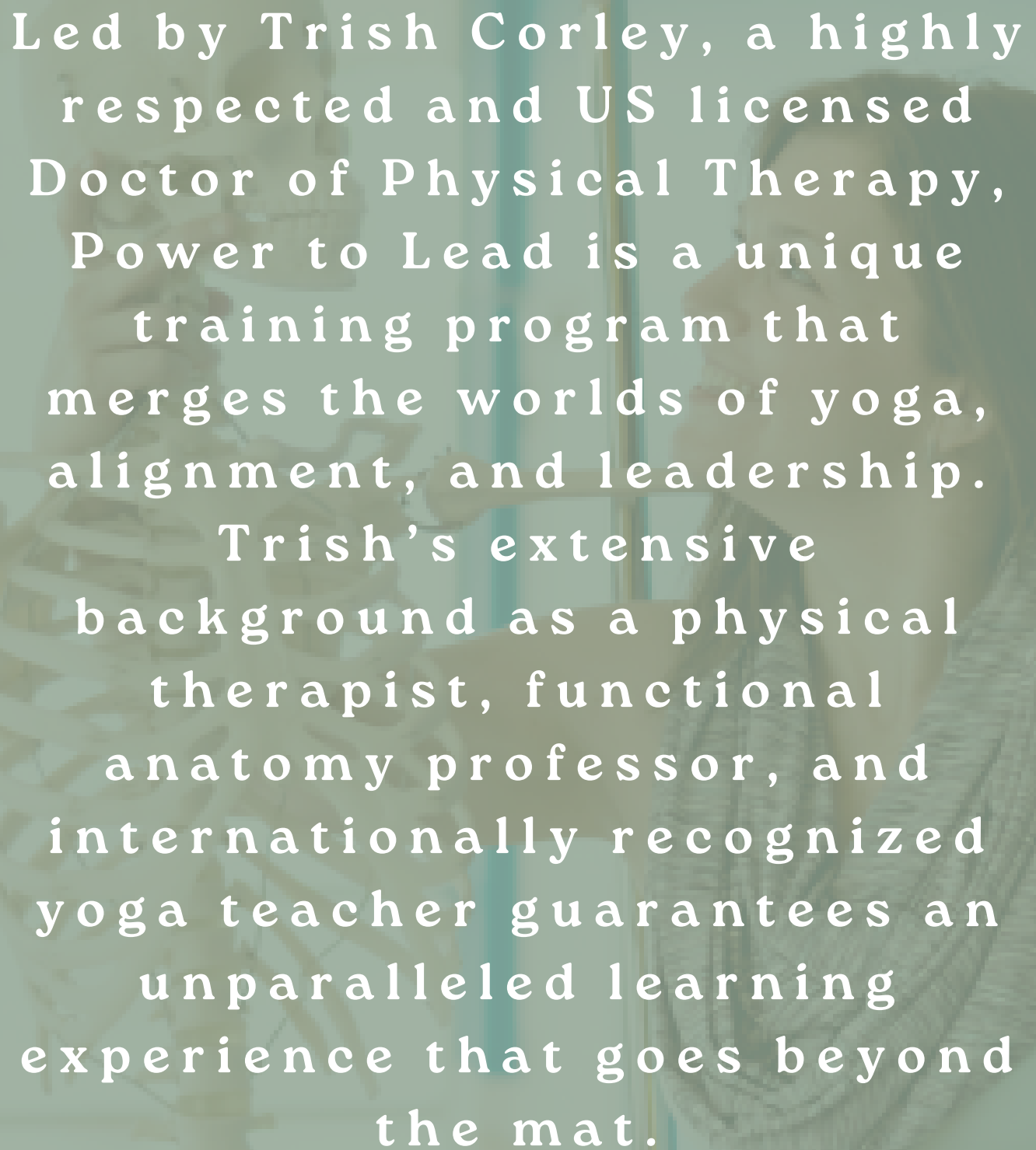


Power to Lead Yoga Teacher Training

LED BY
DR. TRISH CORLEY
AND
SWEAT YOGA + FITNESS

Are you ready to take your yoga practice to new heights? Do you dream of becoming a confident and knowledgeable yoga teacher, capable of guiding others on their transformative journey? Look no further than Power to Lead.



