



Introducing...

the first-ever **yoga** school designed from the ground up for people that want to **...change the world**

fearlessYOGA Teacher Training (fYTT) offers one of the most comprehensive, inspired, innovative and transformative yoga teacher trainings available. Through this training, you will gain the knowledge, skills, confidence and *Presence* you need to become an exceptional—and successful—yoga teacher, even better prepared to **change the world**.

Founded by master teacher, author/activist, angel Kyodo Williams, **fearlessYoga** is the first approach to yoga specifically designed to reclaim its accessibility for social change activists, agents and allies. Rooted in a social justice context, the system utilizes series of asana sequences that go through all core actions of the body, a unique incremental approach of "dynamic doing," body-breath-mind alignment and cultivating "fearless" *Presence* to form an accessible, yet sophisticated and powerful new approach to yoga practice and teaching.

fYTT's design is especially oriented towards activists and people that want to change the world. The precise language and approach of the "Effort & Release" teaching framework directly corresponds with the seminal yogic text, Yoga Sutras. The method illuminates the habit-patterns of aggression and over-doing. Alternatively, it encourages activists to learn to "back off" of over-extending in exchange for discovering one's own internal pace and alignment.

We welcome you to **live, learn, and transform** here, while immersing yourself in a residential, yogic lifestyle. The fYTT has been designed to cultivate your ability to thrive in your personal and professional life and to graduate as a certified **fearlessYoga** teacher, with a well-developed connection to a deep source of inspiration—and the ability to guide others into theirs.

**this is yoga like you've never experienced it before
this IS yoga...built for justice**



small class size:
6 spots left



fearlessYOGA Teacher Training april 2-28, 2010

200-hour Monthlong Certification Intensive

Residential or Commute. Scholarships & Work Exchange.

People of color, lower-income, in-transition encouraged.

(888)XSOCHANGE or <http://transformativechange.org/fytt>