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(Upgrade Version) Hot Yoga Teacher Training Camp-in-a-Box - Level 1 (PLATINUM)

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(Upgrade Version) Hot Yoga Teacher Training Camp-in-a-Box - Level 1 (PLATINUM) is a 200 Hour, Level 1 Home Study Course.

200 Hour Hot Yoga Teacher Training Breakdown:

- 100 Hours of Yoga Techniques
- 25 Hours of Methodology
- 20 Hours of Anatomy and Kinesiology
- 30 Hours of Yogic Philosophy
- 15 Hours of Electives
- 10 Hours of Practicum

Age Requirement:

You must be at least 18 years of age in order to take this course.

Style:

Hot Yoga

Prerequisite:

You MUST have completed a 300 Hour - Level 1 "PLATINUM" Course in order to take this course.

Materials Included:

- **The Heart of Yoga Book** (244 pages: Provides step-by-step sequences for developing a complete practice)
- **Hot Yoga: Energizing, Rejuvenating, Healing Book** (160 pages: Approximately 50 color photos and more than 100 line drawings. All Poses are preceded by information on their specific benefits.)
- **The Barkan Method Hot Yoga DVD** (Run Time: 120 Minutes) Features: In the class section you can reference a tutorial the present posture, click the "Select/Enter" button on your remote. This activates the posture in the Tutorial section where the posture will be explained in greater depth. When you are finished with the tutorial you are returned to the same place you left off at.

Also Included In Your Course:

- **Step-by-Step Instructions**
- **Unlimited e-Mail & Phone support:** No matter which of our courses you purchase, support is never an issue or an additional cost to you.
- **Aura Wellness Center's Yoga Teacher Exam**
- **Information included on creating a three page essay** on a topic of Yoga and Health or your own personal experiences in Yoga and its relation to health.
- **Practical Exam**
- **Free Exam Grading and Delivery of Your Diploma:** Aura does not charge any additional fee to grade your final exams. (Aura Wellness Center's Yoga Teacher Training Certificates are signed by Dr. Paul Jerard, E-RYT 500)

- **30 Day Money Back Guarantee (No Re-stocking or Processing Fees)**

Benefits of an Aura Wellness Center Yoga Teacher Certification:

- Aura Wellness Center is an accredited school.
- No Enroll Dates.
- No Application Fees.
- Stress Free: Take the course at your own pace and on your schedule.
- Aura Wellness Center offers the most comprehensive full distance learning Yoga Teacher Training Courses in the world.
- Internationally Recognized.
- Join thousands of Yoga Teachers Certified through Aura Wellness Center.
- With our certification, you will be eligible for personal liability insurance.
- Aura stands behind its 30 Day Guarantee with No re-stocking or processing fees.
- Teach as a Professional and Certified Yoga Teacher meeting the benchmark standard 200 Hours of training. (This is very important when seeking employment or applying for insurance, especially if you open your own training center.)
- Business Success skills to run your own yoga business or seek employment in Health Clubs, Fitness Centers, Yoga Studios, Private lessons, and much more!
- Enjoy and enhance a better, healthier lifestyle.

How Does This All Work?

You will receive all of the course materials shown in the picture, as well as Step-by-Step instructions and exams. These instructions can be adjusted to complete the course at a pace that is comfortable for you.

Your tutor throughout the duration of this course will be Dr. Paul Jerard, E-RYT 500. Should you have any questions, there is an experienced Yoga teacher, on staff, who is ready to offer assistance. You are never on your own, if you do not want to be; support is a phone call or email away.

Upon completion of the course and exams, please submit them either by the internet or via regular mail. Within a few weeks, your exams will be graded, and you will be notified by email.

The average student completes this course in only 2 months or less!

Shortly after that, your Certificate, with the official Aura Wellness Center logo, signed by Dr. Paul Jerard, E-RYT 500, on ivory parchment paper will be mailed to you. You will also receive a letter of recommendation on Aura Wellness Center official letterhead (watermarked professional business paper) from Dr. Paul Jerard, E-RYT 500. This can be used to present during a job interview or to a present employer.

In summary, you have a complete 200-hour Hot Yoga Teacher Training Program, continuing education materials, and resources that you will refer back to, as you continue your Yoga Teaching Career; plus enough business tools to launch a successful Yoga Business.

Monthly Payment Plans Available:

This course is eligible for the Aura Monthly Payment Option: [Click Here for Details.](#)

We also offer PayPal Credit®/Bill Me Later® financing as a checkout option. Please [click here](#) for details pertaining to PayPal Credit®/Bill Me Later®

Volume Discounts:

For Wellness Centers, Health Clubs, Yoga Schools, and Groups of 2 or more.

Are you and a friend looking to purchase the same course together; or a school, gym, wellness facility, etc. looking to certify multiple (2 or More) teachers? Please contact us about volume discounts on orders of the same course.

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