Led by Trish Corley, a highly respected and US licensed Doctor of Physical Therapy, Power to Lead is a unique training program that merges the worlds of yoga, alignment, and leadership. Trish's extensive background as a physical therapist, functional anatomy professor, and internationally recognized yoga teacher guarantees an unparalleled learning experience that goes beyond the mat.

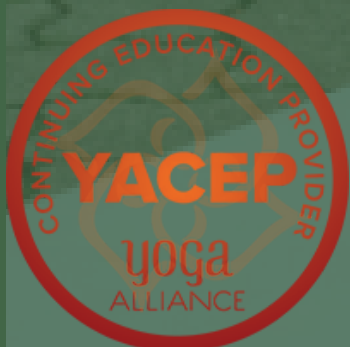
Why choose Power To Lead?

1. Expert Guidance: Learn from a licensed Doctor of Physical Therapy who brings a wealth of knowledge and experience to the training. Trish's unique background allows for a comprehensive understanding of alignment and its impact on the body.

2. Transformational Curriculum: Our curriculum is designed to take you on a transformative journey, both personally and professionally. From anatomy and biomechanics to philosophy and teaching methodology, each module is thoughtfully crafted to provide a well-rounded education.

3. Authentic Vinyasa Experience: Immerse yourself in the heart of Vinyasa yoga, where breath and movement unite. Explore creative sequencing, dynamic flow, and the art of skillful transitions to create impactful classes that leave a lasting impression.

4. Leadership Development: Power to Lead goes beyond yoga poses. It empowers you with the leadership skills necessary to inspire and guide others. Discover your unique teaching style and learn to create an inclusive and supportive community.



Schedule

- JUNE 1 & 2: 8:00 AM - 7:00 PM
- JUNE 5: 5:30 PM - 8:30 PM*
- JUNE 13: 5:30 PM - 8:30 PM
- JUNE 14-23: 8:00 AM - 7:00 PM
- JULY 10: 5:30 PM - 7:30 PM*
- JULY 13 & 14: 8:00 AM - 7:00 PM

*Virtual

Pricing

Total Tuition: \$3,000

A \$500 non-refundable deposit is required upon registration. We do offer payment plans to fit individual needs but full payment is required by **June 14**.

Please note there will be required reading materials for the course that are not included in tuition cost. We try to keep costs minimal, as we understand this can be a significant investment. Most of the required reading can be purchased on Amazon or through a used reseller for a discounted price.

We also have a limited number of scholarships available. Please reach out if you are interested for further details.

Introducing Power to Lead: Your Path to Alignment, Vinyasa, and Leadership

Are you ready to take your yoga practice to new heights? Do you dream of becoming a confident and knowledgeable yoga teacher, capable of guiding others on their transformative journey? Look no further than Power to Lead, the ultimate 200-hour Vinyasa Yoga Teacher Training.

Led by Trish, a highly respected and US licensed Doctor of Physical Therapy, Power to Lead is a unique training program that merges the worlds of yoga, alignment, and leadership. Trish's extensive background as a physical therapist, functional anatomy professor, and internationally recognized yoga teacher guarantees an unparalleled learning experience that goes beyond the mat. Expand your understanding of yoga as you delve into the art of alignment, not just for the physical body, but for your mind and as well. Our comprehensive curriculum has been meticulously crafted to empower you with the tools and knowledge necessary to lead yourself and others towards a path of yoga, health, and overall well-being. Throughout the training, Trish will challenge and nurture you, ensuring that you extract the maximum value from each step of the journey. Her expertise and passion will guide you through an immersive exploration of Vinyasa yoga, helping you master the art of sequencing, adjusting, and delivering impactful classes to practitioners of all levels.

Don't miss this opportunity to embark on a life-changing journey. Join us for Power to Lead, where alignment, Vinyasa, and leadership converge. Whether you aspire to become a professional yoga teacher or simply deepen your practice, this training will equip you with the tools and confidence to transform lives through the power of yoga. Enroll now and be part of a community of dedicated yogis ready to make a difference.

Your path to alignment, Vinyasa, and leadership starts here.