

# yoga

# Teacher Training



with Laurel Hodory and Faculty

**Starts July 10, 2013**

*Graduates November 30*

**Columbus, Ohio**

*The course went beyond my expectations.  
I had realizations that I had never dreamed of.  
There's no better program than this!*  
- Jenna Gantzer



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.



Mary Donovan has been teaching yoga since 2006 when she earned her certification in Hatha and Ashtanga Yoga. Her skillful sequencing and ability to adapt postures for students at different levels make her a popular and sought after teacher in the Columbus area. Mary's

teaching has been influenced by Doug Keller, Paul Grilley, and, of course, her mentor and friend, Laurel Hodory.



Sally Roberts is a yoga teacher, teacher trainer, and lifetime student. She soaks up all the spirit and soul from her yoga experience and shares it with a sense of fun, humour, and a bit of sweat!

- 200 Hour Yoga Alliance Registered School
- Certification in Ashtanga and Hatha Vinyasa Yoga
- Learn the secrets of Intelligent Sequencing
- Develop your authentic teaching voice

### Meeting Times:

Meets 8am-6pm on dates noted.

Lunch 12:30-2pm

5 Day Intensive July 10-14

Weekend 1: Aug 3-4

Weekend 5: Oct 12-13

Weekend 2: Aug 17-18

Weekend 6: Oct 26-27

Weekend 3: Sep 14-15

Weekend 7: Nov 9-10

Weekend 4: Sep 28-9

Weekend 8: Nov 23-24

### Tuition:

**Regularly \$3645**

Includes:

Yoga Teacher Training  
\$3150

Yoga Experience \$495,  
an online program to  
support your learning

**Save  
\$745  
when you  
register for the  
July Program.  
Just \$2950**

### Registration:

Go to [laurelhodory.com/shop](http://laurelhodory.com/shop)

### Questions?

[laurel@laurelhodory.com](mailto:laurel@laurelhodory.com) or 614-256-3647



[www.laurelhodory.com/teacher-training-200](http://www.laurelhodory.com/teacher-training-200)

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