

The YogaShop 300 Hour

Yoga Teacher Training:
LivFree Power®

THE MASTERS

Enroll now, class starts **January 2019!**



**You are a RYT-200. Now what? What's the next step?
The next step is HERE.**

You need:

- All applicants must be 200 hour certified.
- You need to be passionate & a willing seeker of growth personally & professionally.

You DO NOT need:

- You DO NOT have to be certified as a LivFreePower™ Yoga Teacher.
- You DO NOT need to be certified by Annie Q.
- You DO NOT need to be currently teaching.

MODULE TIMES:

Saturday 8am-6pm
Sunday 8am-5pm

WEEKEND DATES:

January 5-6	July 13-14
February 2-3	August 3-4
March 2-3	September 7-8
April 6-7	October 5-6
May 4-5	November 2-3
June 1-2	December 7-8

South Windsor Studio

TUITION INCLUDES:

- Weekend Modules: (240 hours)
- | | |
|--------------------------------------|---|
| 1. Creative Sequencing | 7. Juicy Assists/Advanced Assisting |
| 2. Yoga as a Profession | 8. Fear Factor/The Psychology of Your Teacher |
| 3. Yoga as Therapy/Mental & Physical | 9. Teachers Toolbox |
| 4. Advanced Physiology & Nutrition | 10. Yoga Mojo-Yoga Nuances |
| 5. Diving in...it's ALL yoga! | 11. The IT Factor |
| 6. Holding Space/Life Coaching | |

Taking it out of the studio: (30 hours)
Homework: (30+hours)

**Other expenses to include additional books.*

Led by...

Annie Q.
ERYT-500
CERTIFIED LIFE COACH
CREATOR OF LivFree Power™



Dr. Julie Liefeld
RN PhD LMFT
ERYT-500



Kim Charbonneau
ERYT-500



PROGRAM TUITION:
-\$4000,
 if paid in full.
-\$4500,
 payment plan:
 3 payments of \$1200
 & final \$900
 all due before
November 1, 2019

Contact LivFree6@mac.com
for application
and more information.

