



Sacred Teachings Level 1 (5 -7 months)

This program allows you to finish your 200HR YTT in 5 months.

Included with enrollment

- 200HR Yoga Teacher Training Certificate
- Usui Reiki Level 1
- Usui Reiki Level 2 } Choose one (1) Reiki Certification (Bonus Offering)

Bonus Offerings

- (1) Yoga Mentorship
- (1) Chakra Balancing Session
- Reiki Certification
- Sacred Teachings
- Essential Oils workshop and kit
- Divination Tools
- 10% discount on any courses offered by Lotus Yoga Academy & White Light Wellness Centre (Lifetime offer)
- 10% Discount at Luna Creations
- 10% Discount on all services offered at White Light Wellness Centre
- Lifetime Support

Bonus savings \$ 800

Namaste



LOTUS YOGA ACADEMY



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





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 perform 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

