

# 200 & 500 HOURS ONLINE / OFFLINE TEACHER'S TRAINING PROGRAM



YOGA AND MEDITATION CENTER  
**SHASHI YOGA**

- Shashi Pottathil



Shashi Pottathil is the owner and instructor with over 47 years experience in Classical Hatha yoga, is a master of combining science and spirituality in to each yoga asana. We hold year round 200 hours & 500 hours RYT Teachers training.

## Teacher's Training Fee

200 HOURS	500 HOURS	<b>\$12.50</b> PER CLASS
<b>\$2500</b>	<b>\$6250</b>	

\*Fees can be paid in Instalments

## Teacher's Training Schedule

**Monday**

7:30pm to 8:30pm

**Saturday**

12:00pm to 1:00pm

## Meditation sessions

CLASSES FOR ALL AGES

## Group Sessions

**Tuesday**

10:30 onwards

**Sunday**

11:00am onwards

**SUNDAYS** **\$15**  
12 NOON per person

*Private Sessions*  
**\$100**  
PER SESSION

YOGA & MEDITATION CENTER - SHASHI YOGA



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