



KUNDALINI YOGA

EXPERTLY GUIDE YOUR STUDENTS' EXPERIENCE

TEACHER TRAINING FOR YOGA TEACHERS

AN EVOLUTIONARY YOGIC TECHNOLOGY FOR WORKING WITH/RAISING SPIRITUAL ENERGY

Kundalini may be the most creative, powerful force in the Universe. But, what is it? How does it work? Is it evolutionary? Is it safe? What makes it different from just practicing plain ole yoga? Why teach it? Can it be taught in a regular yoga class? Answers to these questions, and more are addressed in this Kundalini Yoga course for teachers. Teachers receive a strong understanding of what Kundalini is, how to approach a practice for themselves, and how to expertly and safely teach Kundalini Yoga in public classes. Teachers leave this course with the skills and confidence needed to share this powerful technology with ease!

About Your Teachers Lola & Kevin / Yoga Lola Studios

Lola Scarborough is IKYTA-certified and an E-RYT/500-hour yoga instructor, and a Master Level Reiki and Energy Bodywork practitioner. She is certified as a Qi Gong Food Healer, has an Associate's degree in Ayurveda, and has extensive training in herbal nutrition and meditation techniques. Lola has taught Kundalini for the last 14 years all over the USA and in India. She has a BA in Political Science.

Kevin Post is a 200-hour ERYT with an extensive background in Kundalini Yoga. He is the music and mantra man behind the gong and the drums! He has a Masters in Aeronautics. Both teach Kundalini Yoga as a part of the Teacher Training Program at their home studio, Yoga Lola Studios, as well as on-going weekly classes. Lola and Kevin appear as guest teachers in yoga studios everywhere. And, although they love and enjoy and teach yoga of all types, Kundalini is their passion and practice.

Kundalini is an evolutionary path in the practice of yoga and in the course of human development.

It is different than a typical Western Hatha practice.

Join us to learn why and how to safely teach it and practice it yourself.



1701 Highway 3 South
League City, TX 77573
281-684-3168
www.yogalola.com

WHERE: Namah Shivaya, Dallas Texas

WHEN: Friday July 28, 2017 from 5-9 PM; July 29 & 30 from 9AM-5:30PM

COST: \$349, includes all materials // 20 Contact Hours with YA // Certificate of Completion Awarded

REGISTER AT: www.namahshivayayoga.com // Registration ends July 12.