



LMY Teacher Training Academy

200 Hour Yoga Teacher Training (YTT)

February 18 - November 6, 2027

Location of Program:

Life Moves Yoga
3045 Stillhouse Lake Rd. Suite 110 & 111
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 | Biomechanics – The Art & Science of Movement
History of Yoga | Yoga Philosophy | Yoga Ethics | Teaching Methodology (YTT) | Sequencing
Professional Development | The Business of Yoga
Anatomy & Physiology Online Modules



Yoga Alliance Registered Yoga School



Training Dates & Times

Thursday February 18, 25 (6:00-9:00 pm)

Thursday March 4, 11, 18 (online), 25 (6:00-9:00 pm)

Thursday April 1, 15, 22, 29 (online) (6:00-9:00 pm)

Thursday May 6, 13, 20, 27 (online) (6:00-9:00 pm)

Thursday June 3, 10, 17, 24 (online) (6:00-9:00 pm)

Thursday July 1, 8, 22, 29 (6:00-9:00 pm)

Saturday, July 31, (9:00 am - 6:00 pm)

Saturday, August 28, (9:00 am - 6:00 pm)

Saturday, September 25, (9:00 am - 6:00 pm)

Saturday, October, 23, (9:00 am - 6:00 pm)

Thursday, November 4, (6:00 - 9:00 pm - online)

Saturday, November, 6, (9:00 am - 6:00 pm)



Online Anatomy & Physiology of Yoga Modules (Ongoing from February through November)

Investment: \$3,900

\$500 Deposit Due to Secure a Spot

****Tuition for those eligible for MyCAA grant - \$1,900
No deposit required. ****

****Payment Plan Available****

During the training you will have a student membership and will have unlimited studio yoga classes at Life Moves Yoga.

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

