



BEYOND ASANA YOGA
PUERTO RICO/ONLINE HYBRID
200HR YTT



ONLINE M-F 5:30-9 EST OCTOBER 19 - 26
PUERTO RICO NOVEMBER 1 - 17

**ONLINE LESSONS FROM
OCTOBER 19TH – 26TH**



**RUSTIC 3-ACRE LAKE
FRONT LOCATION**

October 19-26 online Zoom lessons
M-F from 5:30-9:30pm EST

October 19 Welcome & Introductions

October 20 - 26 Lessons on Yoga,
Meditation, Pranayama, History,
Philosophy, Yoga Sutras, 8-limbs

October 25 Manjeet from India

October 31 Turn in homework

Shared Room \$3,595



**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

**PUERTO RICO RETREAT
NOVEMBER 1ST – 17TH**



ENJOY NATURE

November 1 Arrival in Puerto Rico

November 2 -16 Daily Yoga,
Meditation, Lessons on Anatomy,
Asana, Sequencing, Skills of a good
teacher, Ethics, the Business of Yoga
and Practice Teaching

November 16 Graduation

November 17 Departure

Dorm Room \$2,995