



Sacred Teachings Level 2

This program allows you to finish your 200HR YTT in 5 months and all other courses and certificates to be completed within the 10 -12 month window. More time to complete can be added if needed.

If you unable to attend on the scheduled dates for the courses below. You may take that courses at a later date scheduled.

Included with enrollment

- 200HR Yoga Teacher Training Certificate
 - Prenatal YTT
 - Restorative YTT
 - Yin YTT
- } Choose (1) of the following YTT Certifications
- Usui Reiki Level 1
 - Usui Reiki Level 2 *
 - Animal Reiki *
- } Choose (2) Reiki Certifications
- Angelic YTT
 - Goddess YTT
- } Choose (1) of the following specialized YTT Certifications
- Sacred Teachings
 - Certified Crystal Healer Course

Bonus Offerings

- (1) Yoga Mentorship
- (1) Lightworker Mentorship
- (1) Reiki Session in person or distance
- (1) Crystal Healing Session in person
- Yoga Nidra Workshop
- Lemurian Light & Reiki of the Atlanteans
- Essential Oils Workshop and Essential Oils Kit
- Angel Oracle Cards
- Divination Tools
- 10% discount on all Lotus Yoga Academy Courses
- 10% Discount at Luna Creations
- 10% Discount on all services offered at White Light Wellness Centre
- Lifetime Support

Bonus savings \$ 1,200

****In order to take Reiki Level 2 & Animal Reiki Certification Courses
You must be certified as a Reiki Level 1 Practitioner.***





200hr Hatha/Vinyasa Yoga Teacher Training

This unique 200hr Yoga Teacher Training program blends traditional Hatha Yogic Teachings and spirituality with energy healing modalities to provide a holistic, powerfully, life-changing experience that guides you to awaken to your hearts calling as you embark on this sacred path.

This is an in-depth program that goes above and beyond what is required to be certified to teach and has the capacity to bless you personally and professionally far beyond this training. This program is designed to offer the opportunity for spiritual exploration, to embrace the path of the Yogi, the lightworker and the enlightened Mystic, helping you to remember your soul's gifts and to step into your calling as a teacher, lightworker and guide.

We will focus on the expansion of your own sacred consciousness, as you dive deep into the Yogic Ancient Mystic Teachings and Holistic Healing. Living in a higher vibrational life of beauty, presence, grace, and bliss.

We view yoga as a spiritual practice, as a path of self-discovery, union, bliss, conscious connection, deepened awareness and mindful living. Throughout this process we embody yogic living, fully immersing ourselves in the experience of living and breathing this practice on and off our mat.

This program is designed for those souls with an interest in yoga, spirituality, meditation, with an opportunity for extra study in Energy Healing and an interest in deepening that connection to live your life with intention and more fully aligned with your truth.

Our mission is to assist students in the harmonization of body, mind and spirit into that of pure being. It is our intention that each graduating student awakens to the love and light that has always and will always shine within them.

Lotus Yoga is an accredited Yoga Alliance School. Upon completion of the program and final exam requirements, you will be qualified to register with Yoga Alliance. This is a 200-hour Yoga Alliance (www.yogaalliance.com) certified program. These standards ensure that each of participants receives the highest degree of training. Lotus Yoga honors the ancient tradition of yoga while preparing the teachers to teach in a modern world.

Namaste





Course Curriculum

- Explore traditional yogic teachings and spirituality in a process of self-inquiry and personal growth
- Learn to teach Traditional Hatha Yoga as well as receive guidance on creating and teaching your own unique sequences.
- Explore sacred Vinyasa Flow,
- Experience yogic living to deepen your personal practice and commitment to this path
- Experience spiritual immersion
- Explore the art of teaching, touch, and alignment to gain knowledge, insight, and clarity
- Experience full and new moon ceremonies, smudging ceremonies and self-care rituals
- Study yoga anatomy and its physiology as well as applicable techniques to incorporate these principles into your own teaching and practice
- Study the 8 limbs of yoga and its philosophy
- Explore other healing modalities and expand your skill set as healer and guide, such as Reiki level 1 & 2, essential oils and Crystals
- Explore Chakras, Bandhas, and energetic anatomy
- The study of Ayurveda
- Practice advanced pranayama
- Practice how to integrate yoga into your daily life through spiritual lessons and art of living discussion
- Learn the art of yoga marketing and business, exploring your vision for bringing this practice into your community
- Discuss ethics for yoga teachers and student-teacher relationships
- Learn steps on how to open your own yoga studio





Prenatal Yoga Teacher Training Course Curriculum

Lotus Yoga Academy's Prenatal Yoga teacher training weekends are intensive, fun, practical and packed with information for those wishing to specialize in the growing area of pre and post-natal yoga. These Intensive Teacher Training's are designed to equip you with a greater knowledge, confidence and a comprehensive 'tool kit' of appropriate asanas (postures) and practices for safely teaching pregnant woman during all stages of pregnancy and to prepare for birth.

