



# **Life Moves Yoga Teacher Training Academy**

## **300 Hour Advanced Yoga Teacher Training Information**

**\*JUNE 27, 2024 - AUGUST 10, 2025\***

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

**10 Training Weekends - In-person & online hours  
One-on-one mentoring throughout**

**Lead Faculty for the Training:**  
Beth Funk, Ed.D., E-RYT500 and Amanda Brown, E-RYT500

**Curriculum Includes:**  
Advanced Philosophy/Sacred Texts  
Advanced Asana & The Science of Movement  
Advanced Pranayama and The Science of Breath  
Advanced Meditation & Mindfulness  
Advanced Anatomy & Physiology  
Advanced History of Yoga: Sanskrit/Yoga Ethics/Leadership  
Advanced Business of Yoga: Workshops/Retreats/Events/One-On-One  
Advanced Teaching Methodology/ Advanced Sequencing & Dynamic Teaching  
Advanced Study of the Subtle Body/Crystal Bowls/Gong  
Yoga Nidra/Adaptive Yoga/Restorative Yoga/YIN Yoga/Chair Yoga

## Training Weekends

June 27-30

August 22 - 25

Nov 1-3

Jan 23-26

Feb 20-23

March 27-30

April 24-27

June 5-8

July 10-13

August 7-10

\*Throughout the training you will also have additional one-on-one mentoring hours with your trainer to advance and support your teaching and to create a capstone project.\*

Thursdays & Fridays – **Online** – 6:00 -9:00 pm

Saturdays – **In Person** – 12:00 – 8:00 pm

Sundays – **In Person** – 12:00 – 7:00 pm

**Cost of Program: \$400 Deposit + \$300 a month**

**\*Pay in full and receive a \$250 discount\***

**\*Register by December 31, 2023 and get \$150 off of your deposit.\***

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

**\*Live out of the area but are interested in the program? Let's connect to discuss!\***

Call us: 254-393-0919

Email us: [info@lifemovesyoga.com](mailto:info@lifemovesyoga.com)

