

Heart of Yoga Teacher Training with Mark Whitwell



**July 15 - 29, 2013
Taveuni, Fiji**



For the first time, the Heart of Yoga Ashram is offering limited accommodation on site. Experience abundance, nurturing simplicity and Mark's most thorough teachings.

We encourage participants to stay for the full two weeks, but if you can only come for one-week, don't worry! One week provides deep rejuvenation as a retreat and can be used toward your Teacher Training certification to be completed anywhere in the world with Mark.

Heart of Yoga Teacher Training gives you:

- Opportunity to explore deeply the practice of asana, including appropriate inversions, twist, forward bends designed exactly for you and your students.
- Certainty to know the quality of breath and bandha as a seamless process in asana and pranayama that restores the strength and nurturing in life.
- Explore vinyasa krama, appropriate sequencing.
- Reveal the essential principle of strength receiving in yoga and life
- Realize the practice and process of nurturing, regeneration and abundance as a constant.



The on-site accommodation is filling up quickly, reserve your space now!

[Click here for more information.](#)

Resources for Your Yoga

[The Promise of Love, Sex and Intimacy](#)

"In his book, Mark shares the importance of breathing to energize ourselves. Breathe and let go. Read this book!"
- DEEPAK CHOPRA

[Yoga of Heart](#)

"If you can breathe, you can do yoga," Krishnamacharya used to say. "Anyone who wants to can do yoga," he asserted, "but not just any yoga."

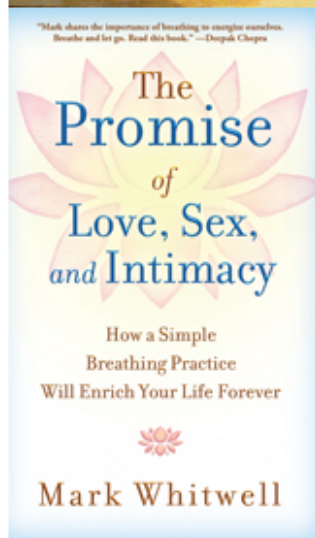
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Love and Gratitude,

Mark Whitwell

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