



# EUROPEAN YOGA INSTITUTE

## European Yoga Institute's Happiness Yoga Teacher Training

**Happiness in your mind**

**(Answer this simple question):**

**Are you having a good day or bad day?**

**Why you are having a good or bad day?**

**Are you trying to get rid of unwanted thoughts?**

**Please sign up to learn simple tools to relax and meditate, Simple  
technique to free your mind.**

**A 10-hour Yoga teacher program designed to make yoga fun to learn. The pure  
and authentic form of yoga postures with revitalizing pranayama and  
kapalbhati breathing exercise. Beginners to intense, exciting, hardworking,  
effective, you stretch, you laugh, you sweat, you do more for body and mind.**

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**By**

Feroze Khan

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