

Be the Love

YOGA TEACHER TRAINING SCHOOL



Deepen your practice, Inspire your community



BE THE LOVE YOU WISH TO SEE IN THE WORLD.

Learn the benefits of classical yoga postures and how to weave them into sequences that create the graceful flow and meditation in motion of vinyasa yoga. Inspire your community by teaching people to empower their health and strengthen their vitality. This training will leave you with the confidence to teach to all ages, body types and abilities. You will be trained in the art of compassion and develop the ability to create sacred space for others. This path will change your life and the lives of many others for the greater good.

TRAINING INCLUDES

- Reiki Energy Healing, Level One Certification
- Be the Love, 200 Hour Yoga Teacher Training Manual
- Unlimited Yoga for the duration of your training at Yoga Roots
- Certificate of completion from North Central Michigan College
- Be the Love, 200 Hour certificate endorsed by Yoga Alliance

YOU WILL ALSO STUDY:

- Positional Release Therapy
- Sound Healing with Tibetan Singing Bowls
- Serving Special Populations
- Mantra, Mala & Kirtan Chanting
- Ayurveda
- Laughter Yoga
- Ascension (Aerial) Yoga
- Partner Yoga
- Acro Yoga
- Yoga Nidra

“When I signed up for this class, I had no idea it would change my life forever. I found yoga to help me with my health issues, having no idea it would lead me here. Completing this course has helped me forgive all past wrongs, heal the pain, and gain self love - self confidence. I had no idea how unhappy I was until I truly fell in love with myself. Thank you Tiffany for the gift of a lifetime!”

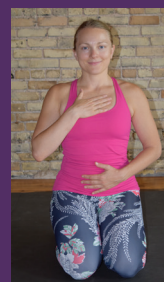
- Ashley, Be the Love Graduate



TRAINING HOSTED IN TWO LOCATIONS, SEPTEMBER–MARCH:
Yoga Roots, Petoskey
Twice a month; Saturday & Sunday

Marquette Yoga Center, Marquette
Once a month; Friday, Saturday & Sunday

Call or text: (231) 838-8992 • betheloveyoga.com



TIFFANY LENU, E-RYT-500

- Award-winning Yoga Instructor
- Owner of Yoga Roots
- Be the Love Yoga Teacher Trainer
- Positional Release Therapist
- Reiki Practitioner
- Certified Senior Level Graduate of Kripalu Center for Yoga