Kemetic Yoga Teacher Training 2013: Atlanta

A YogaSkills Educational Experience

About YogaSkills & Kemetic Yoga

YogaSkills is the premier Kemetic Yoga® teacher training and certification program in the world. We are the sole certification program steeped in the timeless tradition of ancient Egyptian philosophy and methodology. Our distinctive role in the acquisition and application of such practices affords us the esteemed recognition of North America’s leading education and support organization, Yoga Alliance. For more than three decades, under the diligent guidance of Master-Instructor, Yirser Ra Hotep, the YogaSkills Method (YSM) has positively transformed lives through the integrated optimization of the ancient Egyptian system of anatomy and physiology, the bio-energetic body and the flow of internal energy.

Join Master Teacher Yirser Ra Hotep and his student Kamean Daniels (Kemetic Yogi) this March in Atlanta as they co-host the most anticipated Kemetic Yoga Teacher Training to hit the east coast to date! Be a part of the billion dollar yoga industry by becoming a certified 200hr Yoga Instructor.

For More Information Contact:

Yirser Ra Hotep (Elvrid Lawrence) at: yirser@yogaskills.com

Kamean Daniels (Kemetic Yogi) at: kemeticyogi@awlizwun.com

Yirser Ra Hotep (Elvrid Lawrence) is a master instructor of yoga and the creator of the YogaSkills Method. He is also the most senior instructor of Kemetic Yoga in the US with over 30 years of experience practicing and teaching.

Kamean is a certified 500hr registered Yoga teacher of the YogaSkills Method with the YogaSkills School of Kemetic Yoga. For the past two years, he has trained with Master Teacher Yirser Ra Hotep in NYC, Jamaica and Atlanta.
Teacher Training Dates

Saturday - 10:00 am - 5:00 pm
Sunday - 11:00 am - 4:00 pm

Session 1: March 30th & 31st 2013
Session 2: April 20th & 21st 2013
Session 3: May 25th & 26th 2013
Session 4: June 15th & 16th 2013

Location
The Healing Earth Temple
189 Collum Street NW
Atlanta, Georgia 30314

The 12 Core Principles of The YogaSkills Method

(1) History & Philosophy of Kemetic Yoga 
(2) The Science of Yoga as a system of self-development and self-mastery 
(3) The proper performance of Kemetic Yoga movements and postures 
(4) The principles and techniques of the YogaSkills Method (YSM) as developed by Y.R. Hotep 
(5) Kemetic Meditation and Breath Control 
(6) Teaching strategies and techniques 
(7) Teaching Special Populations: Children, Seniors, etc. 
(8) Physical Anatomy 
(9) Spiritual Anatomy 
(10) Nutrition 
(11) Stress Management 
(12) Principles of Yoga Business

Why Kemetic Yoga and the YogaSkills Method?

Kemetic Yoga is an ancient system of Yoga that began in Africa thousands of years ago. Kemetic Yoga is based upon a set of unique practices (movements, postures and breathing) that are designed to put you in touch with yourself. Through the YogaSkills Method, you learn patience, self-control, stress management, and many other techniques that make you successful at what you do. There are over 300 certified Kemetic Yoga instructors around the globe, playing a major role in bringing the original intent of Yoga as a healing & transformative process to the world.