



**Life Moves Yoga Teacher Training Academy
300 Hour Advanced Yoga Teacher Training**

January 2027 - April 2028

**Location of Program: Life Moves Yoga - 3045 Stillhouse Lake Rd. Suite 110 & 111
Harker Heights, TX 76548**

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

Highlights

- *In-person and Online Sessions***
- *One-on-one Mentoring Throughout***
- *Supervised Capstone Project***
- *Credit for Electives***
- *Warriors at Ease Level 2***

Curriculum Includes:

**Restorative Yoga
Yin Yoga
Chair Yoga
Trauma Informed Yoga
Advanced Meditation
Advanced Breathwork
Advanced History of Yoga
Advanced Teaching Methodology
Advanced Business of Yoga**



Training Dates:

January 16-17, 2027 - 9:00 am - 6:00 pm

February 27, 2027 - 9:00 am - 6:00 pm

March 2027 - ONLINE ONLY

April 24, 2027 - 9:00 am - 6:00 pm

May 22, 2027 - 9:00 am - 6:00 pm

June 26, 2027 - 9:00 am - 6:00 pm

July 10, 2027 - 9:00 am - 6:00 pm

August 5, 12, 19, 26, 2027 - 6:00 pm - 9:00 pm

September 2, 9, 16, 30, 2027 - 6:00 pm - 9:00 pm

October 7, 14, 21, 28, 2027 - 6:00 pm - 9:00 pm

November 4, 18, 2027 - 6:00 pm - 9:00 pm

December 2027 - ONLINE ONLY

January 8, 22, 2028 - 9:00 am - 6:00 pm

February 12, 26, 2028 - 9:00 am - 6:00 pm

March 4, 2028 - 9:00 am - 6:00 pm

April 1, 2028 - 9:00 am - 6:00 pm

Tuition: \$4900

\$500 deposit due at registration

\$300 monthly payments for 15 months, January 2027 - March 2028

Student membership with unlimited yoga classes included during the training.



Scan to Apply



Elective Hours

As part of your 300-hour Advanced Yoga Teacher Training, elective hours offer a unique opportunity to develop hands-on, real-world experience with other seasoned yoga professionals and courses of your choice. Over the course of your 300 training, you can spend 35 hours in specific areas of the yoga industry that are most interesting to you and apply these hours to your 300 hour program, as long as they are offered by an approved provider (YACEP or AYC) and also approved by your Life Moves Yoga lead trainers. This experience is designed to help you align your professional goals and deepen your understanding of different aspects of the yoga business, teaching, and leadership.

Ideas for electives:

- Collaborate with a yoga mentor/s (studio owners, senior teachers, event organizers, etc.)
- Engage in various activities and opportunities based on the goals of your training.
- Attend workshops that align with your personal goals and aspirations.
- Yoga Studio Operations: Work with a studio owner to learn the ins and outs of managing a yoga business, from administration to customer relations.
- Specialty Yoga Teacher: Shadow an expert in a specific field (e.g., restorative yoga, trauma-informed yoga, prenatal yoga) to deepen your understanding and expand your skillset.
- Yoga Events & Workshops: Support the planning and execution of yoga-related events, retreats, and workshops, learning about logistics, marketing, and community engagement.
- Yoga Entrepreneurship: Work with a yoga entrepreneur or small business owner to learn about building a personal yoga brand, including online presence, marketing, and client development.

Benefits:

- Gain valuable insights into different aspects of the yoga industry.
- Build connections with experienced yoga professionals and expand your network.
- Develop practical skills that will help you succeed in your yoga career.