

Our 35th Dharma Yoga

TEACHER TRAINING



with Dharma Yoga founder **Keith Kachtick**

June 7—July 28, 2024





Become a certified Teacher of Dharma Yoga and join hundreds of Dharma Yoga graduates who teach professionally in almost every yoga studio in Austin, as well as nationally and internationally—several have even opened their own studios. Or simply dive in and deepen your own yoga and meditation practice.

Save \$300 on tuition if you join with a Yoga Buddy.

“Totally awesome experience! The most in-depth, authentic, and personalized yoga teacher training I have ever done. I loved it!”

—Erinn Lewis, co-founder of Sukha Yoga

"An amazing experience that profoundly deepened my yoga practice and teaching! In fact, the Dharma Yoga Training profoundly changed my life."

—Brooke Binstock, yoga teacher, East Side Yoga & Dharma Yoga

"I can't praise enough this training. Not a moment of time was wasted. Keith listens to what each student needs and then offers exercises and challenges that are but one rung on the ladder beyond the one the student's holding. This is no small gift. I was blown away by the quality of information, theories, and ideas. The training is mind, heart, and spirit altering."

—Erika Kluthe, yoga teacher, Practice Yoga, Sukha Yoga

"Words cannot express how truly grateful I am for the Dharma Yoga Training. I have learned more about yoga and spirituality in these past three months than I did during my previous four years of teaching yoga professionally."

—Casey Urban, yoga teacher, Pure Bikram Yoga & Black Swan Yoga

"The Dharma Yoga training awakened my connection to the gift of my own body in movement, and it has been such an honor to discover my practice in an environment that celebrates uniqueness and encourages creative discovery. This experience inspired the natural ability I have to teach what I love. I feel so overwhelmed with thankfulness for everything I learned."

—Sarah Sutton, yoga teacher, Austin Kula Yoga & Yoga Vida

"I am deeply thankful for this opportunity. It has enhanced my understanding and approach to life in ways totally unparalleled to anything else I have ever done."

—Katelyn Carlson, sociologist & massage therapist

"Taking the Dharma Yoga Training was one of the best decisions I've ever made. My experience was completely transformative."

—Trent Schmiedehaus, LMSW, Austin Child Guidance Center

"I asked all my yogi friends where to find the best teacher training in Texas and they all said Dharma Yoga in Austin. I drove from Wichita Falls each weekend over 7,200 miles to take the training and I don't regret a single mile. Wildly impressive, life-changing, real-world preparedness. I got a job teaching within two weeks of graduating!"

—Adam Deatherage, yoga teacher, Balance Yoga

"I didn't want it to end! I love how the training taught me how to sit still, to be present, to touch, and to give others my full attention."

—Lauren Bringle, yoga teacher, Rancho Margot Costa Rica

"I thought I would go through the training and it would help me teach my yoga classes. I didn't expect it to change the way I see the world. I would tell everyone to do the Dharma Yoga Training."

—Shawn Bliss, yoga teacher, NYOS Charter School

"The Dharma Yoga Training has been the most beautiful experience my life has seen. Words can never express the joy and understanding I have found in my time at Dharma Yoga."

—Candice Hammack, yoga teacher, Two Rivers Yoga

"It was great to dedicate the time to explore the physical and philosophical aspects of yoga. Coming together with others to practice and let our own teaching skills evolve was so much fun."

—Courtney Bell, yoga teacher, Black Swan Yoga

Training: June 7–July 28, 2024

Fridays 7-9:30 pm, Sundays 2-4:30 pm

Tuition is \$2,275 and includes all books and supplies and unlimited classes during the Training. Application and full tuition are due by May 29. Save \$300 if you join with a Yoga Buddy.

Yoga & Buddhist Philosophy • 70+ Yoga Poses • Meditation

Subtle Energy Body • Adjustments & Assists • Sanskrit

Applied Anatomy • Vinyasa Sequencing • Ayurveda



Keith Kachtick is founder and director of Dharma Yoga and has taught meditation and yoga nationally and internationally for 26 years. A University of Texas Plan II graduate, he was from 1998-2005 senior instructor for the Lineage Project, an award-winning Buddhist nonprofit that offers meditation and yoga in New York City prisons. Keith has written for *Yoga Journal*, *Spirituality & Health Magazine*, *Newsweek*, *Texas Monthly*, *Esquire*, and the *New York Times Magazine*, and is author of two books on Buddhism: *Hungry Ghost* (a New York Times Notable Book of the Year) and *You Are Not Here & Other Works of Buddhist Fiction*. Since 2005, he has certified over 700 teachers of Dharma Yoga.