



**B.A.Y. LIFESTYLE**  
BEYOND ASANA YOGA SCHOOL



# BEYOND ASANA YOGA

## PUERTO RICO / ONLINE

200HR OR 300HR HYBRID YOGA TEACHER TRAINING



ONLINE F-TH OCTOBER 31 – NOVEMBER 6, 2025

PUERTO RICO RETREAT 200HR NOVEMBER 7 - 23, 2025

OR 300HR NOVEMBER 7 – 30, 2025





## MEET YOUR 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.

- Certified as a Yoga Teacher since 2011
- Yoga Alliance E-RYT500 YACEP
- Over 1,300hrs of Yoga Training in PR, US & Abroad
- 20 yrs practicing yoga & 14 yrs teaching



Fabi began her Yoga journey with an Ashtanga Yoga 200-hour teacher training, followed by a Rocket TT with David Kyle. She traveled to India, Europe and Asia to teach and learn from teachers internationally. She was “hooked” on the magic of the practice and the healing effects of movement with breath. Fabiola continues teaching, now with a new perspective on the changes the body is capable of going through and knowing that constant practice, although different every day, has immeasurable benefits for the body, mind, soul, and spirit!

- Certified since 2012
- Yoga Alliance E-RYT500
- Over 15 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  
FRIDAY TO THURSDAY  
OCT 31 – NOV 6, 2025**



**RUSTIC 3-ACRE LAKE  
FRONT LOCATION**

October 31 to November 6 – online  
Zoom lessons  
Weekdays from 5:30-9:00pm EST  
Saturday from 9:00am to 5:00pm EST

October 31 Welcome & Introductions

November 1 – 6 Lessons on Yoga,  
Meditation, Pranayama, History,  
Philosophy, Yoga Sutras, 8-limbs

November 7 – Turn in homework for  
lessons covered online and arrive in PR

**200hr Training  
\$3,795**



**PUERTO RICO/ONLINE  
200HR & 300HR  
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. Study materials,  
transportation, room and all meals included!



**ELEVATE YOUR LIFE**

**PUERTO RICO IMMERSION  
200HR NOVEMBER 7 – 23  
300HR NOVEMBER 7 – 30**



**NATURE OASIS**

November 7 to 23 – Daily Yoga,  
Meditation, Lessons on Anatomy,  
Asana, Sequencing, Skills of a good  
teacher, Ethics, the Business of Yoga  
and Practice Teaching

November 22 – 200hr Graduation

November 23 to 29 – 300hr content

November 29 – 300hr Graduation

200hr Depart November 23 &  
300hr Depart November 30

**300hr Training  
\$4,295**