



BEYOND ASANA YOGA

PUERTO RICO/ONLINE HYBRID

200HR YTT



ONLINE OCT 19 – 26 M-F 5:30-9 & S 9-5 EST
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 5:30-9:30pm & Sat 9-5 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 \$3,395

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