BEYOND ASANA YOGA DISCOBRE 300HR YTT RETREAT

RYS 200

RYS 300

YACEP

YOUR 300 HOUR YTT FACILITATORS



-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



-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



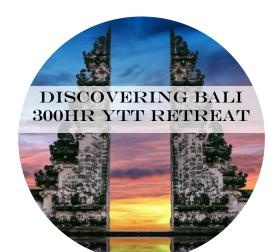
September 29 Arrive in Bali

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

For more information or to book go to: https://www.bay-lifestyle.com/services/retreats or contact_Johanna@bay-lifestyle.com