



LIFT YOGA + BODY

300 Hour Yoga Teacher Training

APPLY TODAY AT [LIFTYOGASTUDIO.COM](https://liftyogastudio.com)

All modules are available as individual trainings.
Enrollment in LIFT's 300 Hour program is not a requirement to attend.

REQUIRED MODULES

At least one from each of the following 8 categories is required. These modules will be scheduled once each calendar year. Any additional hours will count towards Electives. Go to liftyogastudio.com for full details.

ART OF ASANA

(select at least one)

Creative Theming and Sequencing

2023 Dates Coming Soon

--OR--

5-Day Vinyasa Intensive

Fall 2022 Dates Coming Soon

MEDITATION + PRANAYAMA

(select at least one)

5-Day Immersion Retreat

July 12-16, 2023

--OR--

3-day Weekend

September 9-11, 2022

BUSINESS OF YOGA

(select at least one)

Designing and Leading Workshops + Retreats

September 30-October 2, 2022

--OR--

Business of Yoga

February 3-5, 2023

ANATOMY

(select at least one)

Kundalini Chakra Intensive

October 14-16, 2022

--OR--

Functional Movement + Anatomy

November 11-13, 2022

AYURVEDA:

YOGA'S SISTER SCIENCE

January 13-15, 2023

UNDERSTANDING

THE YOGA SUTRAS

January 28-29, 2023

TRAUMA SENSITIVE

YOGA TRAINING

February 17-19, 2023

UNDERSTANDING

THE BHAGAVAD GITA

March 4-5, 2023

ELECTIVE MODULES

Complete your 300 hours with the Electives that suit your area of interest.

MYOFASCIAL RELEASE TEACHER TRAINING

June 24-26, 2022

ASSISTING + ADJUSTING PRACTICUM

July 8-10, 2022

THE SAFE PRACTICE + TEACHING OF ADVANCED ASANA

August 12-14, 2022

THE POWER AND PURPOSE OF PROPS

August 26-28, 2022

THAI YOGA BODYWORK

October 22-23, 29-30,
November 19-20, 2022

SACRED GEOMETRY

November 4-6, 2022

TEACHING RESTORATIVE YOGA

December 1-4, 2022

AND MORE!

Go to liftyogastudio.com