



YOGA AND MEDITATION CENTER
SHASHI YOGA

200 & 300 HOURS

**ONLINE TEACHER'S
TRAINING PROGRAM**

By Shashi Pottathil

CONTACT US FOR MORE DETAILS.

Email: yogameditationcenter@gmail.com

Tel: 858 776 1956



We are a local school recognized by Yoga Alliance since 2000. In our class we are trying to fix the body from head to the toe by opening up the respiratory system and stretching the entire neuromuscular Skeletal system.

Shashi Pottathil is the owner and instructor with over 47 years experience in Classical Hatha yoga, is a master of combining science and spirituality in to each yoga asana. We hold year round 200 hours and 300 hours RYT Teachers training.

TEACHER'S TRAINING FEE

200 hours: \$2500.00

500 hours: \$6250.00

(\$12.50 per class)

*Fees can be paid in Instalments



TEACHER'S TRAINING SCHEDULE

Monday: 7:30pm to 8:30pm

Saturday: 12:00noon to 1:00pm

Private Sessions
by Appointment

YOGA & MEDITATION CENTER - SHASHI YOGA
9484 BLACK MOUNTAIN ROAD, G2 SAN DIEGO, CALIFORNIA 92126.