



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

**\*September 12, 2025 - Sept 13, 2026\***

**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**

**Curriculum Includes:**

- \*6 In Person Training Weekends (Saturdays and Sundays, 9-6 pm)**
- \*One-on-one weekly mentoring throughout the year**
- \*CAPSTONE Project**
- \*One Friday every other month - Virtual - 6:30-8:30 pm**
- \*Internship**

**Training Modules Include:**

- Restorative Yoga (certification)**
- Yin Yoga (certification)**
- Chair Yoga (certification)**
- Trauma Informed Yoga (certification)**
- Advanced Meditation (certification)**
- Advanced Breathwork (certification)**



**Training Dates:**

**FRIDAY September 12 - 6:30-8:30 pm - Professional Development**  
**SATURDAY AND SUNDAY - October 4 & 5 - 9:00-6:00 pm - Restorative Cert.**  
**FRIDAY November 21- 6:30-8:30 pm - Professional Development**  
**SATURDAY January 10 & 11 - 9:00-6:00 pm - Yin Cert.**  
**FRIDAY February - 6 - 6:30-8:30 pm - Professional Development**  
**SATURDAY March 7 & 8 - 9:00-6:00 pm - Chair Yoga Cert.**  
**FRIDAY April 24 - 6:30-8:30 pm - Professional Development**  
**SATURDAY May 30 & 31 - 9:00-6:00 pm - Trauma Informed Yoga Cert.**  
**FRIDAY June 12 - 6:30-8:30 pm - Professional Development**  
**SATURDAY & SUNDAY July 25 & 26 - 9:00-6:00 pm - Advanced Meditation Cert.**  
**FRIDAY August 14 - 6:30-8:30 pm - Professional Development**  
**SATURDAY & SUNDAY September 12 & 13 - 9-6 pm - Advanced Breathwork Cert.**  
**FRIDAY September 18 - Graduation! 6:30-7:30 pm**

**Tuition: \$4900**

**\$500 deposit due at registration**

**\$366.67 monthly payments (12)**

**Free membership included during the training**

**Email us at [info@lifemovesyoga.com](mailto:info@lifemovesyoga.com) for more information or call 254-393-0919  
(Leave a message and we will call you right back!)**