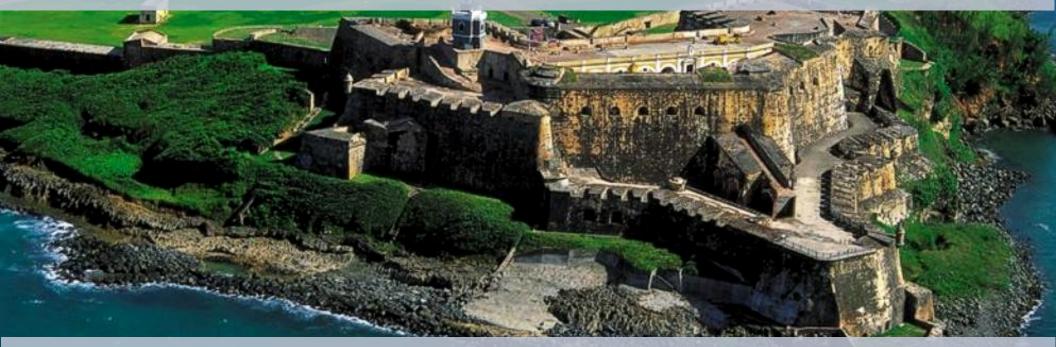
BEYOND ASANA YOGA 200-HR OR 300-HR



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



200-HR RETREAT FROM FEBRUARY 9-MARCH 2



February 9 & 10 Arrival

February 10 Welcome & Introductions

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

February 18 Chakras Event

March 1 Graduation for 200hr Students

> Dorm Room \$2995 Double Room \$3395



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.



300-HR RETREAT FROM FEBRUARY 9-MARCH 10



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

For more information or to book go to: https://www.bay-lifestyle.com/services/retreats or contact Johanna@bay-lifestyle.com