



Life Moves Yoga Teacher Training Academy - 200 Hour Yoga Teacher Training Information

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

10 Training Weekends Between April 18th 2024 and January 13th 2025
Training Weekends are In-Person + Instructor Led Online Hours

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
Sequencing
Professional Development
The Business of Yoga



Yoga Alliance Registered Yoga School



Training Weekends

April 18-21

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

May 9-12

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

June 6-9

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

July 11-14

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

August 8-11

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

September 5-8

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

October 17-20

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

November 14-17

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

December 5-8

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm

January 9-13

Thursday & Friday – **Online with Instructors** – 6:00-9:00 pm
Saturdays – **In Person** – 12:00 – 8:00 pm
Sundays – **In Person** – 12:00 – 7:00 pm



Tuition: \$3,900

EXTRA EARLY BIRD PRICING THROUGH OCT 31 - \$3,500

EARLY BIRD PRICING NOV 1 - DEC 31 - \$3,650

\$500 Deposit Due to Secure a Spot

****Payment Plans Available****

****MyCAA - \$3,900 - No deposit required**

****While you are in the training program you will have a free membership at Life Moves Yoga!****

SCAN TO FILL OUT AN APPLICATION

