

**The practice
of yoga is a way
of life—weaving a deep
understanding and
personal freedom with the
connection of the self
within
the self.**

**Meet Margarida Tree,
the Founder of One Yoga Planet
Margarida Tree, has been teaching for over
for over 30 years, opening the first One
Yoga Planet in Florida in 2005.
She brings a down to earth approach to
Yoga building on creating understanding
and connection in the practice of Yoga.**

**Margarida brings her years of experience
to her teaching, with a deep appreciation
for the art of teaching and the practice of
yoga.**

**As a senior teacher in Ashtanga Yoga with
Manju Jois, Margarida incorporates the
eight limbs of yoga into her teachings,
blending eastern traditions with western
lifestyles in a down-to-earth fashion.
Margarida created the OYP 200 hour yoga
teacher training program to guide teachers
on a path of confidence and knowledge.
Her program produces graduates who have
a strong foundation in teaching and a
deeper understanding of their personal
practice.**



oneyogaplanet.com

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**200hr
Yoga Alliance
Yoga Teacher
Teacher Training
w/Margarida Tree
ERYT 500**