The Modern Mother

- Understanding the pregnant body
- Stages and phases of labor
- Common pregnancy discomforts, health concerns, and precautions
- The Trimesters of Life and Growth.
- Subtle Bodies
- Guided Meditation during pregnancy

Prenatal Yoga Asana

- Asana & Alignment Principles for Pregnancy Asana to support a healthy pregnancy.
- Prenatal variations and alternatives
- Prenatal Yoga Sequencing for each Trimester.
- Common discomfort of pregnancy and how to modify using yoga asana.
- Benefits, precautions, modifications for all trimesters.

Pregnancy Anatomy

- Understanding the pelvis and pelvic floor muscles as they relate to pregnancy, childbirth and postpartum.
- Muscle release techniques
- Anatomical and Physiological changes during pregnancy.
- Anatomy of Movement and Anatomy of the Pelvis





Prenatal Yoga Teacher Training Course Curriculum

Class Sequencing & Structuring

- How to sequence a prenatal yoga class suitable for all trimesters.
- Teaching & Practicing Warm Ups, standing, balancing, seated and side lying postures.
- Incorporating props.
- Pranayama, Meditation, Relaxation & Yoga Nidra
- How to design and structure themes for sequences.

Energy Healing Pregnancy

- Balancing Chakras during pregnancy.
- Safe & Effective Essential Oils during pregnancy.
- Reiki during pregnancy.
- Crystals for pregnancy

Business of Prenatal Yoga

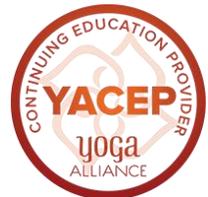
- Helpful hints about best times to run classes.
- Marketing your classes to increase class size.
- Starting up your own Prenatal Yoga Business.
- What to charge for classes or a series of classes

Course Materials

- Lotus Yoga Prenatal Teacher Training Manual (over 100 pages).
- Lotus Yoga Prenatal Teacher Training workbook.
- Certification of Completion

Upon completion of this program, the trainees will be certified through Lotus Yoga and qualified to teach Prenatal Yoga.

Namaste





Restorative Yoga Teacher Training Course Curriculum

This unique teacher training weekend intensive focuses on the practice, art and teaching of restorative yoga. The weekend offers a retreat-like atmosphere which includes practice, study and learning of Restorative asana, the basic anatomy and physiology of Restorative yoga, as well as, how to sequence and teach a restorative yoga class.

Particular emphasis is given to assisting and adjusting the postures to suit individual needs. This training is designed for teachers and teacher trainees and includes ample time for exploring, understanding and practicing adjusting the postures.

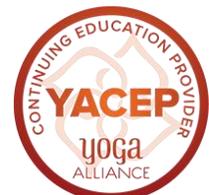
Weekend schedule includes:

- Restorative yoga practice
- Anatomy of the Nervous System
- Energy of the Subtle Yogic Bodies
- Science of Relaxation
- Pranayama Breath work
- Sequencing Classes
- Creating Various Themes
- Proper Cueing
- How to Utilize Props Appropriately
- Simple Hands-on Assists For Relaxation
- Practice Teaching

Accreditation and certification

This training is accredited with Yoga Alliance and counts towards your continuous professional development hours with Yoga Alliance. Upon completion of the course you will receive a 25-hr certificate that you can use to register your hours with Yoga Alliance.

Namaste





Yin Yoga Teacher Training Course Curriculum

Welcome to the quieter side of your teaching and practice! This 25 hour Yin Yoga Teacher Training provides a solid foundation of the theory and methodology of Yin Yoga. You will be introduced to yin yoga poses that work along the body's meridians (energy pathways) and Chi (energy). Learn about the effects on the bio-mechanics of the body including how the poses work on fascia and connective tissue. We will also explore how Yin Yoga works on deep levels to still the mind and balance the emotions, even releasing long held emotions on a cellular level.

During your training you will be guided through the teaching method and sequencing of 20 key poses in Yin Yoga, and variations on these poses. Using a combination of practice, theory and group work, we will explore together the amazing world of yin!

Discover the deep power of this seated, long held practice. Dive into your breath, reconnect with your sweet and powerful self and create a nurturing and peaceful environment for relaxation, rejuvenation and bliss for your selves and others.

Upon completion of this training you will be fully equipped to teach yin classes with confidence as well as deepening your own yin home practice.

