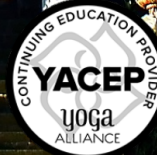




# BEYOND ASANA YOGA DISCOVER BALI 300HR YTT RETREAT

SEPTEMBER 14 – OCTOBER 6, 2024





## 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 14, 2023**



September 14 Arrive in Bali

September 15 Begin 300hr YTT

September 21 4 Enjoy temples, landscape, and beaches on the west side of Bali

September 28 Day off to enjoy various tours, activities or just 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 6, 2023**



October 2 – 4 Practice teaching, observe and feedback

October 4 Closing ceremony and graduation

October 5 Adventure Day

October 6 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](mailto:Johanna@bay-lifestyle.com)