



# "A Taste of the Training"

*Free Sample Class and Q&A*

**Friday, January 20, 6:00-8:30 pm**

Come experience why graduates say,

*"There is so much integrity in this course, it's truly unique."*

*"Rarely have I felt more cared for."*

*"I have never seen yoga taught and practiced so well, so completely, or so safely before."*

*"This is the best yoga teacher training on the planet!"*

*"Overall this course was awesome. I learned much more than I ever expected to know."*

Spend an evening with the teachers of The College of Purna Yoga and experience what it is like to be in a Purna Yoga Teacher Training. This sample class is perfect for 200 hour and 500 hour candidates who want to know what makes the College of Purna Yoga so special. We will do asana, meditation, teacher training, and have a discussion on philosophy, nutrition, or presentation skills. There will also be time to ask questions about the college programs in general.

The College of Purna Yoga offers the most holistic and detailed teacher trainings available. Created by world-renowned yoga masters Aadil Palkhivala and Savitri, the college teaches how to live and teach yoga and meditation from the heart. Learn asana, pranayama, meditation, nutrition, applied philosophy, anatomy and physiology, speaking and presentation skills, teaching methodology and class control, adjustments, basic therapeutics, business and marketing, ethics, and much more. The 200-hour and 500 hour programs are offered in two formats: weekends or intensives, and each course includes its own extensive manual written by Aadil Palkhivala.

To reserve a space in this FREE class, click [here](#)

