

300HR ACCELERATED 2021 PROGRAM SCHEDULE

**All live workshops are also offered as recorded replays*

Jan 2021

Recorded

Teaching Private Yoga
Dharma/Karma
Build Strength to Ease Pain

Live Session Opportunities

Jan 7: Sangha Session
Jan 22-24 : Meditation Unveiled

***TOTAL HOURS FOR JAN = 36.5**

Feb 2021

**Choose either Vinyasa or Restorative Yoga Certification*

Recorded

Vinyasa Certification
Yoga Sutras 1-4

Live Session Opportunities

Feb 4: Sangha Session
Feb 5-7: Restorative Certification
Feb 19-21: Chakra YTT

***TOTAL HOURS FOR FEB = 48.5**

Mar 2021

Recorded

Grow Your Yoga Business
Foundations of Pranayama
Ashtanga/ 8 Limbs of Yoga
The Language of Teaching Yoga
Soul Session
Science of Yoga & Meditation

Live Session Opportunities

Mar 4: Sangha Session
Mar 19-21: Advanced Asana

***TOTAL HOURS FOR MAR = 46**

Apr 2021

Choose either Power of Isometrics or Inversion Series

Recorded

All About Inversions Series
Yin Certification
Myths & Legends of Yoga Asana
Yoga for Pain Relief

Live Session Opportunities

Apr 1: Sangha Session
Apr 3: Power of Isometrics
Apr 23-25: Ayurveda & Subtle Body

***TOTAL HOURS FOR APR = 46.5**

May 2021

Recorded

Pranayama Part 2
Presence in the Classroom
Increase Flexibility/Ease Pain

Live Session Opportunities

May 6: Sangha Session
May 14-16: Pranayama Part 1
May 21-23: Anatomy of Yoga

***TOTAL HOURS FOR MAY = 48.5**

June 2021

Recorded

Meditation Certification
Ayurveda Unveiled
Yoga Unveiled

***TOTAL HOURS FOR JUN = 50**

300HR ACCELERATED 2021 PROGRAM

WHY CHOOSE THE ACCELERATED PROGRAM?

- LEARN FROM THE COMFORT OF YOUR OWN HOME! TAKE WORKSHOP ONLINE - LIVE ON ZOOM OR AS RECORDED VIDEOS
- TAKE SELECT WORKSHOPS IN PERSON AT THE STUDIO (OPTIONAL)
- TAKE ADVANTAGE OF A MONTHLY PAYMENT PLAN
- GRADUATE IN 6 MONTHS OR LESS!
- BE HELD ACCOUNTABLE TO REACHING YOUR GOAL OF FINISHING!
- LEARN FROM SPECIALIZED TEACHERS WHO LIVE LOCAL AND OUT OF STATE.
- CONNECT WITH OTHER ONLINE STUDENTS WHO ARE ON THE SAME PATH AS YOU!

HOW TO GET STARTED?

- FILL OUT AN APPLICATION AND MAKE SURE TO INCLUDE YOUR YOGA ALLIANCE REGISTRY INFO! (AT FRONT DESK OR ONLINE AT YOGALOTUSPOND.COM/300-HOUR.HTML)
- CONTACT KATIE AT LOTUSPONDTEACHERTRAINING@GMAIL.COM OR CALL 813-961-3160 TO PAY YOUR DEPOSIT OF \$500
- SET UP A PAYMENT PLAN WITH KATIE OR PAY IN FULL PRIOR TO THE START OF TRAINING

TUITION

- \$4,900 - \$500 DEPOSIT = \$4,400 REMAINING BALANCE

DON'T TAKE OUR WORD FOR IT! HERE'S WHAT OUR GRADUATES ARE SAYING:

"I feel so fortunate to have found The Lotus Pond and to have studied at this fantastic center. Val Spies has created a 300 hour program that is educational, professional and flexible. She has built a team of exceptional teachers. This program exceeded my expectations in every way." - Erin W.

"Amazing teachers- beyond compare. This is the best place to complete your trainings. Great community as well." - Cathy S