

Today you have the opportunity to experience a yoga teacher training through many avenues, however, what separates H3 Yoga Teacher Training from all the rest is the following key points:

- **You grow personally and professional through leadership skills**, develop communication skills, and learn how to stand in front of a group of people and guide them through an activity that enhances their health and vitality.

- **You will learn how to teach three of the most popular yoga programs today: Hot Yoga, Flow Yoga and Yin Yoga.** Most other trainings you only learn a general over view of yoga and you have to build your own class. H3 Yoga provides you with proven formats, step-by-step instruction, video material, and the skills to improvise and build your own if you so choose.

- **You become part of an international community with our hot class taught now in Germany, Finland, Poland and the USA.** You also connect with like-minded people who will be there to share your success and support you over time.

- **Do you want to teach workshops? Lead retreats? Perhaps open your own studio?** - you will be given the tools and information that will show you how to market, build your brand and take your teaching to any capacity you like.

- **Perhaps you are only interested in deepening your knowledge - You will learn philosophy, history, background and how yoga evolved in the last 2500.** You will be exposed to all founders of modern yoga, as well as ancient stories and body of work that stands behind the psychology of yoga.

Gabriel has been teaching yoga since 1994 and has led countless yoga teacher trainings throughout the world. As a graduate of the Institute for Integrative Nutrition he also brings counseling skills and coaching tips that help you connect with yourself deeper, understand your students more clearly, and take your career to any direction you choose.

This training offers you modern support material, from **videos**, to **audio classes**, **flash cards**, **posture posters**, and the ability to integrate blogging into your training where you can communicate your ideas and learning with others.

This program also allows you to learn at your own pace, and if you need to miss a class or a module, you can pick it up again in the next training, or learn in online through our online support.

I encourage you to consider how impactful this experience can be to your health, your career, and to your over all self realization, and if you have any specific question please do not hesitate to contact me directly at 'gabe@h3yoga.com'