



# LMY Teacher Training Academy

200 Hour Yoga Teacher Training (YTT) **OR** 72 Hour Yoga Student Training (YST)

Certification Track: April 1st - December 5th, 2026 (YTT)

Non-Certification Track: April 1st - September 24th, 2026 (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:* Anatomy & Physiology Online Modules**



**Yoga Alliance Registered Yoga School**



## **Training Dates & Times - ALL TRACKS**

Thursday April 2nd, 9th, 23rd, and 30th (6:00-9:00 pm)

Thursday May 7th, 14th, 21st, and 28th (6:00-9:00 pm)

Thursday June 4th, 11th, 18th, and 25th (6:00-9:00 pm)

Thursday July 2nd, 9th, 23rd, and 30th (6:00-9:00 pm)

Thursday August 6th, 13th, 20th, and 27th (6:00-9:00 pm)

Thursday September 3rd, 10th, 17th, and 24th (6:00-9:00 pm)

## **Training Dates & Times - Certification Track Only**

Saturday, September 26th, 9:00 am - 6:00 pm

Saturday, October 24th, 9:00 am - 6:00 pm

Saturday, November 14th, 9:00 am - 6:00 pm

Saturday, December 5th, 9:00 - 6:00 pm

**Online Anatomy & Physiology of Yoga Modules (Ongoing)**



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

Early-Bird Pricing (through October 31st): \$3,510

\$500 Deposit Due to Secure a Spot

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Non-Certification Tuition: \$1,800

\$500 Deposit Due to Secure a Spot

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**\*\*Tuition with MyCAA scholarship - \$1,900**

**No deposit required\*\***

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**\*\*Payment Plans Available\*\***

***\*If you are on the teacher certification track (YTT) you will have unlimited studio classes at Life Moves Yoga from April 1 through Dec. 5th included in your tuition\****

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

