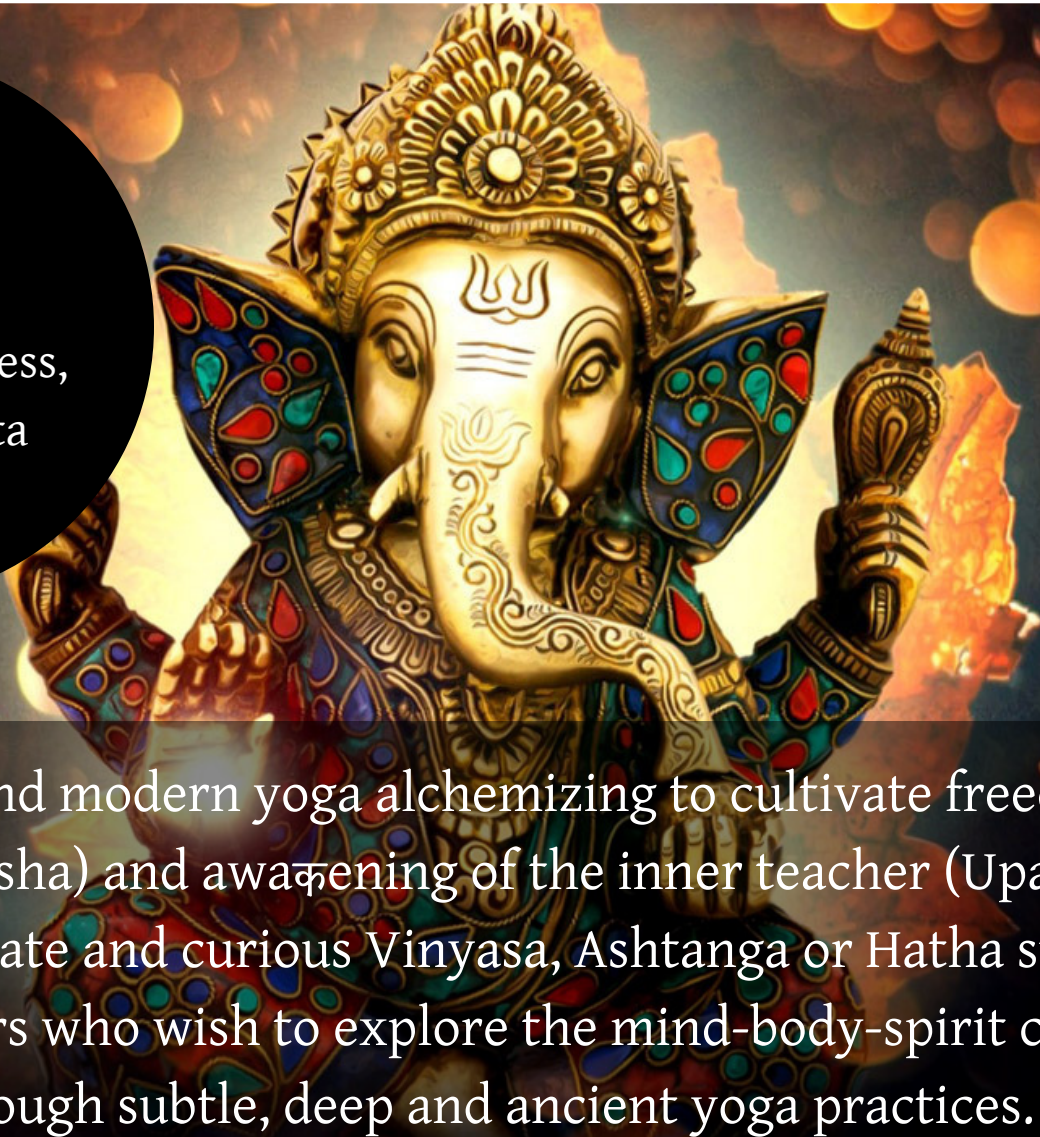


# Dharma Spirit Integrative Yoga Teacher Training

Yoga Alliance Accredited 200-hour  
with Katherine Labonte



May 11-16  
June 1-5  
Sept 14-18  
at Jasper Wellness,  
Jasper, Alberta



Classical and modern yoga alchemizing to cultivate freedom of spirit (Moṁsha) and awakening of the inner teacher (Upaguru). For passionate and curious Vinyasa, Ashtanga or Hatha students and teachers who wish to explore the mind-body-spirit complex through subtle, deep and ancient yoga practices.



Katherine Labonte, B.Ed  
SYVCA, YACEP, DM800, IYTA  
E-RYT500, C-IAYT

## STUDY:

- \* The 8 Limbs of Yoga - a solid foundation
- \* Asana - alignment & modifications \* Anatomy of Movement
- \* Subtle Anatomy - Chakras, Koshas, and Nadiis
- \* Pranayama, Meditation, Mantra, Kriyas
- \* Philosophy - Yoga Sutras & Hatha Yoga Pradipika
- \* Yogic Lifestyle, Ethics & Well-Being
- \* Introduction to Ayurveda \* Introduction to Restorative Yoga
- \* Developing a Personal Practice & Voice

To register, contact Katherine at [k.labonte@me.com](mailto:k.labonte@me.com) ([www.dharmaspirit.ca](http://www.dharmaspirit.ca)) or  
Jenna McGrath at [mcgjenna@gmail.com](mailto:mcgjenna@gmail.com) (<http://www.jasperwellness.ca>)

