



Live Yoga  
& Health

Ecuador

# Yoga and the Art of Being Human Training

Level 1 or "First Round"

200 Hours On-site

For more information please contact us

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## A brief look at the yoga we need and propose...

Yoga as a discipline leads you to incorporate tools in your daily routine that are recommended to find health, balance, and well-being in different areas. However, today to really integrate yoga in your life you need to incorporate other knowledge as support (to help you assimilate and better understand where you are to know where you want to go) and / or open yourself to the wisdom contained in different visions and styles within yoga.

But knowledge must be complemented by doing, by putting it into practice. Therefore, science, spirituality and philosophy will only find a space in your life if they go beyond your mind and go into the body, in feeling and in doing or sharing.

Therefore, everything you learn in this training must be translated and put into practice in your actions. The path to healing is to always look inward and outward because we are all and part.

You will learn that being an instructor, teacher or yoga master, but even just being a conscious human being, carries a great "responsibility". And today we need to endorse that word in our living and doing.

Some epithets for this Yoga training: it is intense, eclectic, empirical, heartfelt, scientific, integral, humanological, creative and well but well sweated after years of experience and experiences.

If you want to deepen this training, we welcome you!







# About Us



## Live Yoga & Health

A living space of yoga and wellness since 2017, which was born under the belief that "the unique formula for happiness and well-being" does not exist and that everyone must find within themselves their own formula.

Our methodology seeks to deepen and prioritize the emotional and energetic aspects (through the physical body), to stimulate spiritual development..



**Héctor  
Villavicencio**

Founder and Director of Live Yoga. He began practicing and teaching yoga and meditation since 2004. He has studied different types of yoga, as well as psychotherapy, Chinese medicine and other alternative therapies.

He has specialized in breathing techniques and Pranayama. He is a Yoga Alliance Certified teacher: E-RYT 500 & YACEP, since 2017.



**Rosa María  
Cisneros**

FFounder and Director of Live Yoga. She started practicing yoga since 2000, and in 2010, she felt the calling to teach yoga with the intention to help healing. She trained as a Kundalini Yoga teacher, Level 1, certified by KRI since 2016. She is currently studying Level 2. She is a Yoga Alliance Certified Teacher: RYT 500, & YACEP since 2021.





## Why Level 1 or "First Round"?

Because all knowledge needs to settle to be assimilated.

We have decided to do this training of 200 hours in 1 year, which with the corresponding follow-up and advice from us (and your willingness and discipline!) guarantees you a higher level of preparation and a more holistic approach to yoga, necessary to support those with different types of needs... but this is just the beginning, the surface, the tip of the iceberg!!!!

Your experiences and experiences will lead you to see that what you think you know changes with time, perception and how deep you go within. In addition, the knowledge in each of the areas that are contemplated in yoga is extremely broad.

Therefore, if you want to continue to deepen we have 2 more rounds, to complete 500 hours!









## What can you find in this training?

- 1) You can train as a Yoga Instructor and use the tools that will be given to you to work in yoga.
- 2) You can use these tools as a complement in your profession, especially if you work in health field, coaching or work with your staff (to complement diagnostics, develop dynamics and practices that promote wellness and organizational climate in companies, among other things).
- 3) You can use these tools in your personal development and support growth processes in other people, which is why we say that "it is a training for life".
- 4) Finally, and as part of our philosophy, you can count on our advice, support, and continuous guidance in different areas, in which we have many years of expertise.



