



BEYOND ASANA YOGA

PUERTO RICO/ONLINE HYBRID

200HR YTT



ONLINE M-F 5:30-9PM EST JAN 22-FEB 2
PUERTO RICO FEB 16-MARCH 3, 2024

**ONLINE LESSONS FROM
JAN 22 TO FEB 2, 2024**



**RUSTIC 3-ACRE LAKE
FRONT LOCATION**

Jan 22 to Feb 2 online Zoom lessons
M-F from 6-9pm EST

Jan 22 Welcome & Introductions

Jan 23 to Feb 2 Lessons on Yoga,
Meditation, Pranayama, History,
Philosophy, Yoga Sutras, 8-limbs &
Manjeet from India

Feb 3-15 Turn in homework, Q&A

Stay with us \$2,295
Includes materials breakfast & lunch

**PUERTO RICO &
ONLINE HYBRID YTT**



Get ready for this rustic lake YTT journey. B.A.Y. Lifestyle brings you to Puerto Rico to enjoy a mind/body experience you won't forget.

Located in the picturesque Curias Lake in Cupey, this 3-acre estate offers an outdoor studio deck, wild animals, and picturesque grounds that will serve to calm your mind and rejuvenate your soul.

Attend daily yoga and meditation, theoretical and physical classes and enjoy all the beauty this location has to offer.



ELEVATE YOUR LIFE

**ARRIVE IN PUERTO RICO
FEB 16-MARCH 3, 2024 OR
ARRANGE A LONGER STAY**



ENJOY NATURE

Feb 16 Arrival in Puerto Rico

Feb 17 to March 2 Daily Yoga,
Meditation, Lessons on Anatomy,
Asana, Sequencing, Skills of a good
teacher, Ethics, the Business of Yoga
and Practice Teaching

March 2 Graduation

March 3 Departure or you can plan
to stay with us a few more days for an
additional cost \$50 per day + \$10 per

Drive in & out \$2,295
Includes materials breakfast & lunch