

200 Hour YTT with Holly Weston & Lizzy Moore



Join us for this incredible opportunity. This training is comprised of online content you can complete at your own pace as well as live sessions in person or on zoom.



Training Includes:

- * 100 Hours live in person or zoom
- * Online Anatomy Training
- * Daily Philosophy Reading & Discussions
- * Daily Meditation
- * Practice Hours
- * Observation Hours
- * Teaching Hours
- * Daily Sessions in person or on zoom
- * Continued Mentorship



Live Sessions (in person or zoom):

- * Yoga & The 8 Limbs
- * The nature of the Mind & Suffering
- * Ego & Perception
- * Yamas & Niyamas
- * Yoga Sutras
- * Asana Clinics



Online content:

- * Daily philosophy talks
- * Daily guided meditations
- * Journal Prompts
- * Anatomy Training



* This training begins Monday January 3 and meets for 3 weeks, Monday-Friday from 9am-2pm

* Cost of training is \$2950



Please message us for details!

