

Sweat Yoga + Fitness

in partnership with

The Yoga Anatomy School

POWER TO LEAD 200 HOUR YOGA PROGRAM

This 200 Hour Yoga Program led by Dr. Trish Corley (yoga teacher and physical therapist) uses the practices of power vinyasa yoga to guide you to a deeper understanding of yourself.

SCHEDULE

Feb 8 - 9: 8:00 AM - 1:00 PM*

Feb 12: 5:30 PM - 8:30 PM*

Feb 20: 5:30 PM - 8:30 PM

Feb 21 - 23: 8:00 AM - 7:00 PM

Feb 27: 5:30 PM - 8:30 PM

Feb 28 - Mar 2: 8:00 AM - 7:00 PM

Mar 6: 5:30 PM - 8:30 PM

Mar 7 - 9: 8:00 AM - 7:00 PM

Apr 2: 5:30 PM - 9:00 PM*

Apr 5: 8:00 AM - 7:00 PM

Apr 6: 8:00 AM - 7:00 PM

*VIRTUAL

ABOUT THE TRAINER

Dr. Trish Corley, founder of Yoga Anatomy School, is an internationally recognized yoga teacher and a licensed physical therapist with over twenty years of experience.

Amongst her many experiences, she has been a college professor of Functional Anatomy, a yoga studio owner, and the lead trainer for yoga teacher trainings globally.

Trish is passionate about creating community and making yoga accessible for all people. Her mission is for all people to access their greatest potential and for the world to have great yoga teachers to impact the health of modern society. She will both challenge and nurture you so that you can meet your own goals and follow your path to health, wellbeing, and leadership.

WHY CHOOSE POWER TO LEAD?

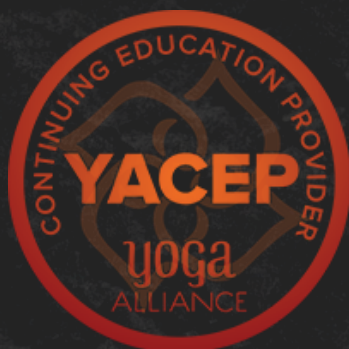
1. Expert Guidance: Learn from a licensed Doctor of Physical Therapy who brings a wealth of knowledge and experience to the training. Trish's unique background allows for a comprehensive understanding of alignment and its impact on the body.

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.



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.