



Satya Life Yoga

strong body, quiet mind



200 hour Yoga Teacher Training

Yoga Alliance Certification or Personal Growth Immersion Tracks



Welcome to a journey that can awaken you to the infinite joy and profound power of teaching yoga.

Launches January 2026

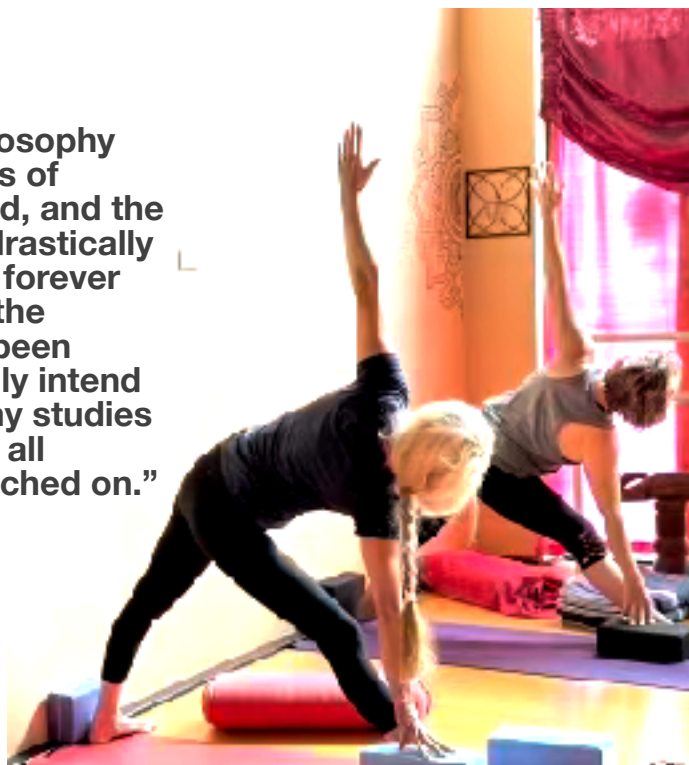
Request your application now!

863.802.9642 | info@satyalife.com | satyalife.com



"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



Understanding the eight limbs of yoga brings freedom, growth & joy.

Expand your practice & your teaching in one immersive weekend and three additional classes per month.

You can join our hybrid program from anywhere!

You choose! Experience the freedom of studying in studio or at home on zoom. The weekly yoga classes can be scheduled at your convenience and include the option of pre-recorded classes.

Contact us if you have questions regarding either the certification or immersion track.

"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

"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



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

Frankie Hart

Lead Teacher: Frankie Hart

ERYT500, YACEP, RPYT, MFA, CLP, QIGONG MASTER is the owner and creator of Satya Life Yoga, a sanctuary in Lakeland, Florida since 2004. She is a master teacher with a passion for the healing art of movement and spirituality. For over thirty five years she has taught and studied the path of Iyengar Yoga, Tai Chi, Qigong and Modern Dance. 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.



Nine Yoga Weekends **2026:**

January 22nd-25th
Feb 26th-March 1st
March 26th-29th

April 23rd-26th
May 14th-17th
June 11th-14th

July 16th-19th
August 13th-16th
September 10th-13th

Our 200 hour program is taught in nine weekend courses and welcomes everyone who is dedicated to studying the eight limb path of yoga for professional or personal enrichment.

Attend on zoom or in person!

Mix it up as you wish!

Experience the flexibility that Frankie offers - body, mind, spirit & availability!

Weekend Schedule:

Thursdays	6:15-8:15 pm
Fridays	6:00-7:15 pm
Saturdays	9:00-6:00 pm
Sundays	9:00-6:00 pm

Weekly Yoga Classes:

The opportunity for teacher trainees to attend weekly yoga classes throughout the program is key for embodying the material taught in each intensive weekend. To make this affordable and accessible to everyone, I have included three of my yoga classes per month. These classes can be taken live at the studio, on zoom, or streamed on demand. I am so excited about the flexibility that this offers!

Tuition:

\$2,500 register by October 15th, 2025 **SAVE \$495**
\$2,995 registration after October 15th, 2025
\$125 verbal exam fee, paid when scheduled

Payment Plans Available. Set up a 4 part plan with automatic credit card payments, includes \$150.00 fee. Inquire for details.

Request your application today!

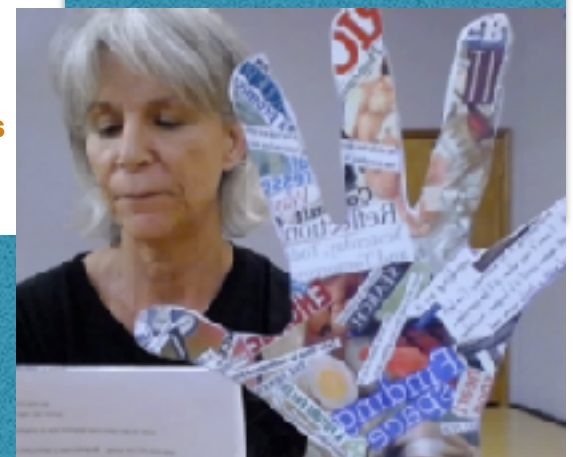
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**Empower your teaching &
enhance your own personal practice
with an embodied study of:**

Asana (poses)
Pranayama (breath)
Dharana (focus)
Dhyana (meditation)
Yamas & Niyamas (ethics)
Experiential Anatomy
Yoga History
Yoga Philosophy
Art of Adjustments
Use of Props
Practicum
Ayurveda
Chakras
Sanskrit for Yoga Teachers
Introduction to Kirtan



Awaken the teacher within you!