## **YogaFit® Level 1 Certification:** Course by Tracy Jennings-Hill

This informative teacher training workshop gives yoga instructors the tools to create inspiring vinyasa yoga classes that are founded on flow yet grounded in the safety of exercise science. The learning includes physical execution, transitions, and modifications to traditional yoga poses with an emphasis on effectiveness and safety. Dynamic vinyasa sequencing, flowing class formats, and transformative language for communicating the mind/body connection have made this **the most popular vinyasa yoga style in the world today.**

While most attendees have experience as either yoga students, teachers, therapists, or as fitness professionals, **there are no prerequisites**, only the desire to learn and commitment to attend. YogaFit® Level 1 includes an innovative and experiential learning environment guided by a talented and experienced YogaFit Master Trainer, and a comprehensive training manual.

| **Duration** | **Continuing Education Credits** | | |
|---|---|---|---|
| | **SAFE** | **AFAA** | **ACE** |
| 20 hours over 2 days | 15 | 15 | 1.5 |