

POWER SCULPT

TEACHER TRAINING



PROGRAM LENGTH

4 weeks

INVESTMENT

\$850 (\$425 non-refundable deposit required to reserve your spot)

LOCATION

Johnston

WEEKEND DATES

Saturdays & Sundays: November 4-5, 18 (9am-5pm)

EVENING DATES

Mondays & Wednesdays: November 8-29 (6:30-10pm)

**Wednesday of Thanksgiving week OFF*

- *Space is limited and therefore requires a non-refundable deposit at sign-up.*
- *Payment plans available.*
- *Unlimited membership during training.*

Power Sculpt Teacher Training is a great program for anyone who wants to deepen an existing practice or learn to teach a Sculpt class. This 60-hour program begins with a weekend intensive, followed by an additional weekend day and evening training sessions on Mondays and Wednesdays. Our team will lead you through the components of this intense but easy-to-follow yoga program - including how to build a yoga sequence with weights, strength training principles, anatomy, creative sequencing, theming, safety and more.

For more information or to sign up, please contact Abby at abbym@powerlifeyoga.com.

POWERLIFEYOGA

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