

Ashtanga Yoga Retreat and 200 hour Teacher Training Certification Course with Caroline Klebl in Costa Rica

Source of Yoga

Released on: April 13, 2008, 9:11 pm

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Industry: [Education](#)

Press Release Summary: Source of Yoga announces, an Ashtanga Yoga Teacher Training Retreat in the tropical rainforest on the Caribbean coast of Costa Rica from November 9th to December 6th, 2008. Immerse deeply in the Ashtanga Yoga practice in this 200 hour Teacher Training certification course with Ashtanga Yoga Instructor, Caroline Klebl. For additional information please visit <http://www.sourceofyoga.com>

Press Release Body: **Ashtanga Vinyasa Yoga** is a highly effective method of **Asana practice**, which quickly builds strength, increases flexibility and clears toxins out of the body. This method includes numerous sequences of **Asanas (yoga postures)**. These **Asanas** are practiced with **Vinyasa**. **Vinyasa are fluid movements between Asanas** which are initiated by either the inhaling or exhaling breath. The practice of **Asana** with **Vinyasa** stimulates the cardiovascular system and creates heat in the body. This internal heat eases the body into the **Asanas**. The **Ashtanga Vinyasa practice** removes impurities and strengthens the functions of the body and mind.

Caroline Klebl is a dedicated **Ashtanga Yoga teacher**. She learned the **Ashtanga Vinyasa Yoga** method directly from it's founder **Sri K**



Pattabhi Jois in Mysore, South India, over the course of eight years. She teaches workshops, retreats and teacher training courses within the US and internationally.



Her **Yoga Teacher Training** is an internationally recognized certification course, which is registered with the **Yoga Alliance**. Her teacher training combines the high standards of practice, required by the **Ashtanga Vinyasa System** with the development of teaching skills necessary to introduce students to **Ashtanga Yoga** safely and effectively. Her **Yoga Teacher Training** provides each student with the ability to contribute to the well-being of others by teaching **Ashtanga Yoga**.



From **November 9th to December 6th of 2008**, **Caroline Klebl** is teaching a 200 hour **Yoga Teacher Training Certification** course at a luxurious **Eco Resort in Costa Rica**. This course is open to teachers, aspiring teachers and dedicated practitioners of yoga.



Teacher Training Schedule:
 Ashtanga Yoga (Mysore Style or Led): 7am-9am
 Adjustments/Teaching Techniques: 10:00am-12:30pm
 Anatomy, Ayurveda & Yoga Philosophy: 3pm-5pm
 Evening Meditation: 7pm-8pm



Retreat Location:
 This course will take place at an exquisite **Eco Resort** in the tropical rainforest on the Caribbean coast of Costa Rica. This luxury resort includes 250 acres of quiet isolation in a pristine natural setting, a beautiful yoga studio, an open air restaurant, which overlooks gorgeous views of the jungle and sea, a jacuzzi, Caribbean style bungalows and a guest house.



Two Eco Tours in Costa Rica:
 Two eco tours are included as part of this retreat experience. The tours will take place on the Full and New Moon, traditional **Ashtanga Yoga rest days**.



Yoga Teacher Training: November 9th to December 6th, 2008
Single Occupancy/ Shared Bungalow : \$5300 US
Double Occupancy Guesthouse: \$4800 US
The Price includes:

The 200 hour **Ashtanga Yoga Teacher Training Certification Course**, two guided Eco tours, accommodation and organic vegetarian meals at the Eco Resort. For additional information and to apply for the course visit www.sourceofyoga.com

Web Site: <http://www.sourceofyoga.com>

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