



Satya Life Yoga

strong body, quiet mind



Starts August 2018

Our 500 hour professional focus program is taught in twelve and a half weekend courses after the 200 hour basic Teacher Training has been successfully completed. We welcome graduates of any Yoga Alliance Approved 200 hour Teacher Training Program.



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

300 Hour Teacher Training Program for Yoga Alliance Approved 500 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 advanced teacher training program, your personal transformation can create a profound shift in your practice and in your world.



Program Schedule:

August 17-20, 2017	Nov 30 - Dec 3, 2017	April 5-8, 2018
September 9-10, 2017	January 4-7, 2018	May 3-6, 2018
October 5-8, 2017	February 8-11, 2018	May 31 - June 3, 2018
November 9-12, 2017	March 1-4, 2018	August 2-5, 2018
		September 13-16, 2018

Program Tuition:

\$2975.00 if paid by June 16th, 2017
\$3075.00 as of July 14th, 2017, \$3250.00 as of July 15th, 2017
\$95.00 Verbal Exam Fee in 2018

Payment Plans Available.

To register, contact
Joyce Scott, program
coordinator at
863-802-9642 or
info@satyalife.com.

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 Workshop Hours:

Thursday: 6:15 pm-8:15 pm Techniques* & Teaching Methodology
Friday: 4:00-6:00 Practicum, 6:00-7:15 Techniques*
Saturday: 9:00-11:30 Techniques*, 1:00-2:30 Teaching Methodology
 2:30-3:00 Practicum, 3:00-4:30 Techniques*
 4:30-5:30 Philosophy, 7:30-9:00 Evening Tea & Philosophy
Sunday: 9:00 -12:00 Techniques*,
 1:00-3:00 Anatomy & Physiology
 3:00-4:00 Chakras
 4:00-5:30 Pranayama, Meditation, Kirtan

Topics: Asana, Experiential Anatomy & Physiology, Yoga History, Philosophy, Meditation, Advanced Art of Adjustments, Pranayama, Ethics, Sanskrit for Yoga Teachers, Chakras & Kirtan.

*Techniques = Asana & Pranayama Practice

"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

Frankie Hart

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

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 twenty five years she has studied the paths of Yoga, Modern Dance, Tai Chi and Chinese Qigong. She believes that it is the nature of our bodies to heal, regenerate and be whole. With infinite love and gratitude, she honors her teachers including, but certainly not limited to, Karin Stephan & Brooke Myers (Iyengar Yoga), Tom Myers (Anatomy Trains), Bob Smith and Ki McGraw (Hatha Yoga), Master Tianyou Hao (Qigong), Irene Dowd (Neuromuscular Reprogramming), Dr Darren Weissman (LifeLine Technique), Kathy Karipides and Kelly Holt (Dance).



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