effects on my life and practice are unending. My most influential teachers taught me that the greatest teacher is within. In order to hear, though, we must learn to be still and listen.



**For additional details
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