



2025 Teacher Training Academy

200 Hour Yoga Teacher Training (YTT) **OR** 57 Hour Yoga Student Training (YST)

Certification Track: May 1st - December 6th (YTT)

Non-Certification Track: May 1st - September 25th (YST)

Location of Program:

Life Moves Yoga
3045 Stillhouse Lake Rd. Suite 110
Harker Heights, TX 76548

Lead Faculty for the Training:

Beth Funk, Ed.D., E-RYT500 and Amanda Brown, E-RYT500

Curriculum Includes:

Asana (Yoga postures) | Pranayama (Breath) | Subtle Body (Energy)
Meditation & Mindfulness | Anatomy & Physiology
Biomechanics – The Art & Science of Movement
History of Yoga | Yoga Philosophy | Yoga Ethics | Teaching Methodology (YTT) | Sequencing (YTT)
Professional Development (YTT) | The Business of Yoga (YTT)

***Included with Certification Track Only:* Warriors at Ease Level 1 Virtual Training**



Yoga Alliance Registered Yoga School



Training Dates & Times

May

Thursday, May 1st, 8th, 15th, & 22nd: 6:00 pm - 9:00 pm

June

Thursday, June 5th, 12th, 19th, 26th: 6:00 pm - 9:00 pm

July

Thursday, July 10th, 17th, 24th, 31st: 6:00 pm - 9:00 pm

August

Thursday, August 7th, 14th, 21st, 28th: 6:00 pm - 9:00 pm

September

Thursday, September 4th, 11th, 25th: 6:00 pm - 9:00 pm

September - Certification Track Only

Saturday, September 27th: 9:00 am - 5:00 pm

October - Certification Track Only

Saturday, October 18th: 9:00 am - 5:00 pm

November - Certification Track Only

Saturday, November 15th: 9:00 am - 5:00 pm

December - Certification Track Only

Thursday, December 4th: 6:00 pm - 9:00 pm

Saturday, December 6th Graduation Day! 9:00 am - 5:00 pm

One-One-One Virtual Mentoring Hours - September 29 through December 4 - Certification Track Only



Certification Track Tuition (200 Hour YTT): \$3,900

Early-Bird Pricing (through January 15th): \$3,510

Non-Certification Tuition: \$1,500

****MyCAA - \$3,900 - No deposit required
\$500 Deposit Due to Secure a Spot**

****Payment Plans Available****

\$500 deposit and \$376.25 a month for 8 months with early bird pricing - by Jan 15th (YTT TRACK)

\$500 deposit and \$425 a month for 8 months if after Jan 15th (YTT TRACK)

\$500 deposit and \$200 a month for 5 months (YST TRACK)

****If you are in the teacher certification program (YTT) you will have unlimited studio classes at Life Moves Yoga from May 1 through Dec. 6th included in your program****

[CLICK](#) or SCAN TO FILL OUT AN APPLICATION

