



begins May  
2020



*My Relaxation Coach*™  
Revive · Reveal · Reclaim

Online training & development opportunity

# MEDITATION AND RELAXATION TEACHER TRAINING

**Certificated** 20 hour professional meditation and relaxation teacher training.

Training with Senior Teacher trainer Roanna Harstad

- Qualify as a My Relaxation Coach meditation & relaxation teacher
- No experience necessary
- Training held online through live training and experience sessions
- Learn the art of providing relaxation and meditation sessions through online, group and 1-1 sessions
- Start teaching and earning straight away
- Online assessment and accreditation
- An interactive and relaxing training experience
- Weekly training sessions
- Some home study and practice
- Help others during this stressful time to heal and be still



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### Course information

All trainees can enjoy FREE online group yoga classes during their training!

Course begins May 2020

Weekly timetable:

Mondays: 6:30-7:30pm Online led practice  
5-6pm: Online strength and relaxation yoga (optional)

Tuesday:

Wednesday:

Thursday: 8-9:30pm Online Training and practice

Friday:

Saturday: 11-1pm Online Training and practice

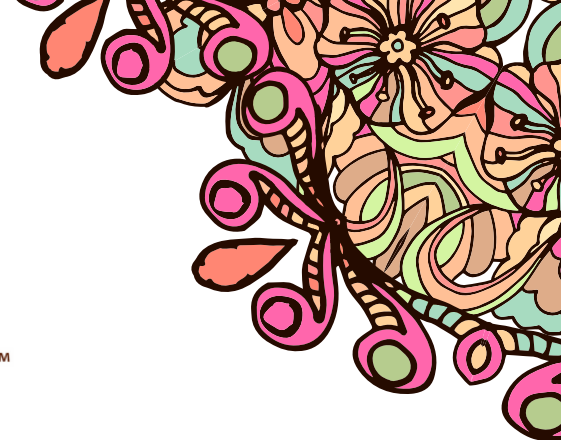
Sunday: Online healing yoga 10-11 (Optional)

Students will be expected to self practice daily throughout the training and complete approx 5 hours of home study, there will also be mini assessments and group sessions. On completion of this training you will receive a professional certificate.

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Course Fee: £699 - 50% off £349.50p



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**TRAINING DATES**

**TIME**

Monday 4th,11th,18th,25th May	6:30-7:30pm
Thursday 7th,14th,21st,28th	8-9:30pm
Saturday 9th,16th,23rd,30th	11-1pm

Optional extras

Students are invited to take part on the following online yoga classes

**DATES**

**TIME**

Monday 4th,11th,18th,25th May	Yoga 5-6pm
Sunday 10th,17th,24th, 31st	Yoga 10-11