

HEALTHY BREAST YOGA TEACHER TRAINING

FEBRUARY 24, 25, 26 / 2012

Friday 6:00 – 9:00 p.m. • Saturday and Sunday 9:00 a.m. – 6:00 p.m.

Dovercourt House, 805 Doyercourt Rd., Toronto, Ontario

Instructed by: **Sat Dharam Kaur ND (E-RYT 500)**, author of
The Complete Natural Medicine Guide to Breast Cancer

Learn how to teach and facilitate a yoga series based on Sat Dharam Kaur ND's Healthy Breast Program as described in her book "The Complete Natural Medicine Guide to Breast Cancer". This training was created as a tool to help women both prevent and recover from breast cancer using Kundalini Yoga, diet and detoxification, specific supplements, psychological and spiritual exercises, and environmental activism.

On completion of the course you will have the tools necessary to teach an eight week yoga series focusing on breast health for women. For certified yoga instructors as a teaching program or for women interested in improving their health.

YOGA WILL FOCUS ON:

- lymphatic circulation • self healing • cellular detoxification
- disease prevention • yoga for breast health
- accessing inner wisdom • liver and bowel cleansing
- nervous system and glandular balance • releasing anger

General **\$399**, Early Bird **\$359** (before Feb. 12),
Students **\$239**, Breast Cancer Survivors **\$279**
(Includes a teaching manual and HST)



MammAlive™

HEALTHY BREAST SOLUTIONS

To register and for more information contact:

Sat Dharam Kaur, ND at (519) 372-9212

email: satdharamkaur@gmail.com

www.mammalive.net