



## PROFESSIONAL TRAINING IN YOGA THERAPY

300-hour Yoga Therapy course to obtain the  
500-hour Master Yoga Teacher YAI-Certificate

Mediterranean Retreat Center nestled in the  
pristine Kalloni Bay on Lesbos Island, Greece

**SEPTEMBER 14th - OCTOBER 12th 2024**



**Aletheia**

international school  
of yoga therapy and  
integrative medicine

[aletheiayogaschool.com](http://aletheiayogaschool.com)

Contact us!  
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+49 176 557 557 83



## YOGA THERAPY TRAINING PROGRAM

- ✦ Basics of yoga philosophy and integrative medicine
- ✦ Evaluation of the client using various methods
- ✦ Yoga therapy and integrated medicine for various ailments and psychological complaints
- ✦ Asanas, pranayama, meditations, mudras, mantras, bodywork, and relaxation methods for treatment
- ✦ Patient/client-therapist interaction

### PRICES

3.200€ in a single room

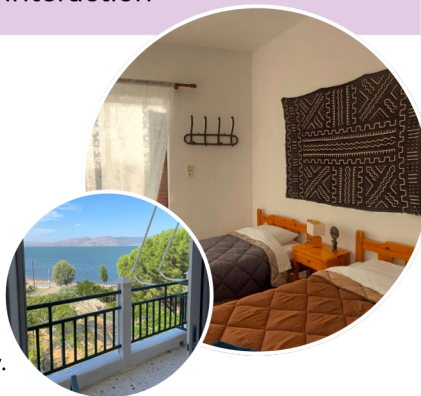
2.800€ in a shared room

2.200€ in a tent

(incl. 3 meals per day)

For details on what is and is not included in the price, contact us and/or visit our website.

All rooms have a balcony with a sea view overlooking Kalloni Bay.



## YOUR TEACHERS



**Kerstin Isa**

500h Master Yoga Teacher,  
Alternative practitioner in  
somatic psychotherapy,  
Holistic massage therapist

Languages spoken  
by the teachers:  
English, German,  
Italian, Spanish



**Massimo Cantara**

500h + 300h Yoga Therapy,  
Shiatsu therapist & teacher,  
Kinesiologist and  
craniosacral therapist



**Alethèia**

international school  
of yoga therapy and  
integrative medicine