

FOR IMMEDIATE RELEASE

The Open Mind Center now Registered by Yoga Alliance to Teach 200-hour Yoga Teacher Training Course



Roswell, GA--- September, 2015

The Open Mind Center is now a registered yoga school, teaching a 200-hour Yoga Teacher Training Course approved by Yoga Alliance. The four month course will be held from October until January at the center in Roswell for anyone interested in becoming a teacher or simply looking to elevate their practice. There will be five classes per month all held on weekends. The center already hosts a number of various Yoga classes, but is now expanding to be able to train teachers.

“This is a long awaited juncture that we have worked so hard to be able to provide. We are so excited to be able to open new doors for people in our community”, says owner Charmaine Taylor.

Taylor has recruited instructor Jane Hyat, who has her 500-hour certification, and will be teaching the 200-hour course. Jane will cover a range of modalities and techniques intertwined with several practices she learned during her stint in the Middle East. Hyat says, “I am beyond thrilled to be teaming up with The Open Mind Center to spread the word about holistic self care and am honored to be able to be a part of something so rewarding and spectacular.”

The Open Mind Center is a one-stop shop holistic wellness center meant to guide individuals in healing their mind, body, and spirit. The center opened in 2008 and has grown to include a number of services like massage therapy, energy and chakra balancing, life, soul, and nutrition coaching, and offers several classes and workshops aimed to assist in spiritual growth and physical healing.

The name of the center signifies its stance on one’s life journey—you must keep an open mind. There is no religious affiliation, but rather the understanding that everyone has their own journey

to enlightenment and is already equipped with the necessary tools to access their power from within. No matter what an individual stance is on the subject of metaphysics, religion, or spirituality, The Open Mind Center encourages exploration and open discussion, and promotes personal healing and growth in one's own journey.

Yoga has played a huge part in the success of the center. For many it has served as a gateway to self discovery. What may begin as just a way to become lean quickly evolves into a way of life bringing balance, peace, and inner strength.

On Saturday September 19, Hyat will conduct a free yoga class from 1-2pm for those interested in signing up for the program. The class will be followed by an open house Q & A where candidates can learn what the course entails.

To learn more about the Yoga Teacher Training Program or to sign up, visit the website www.yoga-atlanta.com, or contact Ayeza Nxumalo at 678)243-5074, or email staff@theopenmindcenter.com

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