



BEYOND ASANA YOGA DISCOVER BALI 300HR YTT RETREAT

OCTOBER 2023



YOUR 300 HOUR YTT FACILITATORS



MANJEET MAZUR

- Parimukti 200hr and 300hr YTT
- Parimukti Yoga Therapy Modules 1 & 2
- Certified in Meditation
- Certified in Iyengar Yoga
- Has led over 50 Yoga Teacher Trainings
- Specializes in Hatha, Meditations, Practical Yoga Philosophy, Chakras, Pranayama



JOHANNA GODINEZ

- Yoga Alliance E-RYT500 YACEP
- Certified CPR & Personal Training
- 2008 50hr YogaFit Certification
- 2011 AYPR 200hr YTT Certification
- 2014 LifePower Yoga 200hr YTT
- 2017 LifePower Yoga 100hr YTT Lead Retreat with Jonny Kest
- 2020 ULU Yoga 300hr YTT
- 2021 Traditional Yoga School 500hr YTT
- Over 15 years practicing, over 12 years teaching & 7 years leading YTT



NIPPUN SHARMAA

- Vedic Scholar since 2005
- Specializing in Mudras, Mantras and Pranayama techniques
- Chakras and Self-connection Coach since 2019
- Administrator of Chakra Awakening Community, a Facebook group with over 4100 members

**ARRIVE IN BALI
SEPTEMBER 29, 2023**



September 29 Arrive in Bali

September 30 Begin your 300hr
YTT

October 4 Enjoy temples, landscape,
and beaches on the west side of Bali

October 11 Day off to enjoy various
tours, activities or just to relax

Private Room \$3,995



**VISIT TEMPLES
EXPLORE THE CULTURE
YOGA HISTORY & PHILOSOPHY
PRACTICE DAILY YOGA CLASSES
ASANA ANATOMY & ADJUSTMENTS
SEQUENCING & TEACHING TECHNIQUES
HEALTHY/VEGETARIAN LOCAL FOOD
AN UNFORGETTABLE ADVENTURE**



**DEPARTING BALI
OCTOBER 22, 2023**



October 19 – 20 Practice teaching,
observe and feedback

October 20 Closing ceremony and
graduation

October 21 Adventure Day

October 22 Departure

Shared Room \$3,595