

POWER SCULPT

TEACHER TRAINING



PROGRAM LENGTH

April 27-May 20

Saturdays & Sundays (April 27-28, May 11, 9am-5pm)
Mondays & Wednesdays (May 1-20, 6-9:30pm)

INVESTMENT

\$750 (\$375 non-refundable deposit required)

LOCATION

Waukee (weekends), West Glen (evenings)

- *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, please contact Maddie at maddie@powerlife.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 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.

