

YOGA AND MEDITATION CENTER  
**SHASHI YOGA**

**200 & 300 HOURS**  
**ONLINE TEACHER'S**  
**TRAINING PROGRAM**

By **Shashi Pottathil**

CONTACT US FOR MORE DETAILS.

Email: [yogameditationcenter@gmail.com](mailto:yogameditationcenter@gmail.com)

Tel: **858 776 1956**

We are a local school recognized by Yoga Alliance since 2000. In our class we are trying to fix the body from head to the toe by opening up the respiratory system and stretching the entire neuromuscular Skeletal system.

Shashi Pottathil is the owner and instructor with over 47years experience in Classical Hatha yoga, is a master of combining science and spirituality in to each yoga asana. We hold year round 200 hours and 300 hours RYT Teachers training.

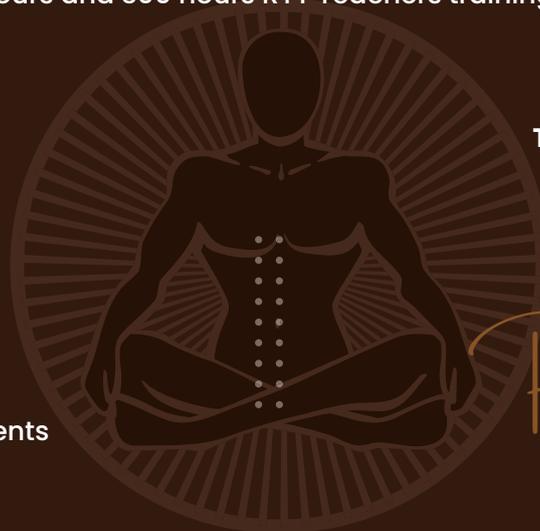
**TEACHER'S TRAINING FEE**

200 hours: \$2500.00

500 hours: \$6250.00

(\$12.50 per class)

\*Fees can be paid in Instalments



**TEACHER'S TRAINING SCHEDULE**

Monday: 7:30pm to 8:30pm

Saturday: 12:00noon to 1:00pm

*Private Sessions*  
by Appointment