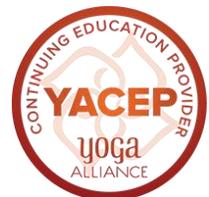
Core Curriculum

- Yin Yoga Practice
- Yin and Yang Philosophy
- The Yin and Yang Meridians
- Anatomy of Fascia and Inner Flow
- Energy and the Elements
- Teaching Methodology, Techniques & Practice
- Incorporating Yin Yoga into all classes
- Pre and post-natal student
- Themes and Meditation

Accreditation and certification

This training is accredited with Yoga Alliance and counts towards your continuous professional development hours with Yoga Alliance. Upon completion of the course you will receive a 25-hr certificate that you can use to register your hours with Yoga Alliance.

Namaste





First Degree Reiki Certificate Course. (LEVEL 1)

Reiki is an energy healing technique. It is great tool for relaxation and stress relief. Once you take the Reiki Level I certification class, you can begin to practice on yourself, your family, friends and pets.

The course includes:

- The origins of Reiki and how it works.
- Affirmations, principles, ethics and precepts.
- How to sense, feel and see energy.
- How energy heals people, pets/animals and plants.
- How our intention is integrated into Reiki.
- How to protect yourself from unwanted energies.
- First Degree Attunements.
- Scanning
- Hand positions for treatment of self, other people, pets and animals
- Practice time: You will give and receive an hour Reiki session.
- How to do a Reiki chair session.
- How to use Reiki energy to energize, charge and infuse items, crystals, food and drink.
- Reiki First Degree Manual.
- Your Reiki Lineage
- Reiki Level Certificate





Second Degree Reiki Certificate Course. (LEVEL 2)

The Second Degree of Reiki focuses on healing at the mental and emotional level. As you embark on this Journey you will be expanding your understanding of energy, developing you intuitive healing abilities, and possibly laying the foundation for a new venture as you begin to work with clients.

The course includes:

- Further your spiritual growth & healing
- Create a greater flow of Reiki & learn to become a stronger channel
- Learn the level 2 Reiki symbols and how to use them
- Learn how to preform distant Reiki
- Activates a 21-day energetic cleanse of the chakra system that results in transformation
- Learn new tools for in person reiki sessions
- Receive level 2 attunement that enables you to channel even more Reiki energy
- Learn how to open and close your healing session
- How to protect yourself, your space and client
- Learn how to prepare for your client prior to their session
- Practice giving and receiving "hands on" reiki sessions
- Receive your Level II certificate, which enables you to practice as a Second Degree Reiki Practitioner
- Reiki Second Degree Manual.
- Your Reiki Lineage
- Reiki Level 2 Certificate





Animal Reiki Certification

This certification course will provide you with the tools necessary to work safely and effectively with all animals. We will discuss working with domestic animals, both large and small, as well as working with wildlife. The course will examine the difference in approach when working with a non-human being, this will include ethical considerations. You will learn how to prepare yourself for the session, the structure and frequency, and various techniques that are available to the practitioner.

In this course you will learn:

- How to use Animal Reiki; a simple, non-invasive alternative therapy to help animals balance on physical, mental/emotional, and energetic levels.
- Learn how to connect with animals so that you can help them to heal.
- Learn how to perform Reiki on all animals of all sizes
- Create a mental space where you can access your intuition and communicate with animals
- Receive distance attunements to align you to Reiki energy





Sacred Teachings

The study of this program will give you a thorough understanding of Energy Healing, Reiki, and Crystal Healing Therapies. Learn techniques on how to balance your chakras with crystals and meditation. Discover the world of essential oils and how to incorporate them into your yoga practice, healings and rituals. Dive deeper into the moon phases and learn ceremonies/rituals around the new and full moon. Explore the 6 elements of nature and learn to connect with the elements within you and around you.

It is our intention that each student awakens to the love and light that has always and will always shine within them.

Included:

- Sacred Teachings Manual
- Divination Tools
- Chakra Crystal Kit





Certified Crystal Healer Course

In a crystal we have clear evidence of the existence of a formative life principal, and though we cannot understand the life of a crystal, it is nonetheless a living being. – Nikola Tesla

Crystals are powerful guides, teachers, and healers ready to help. Imagine having your own personal team of mentors and helpers as you navigate the world of energy healing. In our Crystal Healer course, you will learn the language of healing crystals and how to tap into unlimited potential.

This comprehensive and exciting course will teach you everything that you need to know about the power of crystals and how to use them.

Students will learn how to begin using crystals, what to look for in a crystal, the meaning of each, the various ways of healing with crystals, and how to incorporate this healing into daily life. Students are shown techniques for clearing and cleansing stones, how to activate and dedicate them, and methods for attunement, programming them and giving them intent.

