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How to Become a Great Yoga Teacher - A Step-by-Step Guide to Teaching Yoga Without Spending a Dime on Yoga Teacher Training

Mara Colbert

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Do you love yoga? Are you inspired by how great yoga makes you feel and you want to share your passion with others by becoming a yoga teacher?

BUT . . . Have you researched yoga teacher training courses only to find out they cost anywhere from $1,000 to $3,000 or more?

For less than the cost of a drop-in class at a typical yoga studio "How to Become a Great Yoga Teacher Without Spending a Dime on Teacher Training," by veteran yoga teacher and former studio owner Mara Colbert, will teach you:

EXACTLY what you need to do to become a great yoga teacher

Which postures are important to know and how to teach them effectively

Yogic breathing

Essential yoga history and philosophy

How to sequence yoga postures

How to cultivate ambience through music and lighting

How to adjust and correct students safely and effectively

Why you don’t need a “certification” to teach yoga

What the Yoga Alliance is — and what it isn’t — and why you don’t need to be an RYT (Registered Yoga Teacher)

How to get teaching jobs and cultivate job security n a tough economy”

The step-by-step guide includes photos and descriptions, along with tips about alignment, hands-on adjustments, communication skills, and much more.

This informative and readable book will leave you inspired, relieved, and motivated to go after that dream, knowing you are on the path to teaching, sharing, healing, and helping others through your love of yoga — all without spending a dime on teacher training!

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