

200 HOUR TRAINING



200 Hour Inspire Yoga® Foundational Yoga Training Bethaney Pilat, Mary Novas & 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 2017 Calendar

2017 Spring Training

Saturdays 12:30-8:30pm

Sundays 11am-6:00pm

10 WEEKEND MODULES

April 8-9

April 29-30

May 6-7

May 20-21

June 3-4

June 24-25

July 8-9

July 15-16

August 5-6

August 12-13

Plus Practicum Module

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 32 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
\$2995

Save \$300-400 off full tuition through 3/1/17. Inquire for details.

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

Learn more & Apply online at inspireyoga.com/TRAIN