

Samyama Yoga presents



yoga

Teacher Training



with Laurel Hodory, Anne Devismes and guest teachers

July 7-29, 2013
Trondheim, Norway

Laurel has a special gift of sharing her wisdom and knowledge in a way that encourages every aspiring teacher to find her very own voice. Amazing!
– Hanne Reindal, student in psychology



Known for her inspiring and compassionate teaching style, Laurel is the former Director of It's Yoga Columbus. An international teacher and presenter, Laurel has personally trained and certified more than 150 teachers via her 200 Hour Yoga Alliance program. With over 20 years teaching experience, she has been sought out by The OSU NCAA Women's Rowing Team and the OSU Dance Department to help athletes and dancers find balance in their bodies. Her greatest joy is empowering others to access their true potential using the tools of yoga. When she's not on the mat, she's enjoying the outdoors with friends.



Anne started her yoga journey in April 2005 in Columbus, Ohio. In 2010, she graduated from the 200-hour Yoga Alliance program in Ashtanga and Hatha/Vinyasa under the instruction of Laurel. Since then, she teaches an average of 12 Ashtanga and Vinyasa classes a week. Her hope is to inspire her students to find their own true goodness. Playing and being challenged on the mat is one of the most powerful ways to face challenges off the mat and live a happy, conscious, and fulfilling life.

- Yoga Alliance Registered School
- Training in Ashtanga, Hatha and Vinyasa Yoga
- Hands-on assisting
- Certification upon completion of course requirements
- Develop your authentic teaching voice

Meeting Times:

Meets Sunday through Friday 8am-8pm with breaks; Saturdays off.

Tuition:

20,000Kr when you register by March 1
21,000Kr thereafter
Deadline is April 1
Includes the Yoga Experience, an online intensive to help prepare you for the training
10% discount for full-time academic students

Registration:

Apply at www.laurelhodory.com.
Submit your application online or to laurel@laurelhodory.com
Applications will not be reviewed unless accompanied by a deposit.
Deposits and Tuition Payments may be made online via Paypal to Laurel Hodory or thru anne@samyama.no

**For more information visit www.laurelhodory.com/Norway
Yoga Teacher Training or contact Anne at anne@samyama.no
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