

BEYOND ASANA YOGA

PUERTO RICO IMMERSIVE

200-HR OR 300-HR

YOGA TEACHER TRAINING RETREAT



200-HR RETREAT FEBRUARY 9 TO MARCH 2
300-HR RETREAT FEBRUARY 9 TO MARCH 10



**200-HR RETREAT FROM
FEBRUARY 9-MARCH 2**



**RUSTIC 3-ACRE LAKE
FRONT LOCATION**

February 9 & 10 Arrival

February 10 Welcome & Introductions

February 11 to March 1 Lessons on
Yoga, Meditation, Pranayama,
History, Philosophy, Yoga Sutras, 8-
limbs, Anatomy, Hatha and Vinyasa

February 18 Chakras Event

March 1 Graduation for 200hr
Students

**Dorm Room \$2995
Double Room \$3395**



**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

**300-HR RETREAT FROM
FEBRUARY 9-MARCH 10**



ENJOY NATURE

March 2 Departure 200hr Students

March 2-3 300hr Adventure Weekend

March 4 to March 9 Mudras, Mantras,
Restorative and Yin Yoga, Inversion
techniques, Incorporating yoga for
specific populations

March 9 Graduation for 300hr
Students

March 10 Departure 300hr Students

**Dorm Room \$3395
Double Room \$3795**