



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



# BEYOND ASANA YOGA

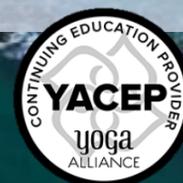
## PUERTO RICO / ONLINE

### 200HR OR 300HR HYBRID YOGA TEACHER TRAINING

ONLINE F-TH FEBRUARY 6 - 12, 2026

PUERTO RICO RETREAT 200HR FEB 13 - MARCH 3, 2026

OR 300HR FEB 13 - MARCH 8, 2026



## MEET YOUR COURSE FACILITATORS



**JOHANNA**

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



**NICOLE**

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  
FEBRUARY 6 - 12, 2026**



**RUSTIC 3-ACRE LAKE  
FRONT LOCATION**

February 6 - 12 online Zoom lessons  
Weekdays from 5:30-9:00pm EST  
Saturday from 9:00am to 5:00pm EST

February 6 Welcome & Introductions

February 6 - 12 Lessons on Yoga,  
Meditation, Pranayama, History,  
Philosophy, Yoga Sutras, 8-limbs

February 13 Turn in homework for  
lessons covered online and arrive in PR

**200hr Training  
Dorm Room \$3,995  
Double Room \$4,295**



**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 FEBRUARY 13 - MARCH 1  
300HR FEBRUARY 13 - MARCH 8**



**NATURE OASIS**

February 14 to March 1 - Daily Yoga,  
Meditation, Lessons on Anatomy,  
Asana, Sequencing, Skills of a good  
teacher, Ethics, the Business of Yoga  
and Practice Teaching

February 28 - 200hr Graduation

March 1 to March 7 - 300hr content

March 7 - 300hr Graduation

200hr Depart March 1 &  
300hr Depart March 8

**300hr Training  
Dorm Room \$4,595  
Double Room \$4,995**