



Satya Life Yoga
strong body, quiet mind



Starts August 2022

Choose your track:
Certification
or
Yoga
Immersion

Our 200 hour professional focus program is taught in nine intensive weekends. Completion of our TT Program fulfills the Yoga Alliance requirements to become a Registered Yoga Teacher (RYT).



You bring the passion, we'll offer the path.

200 Hour Teacher Training Program for Yoga Alliance Approved 200 Hour Certification

Welcome to a journey that can awaken you to the infinite joy and profound wisdom of teaching yoga. Step quietly onto your mat in a community of like-minded spirits. In this teacher training program, your personal transformation can create a profound shift in your practice and in your world. Awaken the teacher within.



9 Weekend Intensives 2022-2023

August 18-21, 2022
September 22-25, 2022
October 20-23, 2022
November 10-13, 2022
December 15-18, 2022

January 19-22, 2023
February 16-19, 2023
March 23-26, 2023
April 13-16, 2023
Graduation May, 2023

Program Tuition:

\$2150.00 if paid by May 20, 2022
\$2250.00 if paid by July 14, 2022
\$2350.00 as of July 15, 2022
\$95 Verbal Exam Fee / Payment Plans Available

To register, contact us at 863-802-9642 or info@satyalife.com. Call for a free 15 min information session.

Praise for Satya Life Yoga's TTP:
 "I loved the philosophy aspect. My ideas of myself, the world, and the way of life has drastically grown and I am forever appreciative of the material I have been exposed to. I fully intend on continuing my studies on my own with all subjects we touched on."
 Karlene Pansler



"Frankie's immense knowledge and experience is the biggest benefit! Her knowledge and experience in each limb is immense! As well, her passion for yoga is contagious. The asana sessions were outstanding! I truly feel as if I attended the Ivy League of YTT."
 Michelle Chandler-Raley

"Wonderful!"
 Kitty Wilson

"This experience has definitely taught me a lot about myself and pushed me further than I thought I was capable

of. I am stronger physically, mentally, and emotionally. My confidence to teach yoga has grown along the way and I know I have support on call when I need it as a teacher. Thank you for making one of my big dreams a reality!"
 Lana Tatom

Weekend Schedule:

- Thursday: 6:15 - 8:45 pm**
- Friday: 6:00 - 7:15 pm**
- Saturday: 9:00 - 11:30 am & 1:00 - 6:00 pm**
- Sunday: 9:00 am- 12:00 pm & 1:00 - 6:00 pm**

One yoga class with Frankie each month (zoom or in studio) is required & included in your Teacher Training hours & payment.

Topics Include: Asana (Yoga Poses), Pranayama (Breath Work), Meditation, Experiential Anatomy & Physiology, Yoga History, Philosophy, Ethics, Teaching Methodology, Practice Teaching, The Art of Adjustments, Ayurveda (Holistic Lifestyle), Sanskrit for Yoga Teachers, Chakras & Chanting

"Frankie is absolutely wonderful! She is patient, and insightful, and her instructions are clear. I am grateful for the opportunity to train under Frankie, as it has deepened my understanding of yoga and meditation."
 Mugdha Flores



Lead Teacher: Frankie Hart

ERYT500, YACEP, RPYT, MFA, CLP, QIGONG MASTER

has over 25,000 hours of experience teaching yoga. She is the owner and creator of Satya Life Yoga, a sanctuary in downtown Lakeland, Florida. She has a passion for the healing art of movement and spirituality. For over thirty five years she has studied the path of Iyengar Yoga, Modern Dance, Tai Chi and Chinese Qigong. She believes that it is the nature of our bodies to heal, regenerate and be whole.

Ayurveda Teacher: Amita Banerjee

Amita's life mantra is: "All in Divine Order," and she adds that "nature provides us with everything we need for health and balance, and Ayurveda is the only health science that teaches you how to make choices with awareness according to your own unique constitution.

"May we and all living beings be one with the light and the joy that lies within and all around us. Namaste."

Frankie Hart



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