

200 HOUR TRAINING



200 Hour Inspire Yoga® Foundational Yoga Training Bethaney Pilat, Mary Wilkinson & Nancy Nelson

Journey toward self-discovery. Ignite your passion. Learn the foundations of yoga, embody the benefits of the practice, and share the joy of this passion. A comprehensive, practical, and life-changing experience awaits you.

LEARN. LEAD. INSPIRE.

IYS 200 Yoga Training 2016 Calendar

2016 Spring Weekend Training Inspire Yoga Denton

Saturdays 12:30-8:30pm
Sundays 11am-6:00pm

Weekends | 10 Modules Total

April 9-10	June 4-5
April 16-17	June 11-12
April 30-May 1	June 25-26
May 14-15	July 9-10
May 21-22	July 16-17

Meet your Inspire Yoga School instructors!



BETHANEY PILAT
CURRICULUM DIRECTOR

- 2011 Live your Dream Community Leadership Award Recipient
- For exemplary creation of the IYT-200 and IYT-500 training programs



MARY NOVAS
200 HOUR LEAD TRAINER

- 2012 Live your Dream Community Leadership Award Recipient
- For exemplary performance in the IYT-200 and IYT-500 training programs



NANCY NELSON
COMMUNICATIONS DIRECTOR

- 2014 Live your Dream Community Leadership Award Recipient
- For exemplary performance in the IYT-200 and IYT-500 training programs

Experience Matters and Where You Train Makes a Difference

The IYS 200 HOUR TRAINING is composed of Experienced Leaders with over 23 years of combined teaching experience. Together we create a well-rounded and supportive environment which challenges you to be your best. Your personal growth is stoked and fostered by the entire IY staff and fellow trainees in a driven and supportive community. Practice and teach with us.

Voted the Best Yoga Studio in Denton County since 2011.

TUITION COSTS

EARLY BIRD discounts going on NOW! Save \$400 off tuition!

Are you an Inspire Yoga member? **Save 15%** (off regular tuition) when you enroll!

Learn more & Apply online at inspireyoga.com/TRAIN