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(Upgrade Version) Level 2 Yoga Teacher Training Course for Level 1 Graduates

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SKU UC4
Weight 13.00 lbs
Our price: **\$627.00**

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Level 2 Upgrade for Level 1 Graduates is a 260 Hour Upgrade Course.

The following courses are eligible for this upgrade:

- [The Original Yoga Teacher Training Camp-in-a-Box - Level 1](#)
- [The Original Yoga Teacher Training Camp-in-a-Box - Level 1 \(Eco-Friendly\)](#)
- [Yoga Teacher Training Camp-in-a-Box GOLD - Level 1](#)
- [Yoga Teacher Training Camp-in-a-Box BASIC - Level 1](#)
- [Chair Yoga Teacher Certification Course - Level 1](#)
- [Vinyasa Yoga Teacher Training Course - Level 1](#)
- [Kids Yoga Teacher Certification Course - Level 1](#)

260 Hour Yoga Teacher Training Breakdown:

- 60 Hours of Yoga Techniques
- 50 Hours of Methodology
- 40 Hours of Anatomy and Kinesiology
- 80 Hours of Yoga Philosophy
- 30 Hours of Practicum

Proof of a Yoga Teacher Level 1 Certification, and a video of you teaching a class, is a prerequisite to this course. (If you are upgrading from a Level 1 which is outside of our programs, please contact us at 1-508-222-0092 to make sure you are eligible to take this course.) Your Level 2 course contains the following materials.

- **Yoga: The Path to Holistic Health** Book
- **Chakra Theory and Meditation by Paul Grilley** DVD (Over 5 Hours of Chakra Theory and Meditation Information)
- **Mudras: Gestures of Power** DVD
- **Yoga Anatomy** Book
- **Light on Pranayama: The Yogic Art of Breathing** Book
- **Introduction to Universal Yoga** DVD
- **The Seven Spiritual Laws of Success** CD
- **Tandava Music** CD
- **Yoga Shakti** (2 DVD Set)
- **Step-By-Step Instructions with Exams**
- **Unlimited e-Mail & Phone support:** No matter which of our courses you purchase, support is never an issue or an additional cost to you.
- **Free Exam Grading:** Aura does not charge any additional fee to grade your final exams.
- **Step-by-Step Instructions and Exams**
- **30 Day Money Back Guarantee**

Your Level II course is packed with the best resources of our time. Pranayama, Mudras, Chakras, Philosophy, Asana Contraindications, Anatomy, and Subtle Anatomy are all completely covered.

