

THE DEEPER DIMENSION OF YOGA

A 300 Hour Yoga Teacher Training

What do you do to work through doubt, fear and insecurities to become the master of yourself? How does your light shine bright until your shadows merge with it? How do you make yourself an instrument of inspiration for others and for yourself to live a more peaceful, compassionate life? How do you marry kindness and spiritual strength with life's challenges? How do you stay content while you live as a yogi householder?

Do you find yourself asking these questions more often than not?

Do you crave more than asana?

Are you ready?

If you answered yes, this training is for you.

The course syllabus follows the Yoga Alliance Standards for 300-hour teacher trainings, plus some more!

Format: One Weekend a Month for 9 Months + Online Anatomy + Self Study

Fridays 6-8:30pm

Saturdays 2-6pm

Sundays 9-6pm

2024 - Feb 3rd - Sep 8th (open for registration)

Training dates 2024: Feb 3-4 Mar 1-3, Mar 29-31, Apr 26-28, May 24-26, Jun 21-23, Jul 19-21, Aug 16-18, Sep 6-8

The training is led by Ximena Prella, ERYT-500. In collaboration with Bodhi Yoga faculty and field experts in the subject matters taught. We are honored to have Vic Muñoz and Ian Darrah collaborate with us on this training.

Course Content:

Yoga Philosophy - It is a way of life

Yoga History

Asana Clinics - From Basics to Advanced to Special Populations

Trauma Informed Yoga

Advanced Pranayama

Dharana & Dhyana (Meditation as a way of life)

Teaching Beyond the Body

The Energy Body

300 Hour Anatomy with David Keil's Yoganatomy.com

Sanskrit Immersion

Yin, Restorative, Chair Yoga, and Pre-Natal modalities

Graduates receive a 300 Hour Certificate, valid for Yoga Alliance**. Yoga Teachers are eligible for 500 Hour Yoga Alliance Designation.**

Pre-requisites:

- * Must have completed 200 Hour Yoga Alliance approved Training
- * Complete application, set up interview, pay \$500 deposit. Applicants will be notified if accepted into the program.

Tuition includes:

One Year access to Yoganatomy.com 300 hour anatomy course with David Keil

8 months unlimited yoga classes at Bodhi Yoga activated on February 3rd 2024

10% discount on workshops

Lifetime discount on classes

Tuition: \$4950 (\$500 deposit + 8 monthly payments of \$556.25)

To reserve your spot with the non-refundable deposit of \$500, click [here](#).

For more information and to apply, visit: www.bodhiyogastudio.com, call (786) 732-6233 or email ximena@bodhiyogastudio.com