

# Yoga Teacher Training in Boca Raton , Delray Beach and Deerfield Beach

*Inquiring minds ask, "What are the benefits of becoming a Yoga Aura certified Yoga Teacher?"*

BOCA RATON, FL, 33431, December 25, 2014 /EINPresswire.com/ -- Inquiring minds ask, "What are the benefits of becoming a Yoga Aura certified Yoga Teacher?"

First benefit is learning to instruct more than one style or just one type of class, as a Yoga Aura student you will learn [Vinyasa](#) , Power Vinyasa, Hot 26 sequence (Bikram sequence), [Restorative](#) and [Yin yoga](#).

Yoga is the art and science of healing and wellness and as more people discover the multiple health benefits of yoga, there exists a constant need for qualified yoga teachers. If you have obtained the wonderful physical, mental and spiritual health benefits of yoga for yourself, you may decide to become an instructor to help others do the same. Yoga as an alternative healing practice has many benefits, both for the yoga instructor and the student. However, in order to obtain these benefits, yoga needs to be practiced on a regular basis under the leadership of an excellent yoga teacher, making this a perfect career option.

A natural consequence of becoming a yoga teacher is that it will help you take your yoga practice to a whole new level with advanced techniques and poses that will increase your own health and fitness. It is well known that the best way to learn is to teach others and by using your newly acquired skills you



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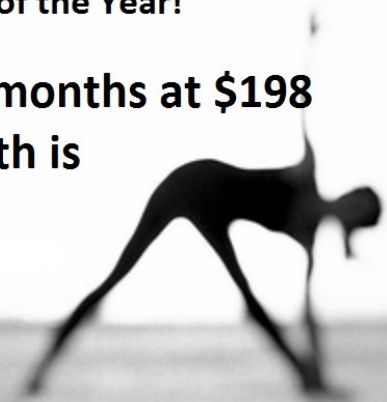
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can help novices obtain perfection in their personal yoga practices to heal their bodies of injuries and ailments. Teaching yoga will dramatically increase your energy levels and help to make you fit and strong. The multi-dimensional aspects of the practice of yoga will give you personal satisfaction as your students experience health improvements that boost their energy levels and make them feel fit and strong. In addition, yoga will extend its influence well beyond the above benefits, as it will affect your entire lifestyle, including your eating habits, higher organization of thoughts and environment with a clearer mind, and will open up your sense of connection with the universe.

Yoga Aura is beginning their yearly training program and will focus on the many aspects that help individuals gain the skills for yoga instruction. Yoga Aura's Yoga Teacher Training will hone in on the Vinyasa style of yoga. Alternatively, some of the training will be spent on a variety of other yoga styles such as Yin Yoga, Restorative Yoga and Yoga for Victims of Trauma, in order to give graduates a well-rounded skill base. As Lead Trainer, Laurie Levenstein 500 RYT, 200 ERYT, looks forward to giving back to her community. Laurie was trained in Ashtanga by Ally Ford, who studied with the beloved Guru, Sri K. Pattabhi Jois, and his grandson, Sharath Rangaswamy. Furthermore, Laurie studied Hatha Yoga under Jennifer Leavy with Pose by Pose Yoga in Tampa, FL. Specialists of different areas of interest will be brought in specifically for the training program, including an anatomy-and-yoga specialist, a mantra and chakra balancing practitioner and many more! With competitive prices and limited spots for 2015 Training Program. Call Yoga Aura (561-409-0811) or email them to let them know you're interested at [iloveyouraura@yogaaura.com](mailto:iloveyouraura@yogaaura.com).

It is clearly evident that obtaining a Yoga Aura Instructor Certification can be a powerful and life transforming event changing you physically, mentally, spiritually and emotionally. Few things will have such an enormous impact on your life, such as pursuing the desire to teach others. The effort you put into becoming a skilled yoga instructor will result in endless personal benefits.

Yoga Aura is located in Boca Raton, Florida, Offering 20+ heated classes and private instruction weekly with a variety of experienced instructors. Please visit [www.yogaaura.com](http://www.yogaaura.com) to check out studio details.

More about Yoga Aura

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"The greatness of your soul shows up in your aura." – Yogi Bhanjan

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