Although crystal healing can be used exclusively, it is often paired with other practices. We guide the student on how to combine crystals healing techniques with massage, Reiki, palm reading, teacup reading, astrology, and numerology.

Through this course, you will become a Certified Crystal Healer able to confidently explain the science behind crystal healing and ready to heal yourself & others.



LOTUS YOGA ACADEMY



Certified Crystal Healer Course

Course Curriculum

- What is Crystal Healing
- History of Crystal Healing
- Crystal systems and structures
- Choosing, cleansing, programming and attuning crystals
- Storing your crystals and honoring crystal beings
- Common crystals and stones
- Crystal tool kit
- The Crystals used in Healing
- Energy Management
- The Chakra System
- Balancing the Chakras
- Chakra and Aura scanning and healing techniques
- Color energy
- Crystal Treatments
- Various Crystal Healing Layouts
- Using Crystal Healing with other Healing Methods
- Learning to use the Pendulum
- How to use wands, spheres, and other shaped crystals
- Meditations with crystals
- Crystal and Gem Elixirs
- Crystal grids
- Holistic Healing
- Conducting a healing session
- Protecting yourself, the client and your space
- Ethics and marketing



LOTUS YOGA ACADEMY



Angelic Yoga Teacher Training™

Angelic Yoga™ takes you on a very unique journey to meet with the Archangels to heal your chakras.

In this course you will learn powerful Chakra cleansing, clearing and balancing methods and tools with the incredible, effective and focused energy of the Angels.

Angelic Yoga shines a powerful healing light into the very core of your Chakras and brings real deep healing and clearing. Offering huge improvements in both your spiritual and personal life.

You will learn how to help your yoga student on discovering exactly what is blocking their Chakras and exactly how easy it is to let it go by working with the Archangels as they assist you in helping to clear and heal the Chakras. You will discover how Angels can cleanse, clear and balance your Chakras.

This program will bring so much light, love and blessings in your life and into the lives of your students. The support of the angelic realm is magical, beautiful and very healing, not only for your students but also for yourself.

Course Curriculum

- Learn about the Archangels and which Chakra they govern.
- Experience Yoga poses to help heal & balance the chakras with the assistance of the Archangels.
- Explore different ways and tools used to invoke the Archangels into your yoga classes.
- Learn seven (7) beautiful Angelic Yoga sequences, meditations and invocations.
- Learn how to create sacred space for your Angelic Yoga Classes.
- Experience Ritual and Ceremonies.
- Learn to create an Angelic Crystal Grid to amplify your intentions.
- Explore Angel Oracle Reading Cards.

Angel Blessings





Goddess Yoga Teacher Training

This Goddess Yoga teacher training journey is a divine fusion of the ancient practice of Yoga and the powerful path of The Sacred Feminine. This practice empowers women on their sacred journey to trust and honor themselves in a safe and nourishing space.

You will receive the tools, knowledge and understanding of how Goddess Yoga flows with movements that empower, liberate and encourage women to discover their own unique feminine essence.

Goddess Yoga TT is unlike any teacher training you may have experienced. Together we will awaken your soul as we guide you on a journey of playfulness, exploration and true transformation. You will be reminded of your Divine Feminine Essence and your capacity to live a wide-open and inspired life.

You will learn the skills to guide others towards uncovering their wild, wise and wondrous selves and be supported, not only with resources, but a spectacular sisterhood of goddesses.

This course profiles the 7 Hindu goddesses and 7 goddesses that rule the 7 energy centers. You will also learn mantras, mudras, pranayama and asanas that invoke the energy of each specific goddess.

Join the inner circle of this exclusive tribe of yogini goddesses.

Course Curriculum

- Connect with 14 Goddess archetypes
- Learn 7 Goddess Yoga sequences
- Nia Dance and Belly Dancing
- Explore ceremony, sacred teaching, sacred tools and sacred movement
- Learn breath work, manifestation, chakra wisdom
- Experience flower essence therapy, crystal healing, herbal medicine
- We will explore moon rituals, altar setting, grounding practices and candle magick
- The art of Holding Space, Sacred Tools to use in Circle Protecting your Energy, Working with Crystals
- Dive deeper in the Priestess arts and discover your Priestess self: *The Priestess Path is transformational change from the inside out. It's service to the Goddess as she resides in you. As you act from Her Divine spark in the world.*
- Wisdom of the Moon Phases
- Calling in the Directions, New Moon + Full Moon Circles
- Learn how to lead a circle as a ritual facilitator
- Opening, holding and closing your sacred space for your students.
- Learn invocations for each Goddess archetype
- Mala Making – create your own Goddess Mala
- Closing Goddess ceremony for graduates

