

J. Brown's - Online Yoga Workshop - Gentle is New Advance

- **12 Hours of video** in eight 90-minute sessions featuring lectures, practices, demonstrations and discussions. Learn directly from J. Brown in his first ever online yoga course.
- **Filmed in a lush, documentary style** at a beautiful retreat setting with natural light and sound so you feel like you're in the room.
- **Stream Online or Download** for Offline Viewing
- **Never Expires** – Take the class at your own pace and in your own time
- **Class Workbook** – An accompanying workbook illustrates the poses and principles behind J. Brown's teachings, to help you get more out of your workshop.
- **Office Hours** – Submit your questions and comments for J to respond and share with other students taking the course
- **100% Exclusive** J. Brown's Online Yoga Workshop is only available at jbrownyogavideo.com
- **Hours can be applied towards Yoga Alliance's Continuing Education (CE) Requirement** that ALL Registered Yoga Teachers (RYT) receive 30 hours of yoga training every three years.
- **100% Guarantee** – We offer full refunds up to 30 days after purchase.
- **Perfect for all teachers and inquiring students.**

Proof Content

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