



# HANSA THERAPY FLOW CERTIFICATION INTENSIVE

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A CONTEMPORARY YOGA  
PRACTICE WITH  
FOUNDATIONS IN YOGA  
THERAPY TO SUPPORT  
YOUR ABILITY TO MOVE  
AND LIVE WELL.

Suitable for all Yoga practitioners who are looking to go deeper into understanding their own bodies, the Hañsa Flow certifications intensives have been developed to introduce students to the fundamental mechanics of yoga therapy. The certification intensives match the vinyasa-based model, and its primary objective is to talk about yoga through the idea of "transitioning" rather than the traditional view of posture.

Certified Hañsa Flow teachers will enter into an online community and pathway that supports individual growth and learning through updated knowledge, sequences and opportunities for feedback.

APPLY AT : [INFO@HANSA.YOGA](mailto:INFO@HANSA.YOGA) OR VISIT [HANSA.YOGA](http://HANSA.YOGA)