



BEYOND ASANA YOGA

PUERTO RICO / ONLINE

200HR HYBRID YOGA TEACHER TRAINING



ONLINE M-S 5:30-9:30PM EST APRIL 1-12, 2024
PUERTO RICO RETREAT APRIL 19 – MAY 5, 2024



MEET YOUR 200HR COURSE FACILITATORS



Through yoga, meditation and an extensive study on patterns, mindset, and the way the mind operates, Johanna was able to completely alter the direction of her life. As the Founder of B.A.Y. Lifestyle and Beyond Asana Yoga School, Johanna offers an innovative approach to habit development, personal or professional coaching, and lifestyle transformation; to help you get clear and attract your definition of success to your life. She has developed and systemized ELM- an evolutionary life mapping method which facilitates your self-discovery through inquiry and self-reflection.

She was crowned Mrs. Puerto Rico Woman of Achievement 2022 and proceeded to win Mrs. US Woman of Achievement 2023 and uses this platform to share her passion for the freedom that the philosophy and lifestyle of yoga have afforded her life.

- Certified as a Yoga Teacher since 2011
- Yoga Alliance E-RYT500 YACEP
- Certified in CPR, Group Fitness & Personal Training
- Over 16 years practicing yoga



Born in Fajardo Puerto Rico and grew up in Michigan. In July of 2022 Nicole moved back to Puerto Rico to rediscover her roots and become a yoga instructor. In August of 2022 she graduated from B.A.Y Lifestyle 200hr certified yoga teacher training and began her teaching journey.

Now Nicole is a full time yoga instructor at Wyndham Palmas Hotel. Nicole is certified in reiki. She also leads Moon Circles twice a month.

- Certified since 2022 through Beyond Asana Yoga School
- Yoga Alliance E-RYT200
- Over 7 years practicing Yoga

**ONLINE LESSONS
MONDAY TO SATURDAY
APRIL 1 -12, 2024**



**RUSTIC 3-ACRE LAKE
FRONT LOCATION**

April 1 - 12 online Zoom lessons
M-S from 5:30-9pm EST

April 1 Welcome & Introductions

April 2 to 12 Lessons on Yoga,
Meditation, Pranayama, History,
Philosophy, Yoga Sutras, 8-limbs

April 17 Turn in homework for
lessons covered online

Dorm Room \$2595



**PUERTO RICO/ONLINE
200HR 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

**PUERTO RICO IMMERSIVE
RETREAT APRIL 19 – MAY 5**



NATURE OASIS

April 19 Arrival in Puerto Rico

April 20 to May 3 Daily Yoga,
Meditation, Lessons on Anatomy,
Asana, Sequencing, Skills of a good
teacher, Ethics, the Business of Yoga
and Practice Teaching

May 4 Graduation

May 5 Departure (you can stay longer
if previously arranged)

Double Room \$2995