



body mind being

## **Level I-Body Mind Being 200 Hour Yoga Certification**

### **Core Curriculum**

Foundations Of Yoga For Transformation Section I	100hrs
Practicum	40hrs
Holistic Anatomy 101 Movement & Subtle Body	20hrs
Breathing for Life: 101	20hrs
Science, Practice, Kriya, and Foundations of Prāṇāyāma: Yoga is Medicine	
	<b>Total Hours:180</b>

### **Electives:** *Pick 1 to be included in Level I Investment*

Kids Yoga	20hrs
101- Trauma & The Emotional Body, TIYE	20hrs
	<b>Total Hours: 20</b>



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## **Level II- Body Mind Being 300 Hour Yoga Certification**

### **Core Curriculum**

Foundations Of Yoga For Transformation Section II	90hrs	In Studio
Foundations Of Yoga For Transformation Section II	**100hrs	Immersion
Mentorship Practicum	50hrs	
Holistic Anatomy 102-Movement & Subtle Body	30hrs	
Eastern/Yoga Philosophies/Transformational Philosophies	30hrs	
Breathing for Life: 102	20hrs	

**Total: 220**

**Electives:** *Pick 80 hours total that is included in the Level II Registration. Any hours beyond 80 will include a cost of \$17.00 per credit hour over 80.*

102-Trauma & The Emotional Body TIYE	60hrs
*Kids Yoga	20hrs
*Teaching Tantra Yoga	10hrs
*Foundations of Ayurveda 101	20hrs
*Foundations of Ayurveda 102	80hrs
*Special Populations	30hrs

**Total Elective Hours : 80**



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**Level III- Body Mind Being 350 Hour Integrative Life Yoga Therapy**

*300 hours can be transferred towards a C-IAYT in 2023 towards your 900 hour certification.*

**\*\*\*\* You May Transfer up to 100hrs between 300 RYT/350 YT\*\*\*\***

*Includes 25 free Yoga class, 25% off private sessions, free member events*

**Core Curriculum**

Foundations of Yoga Therapy 101	40hrs
Foundations of Yoga Therapy 102	70hrs
Mentorship Practicum	50hrs.
Integrative Life Mentorship	30hrs
Eastern Yoga Philosophies/Transformational Philosophies	30hrs
Holistic Anatomy: 102 Movement & Subtle Body	30hrs
Breathing for Life: 102	20hrs

**Total: 270**

**Electives:** *Pick 80 hours total that is included in the Level II Registration. Any hours beyond 80 will include a cost of \$17.00 per credit hour over 80.*

102-Trauma & The Emotional Body TIYE	60hrs
*Kids Yoga	20hrs
*Foundations of Ayurveda 101	20hrs
*Foundations of Ayurveda 102	80hrs
*Special Populations	30hrs
*Teaching Tantra Yoga	10hrs
Introduction to Shadow work	10hrs
Archetypal Yoga Therapy Parts	20hrs

**Total: 80**