

Natalie Rousseau Horscroft

E-RYT 500, Anusara Inspired™ Yoga Teacher

Certification and Training Hours

- 200 hour Hatha Yoga Teacher Training with Prana Yoga College
- 500 hour Advanced Teacher Training & Philosophy Studies with SOYA (South Okanagan Yoga Assoc.)
- 50 hour Advanced Ashtanga Yoga Teacher Training with Tim Miller
- 50 hour Prana Vinyasa Flow Teacher Training with Shiva Rea
- 25 hour Pre Natal Yoga Training with Janice Clairfield
- 150+ hours of miscellaneous workshops and trainings on topics such as anatomy, meditation, yoga practice, and philosophy with teachers Donna Farhi, David Swenson, Paul Grilley, Sarah Powers, John Scott, and Shiva Rea
- 100 hour Anusara Yoga Immersion with Christina Sell & Robin Golt
- 170 hours of Anusara Yoga Teacher Training with Chris Chavez & Robin Golt
- 250+ hours of Anusara Yoga workshops and trainings with celebrated teachers Christina Sell, Robin Golt, Noah Maze, Martin Kirk, Desiree Rumbaugh, Darren Rhodes, and Chris Chavez