



B.A.Y. Lifestyle
Beyond Asana Yoga



BEYOND ASANA YOGA

**PERSONALIZED ONLINE OR RETREAT STYLE
CONTINUING EDUCATION, MENTORSHIP & TEACHER
TRAINING PROGRAMS TAILORED TO ELEVATE YOUR
KNOWLEDGE, YOUR BUSINESS AND YOUR LIFE**

**PERSONALIZED APPROACH
TO ADDRESS YOUR
SPECIFIC DESIRES**



**ONE-ON-ONE
MENTORSHIP**

Our mentorship programs are for yoga practitioners, yoga teachers or anybody who desires tools that will allow them to better know themselves and elevate their life, practice or teaching abilities.

We offer a personalized approach that meets you where you are and creates a bridge to guide you towards where you desire to be.

Can be quoted hourly or
monthly accordingly



**YOGA ALLIANCE
CONTINUING EDUCATION**

B.A.Y. Lifestyle is a Yoga Alliance accredited continuing education provider (YACEP). We have the ability to create and offer workshops or continuing education programs that will allow you the ability to elevate your knowledge, your practice or your teaching skills to the next level.

We provide these online, at your location or retreat style at our beautiful space in Cupey, Puerto Rico to accommodate your needs or the needs of your community.



ELEVATE YOUR LIFE

**CREATE AND FOLLOW A
PERSONALIZED SCHEDULE
TO COMPLETE YOUR
CERTIFICATION**



**200HR OR 300HR YOGA
TEACHER TRAINING**

Ready to get certified but can't find a program that fits your schedule?

We can create a program that fits your needs or the needs of your group and include personalized lessons such as:

- Yoga for Specific Populations
- Sound Healing
- Chakras Healing
- Yoga Sutras Deep Dive

And much more...

Starting at \$3595 for 1
Or \$2995 for 2 or more