

# POWER SCULPT

## TEACHER TRAINING



### PROGRAM LENGTH

4 weeks

### INVESTMENT

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

### LOCATION

Corinth Square (evenings) & South Plaza (weekends)

### WEEKEND DATES

Saturdays & Sundays: April 29-30, May 13 (9am-5pm)

### EVENING DATES

Mondays & Wednesdays: May 3-22 (6:30-10pm)

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

***For more information or to sign up, contact Bethany at [bethany@powerlifeyoga.com](mailto:bethany@powerlifeyoga.com).***

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 twice a week. 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.

Interested in being a teacher at PLY? An Extensions Program will follow training. Please ask a lead for more details.

