



BEYOND ASANA YOGA

DISCOVER BALI IMMERSIVE

200-HR OR 300-HR

YOGA TEACHER TRAINING RETREAT

200-HR RETREAT SEPTEMBER 14 TO OCTOBER 5
300-HR RETREAT SEPTEMBER 14 TO OCTOBER 13



YOUR BEYYON ASANA YOGA SCHOOL 200 & 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

October 2 – 4 Practice teaching, observe and feedback

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 4 200hr YTT graduation

October 5 200hr YTT Departure

October 5&6 300hr YTT Adventure

October 7-12 Mudras, Mantras, Restorative, Yoga for special populations & practice teaching

October 12 Graduation

October 13 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