

LOTUS POND 200 HOUR YOGA TEACHER TRAINING SCHEDULE

THIS PROGRAM IS FOR THOSE WHO WANT TO

- Change the inner dialogue
- Develop emotional resiliency
- Improve flexibility in mind and body



- Dive deeper into yoga practices
- Discover tools to increase peacefulness and joy

- Build confidence and strength
- Find their passion and purpose



SCHEDULE

6 Month Program
Thursday nights and
Select Weekend Dates

Thursday Nights

7:00-9:00pm

July 13 - December 7

(no session on Nov 23)

Weekend Dates:

Saturdays 12:00-7:30pm

Sundays 11:00am-7:30pm

July 9-10 & 23-24

August 13-14 & 27-28

September 10-11 & 24

October 8-9 & 15

November 12-13

December 3 & 10-11

YOUR JOURNEY STARTS HERE

CALL TO SET UP AN INFO SESSION!



813-961-3160 | www.lotuspondyoga.com

