



LIFT YOGA + BODY

300 HOUR YOGA TEACHER TRAINING

Apply today at liftyogastudio.com

All modules are available as individual trainings.

Enrollment in LIFT's 300 Hour program is not a requirement to attend.

A minimum of 180 out of the total 300 hours are to come from the Mandatory Modules listed below. The remaining hours are to come either from additional Mandatory Modules attended and/or Electives. More info can be found at liftyogastudio.com

MODULE	INSTRUCTOR	DATES	HOURS
Trauma Sensitive Yoga Teacher Training	Holle Black	February 17-19, 2023	21
Ayurveda: Yoga's Sister Science	Akasha Searcey	March 24-26, 2023	25
Understanding The Bhagavad Gita	Sheila Ewers	April 1-2, 2023	18
Exploring Sacred Texts: The Yoga Sutras of Patanjali	Sheila Ewers	July 8-9, 2023	18
Subtle Body Chakras	Sheila Ewers	November 17-19, 2023	21
Functional Movement + Anatomy	Megan Kearney	2024 Dates TBD	21
Meditation + Pranayama (Choose AT LEAST ONE of the following)			
3-day Weekend at Lift Yoga	Akasha Searcey	Dates TBD	21
5-Day Immersion Retreat	Sheila Ewers	Feb 1-5 or July 12-16, 2023	50
Art of Asana (Choose AT LEAST ONE of the following)			
Creative Theming + Sequencing	Sheila Ewers	September 22-24, 2023	21
5-Day Vinyasa Intensive	Akasha Searcey	May 2024 (dates coming soon)	50
Business of Yoga (Choose AT LEAST ONE of the following)			
Designing and Leading Transformative Workshops + Retreats	Sheila Ewers	October 21-22, 2023	21
Business of Yoga	Akasha Searcey	2024 Dates TBD	21