



SEQUOIA
wellness

 **Northeast Ohio**
MEDICAL UNIVERSITY

PRESENTS



Daily Downward Dog

Healthy Mind, Body, Soul 200-hour

Yoga Teacher Training with Maria Santoferraro, E-RYT 500

Are you ready to take the next step on your yoga journey? It's time to advance your practice, become immersed in the philosophy and teachings of each of the eight limbs of yoga, and dedicate yourself to a journey to the self that will help you discover a place of authenticity, confidence, and love.



Whether you want to deepen your personal yoga practice or begin teaching to share the joy, this program will provide the tools you need to connect with yoga on another level. The Healthy Mind, Body, Soul Yoga Teacher Training follows Yoga Alliance's standards; in other words, it's a Registered Yoga School (RYS) with Yoga Alliance. Students who successfully complete the program will be eligible to become Registered Yoga Teachers (RYTs) with Yoga Alliance.

For more information and to register, contact us at (330)578-9030!

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