



Satya Life Yoga

strong body, quiet mind



300 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 2025

Request your application now!

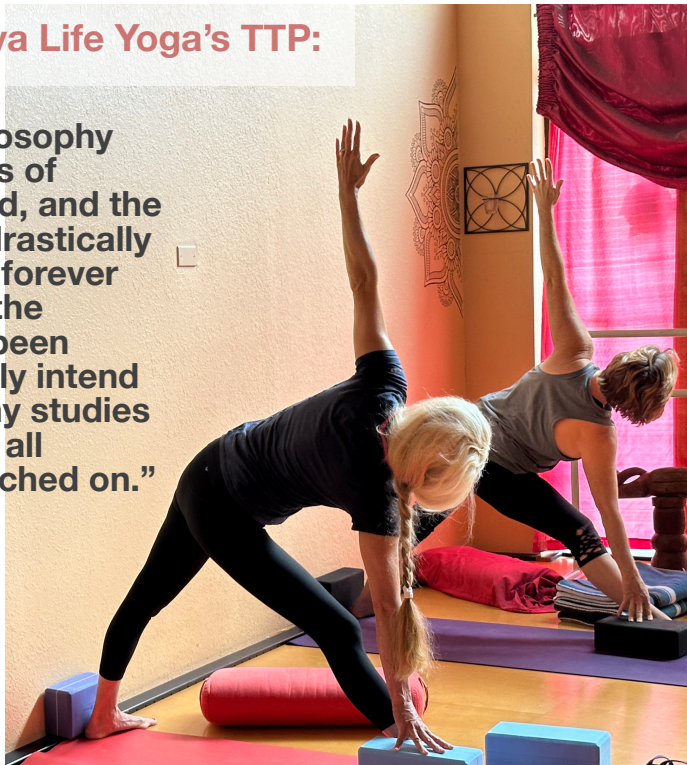
863.802.9642 | info@satyalife.com | satyalife.com



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

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.

This course is an advanced study of these topics and requires a 200 yoga certification if you are on the 300 certification track. Contact us if you have questions regarding either the certification or immersion track. .



"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.

"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



12 Yoga Weekends **2025:**

January 16 -19

February 6 - 9

March 6 - 9

April 3 - 6

May 1 - 4

June 5 - 8

July 24 -27

August 14 -17

September 11 -14

October 9 - 12

November 13 - 16

December 11- 14

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:

\$3,500 register by November 1, 2024 **SAVE \$495**

\$3,995 registration after November 1, 2024

\$125 verbal exam fee, paid when scheduled

Payment Plans Available. Inquire for details.

Request your application today!

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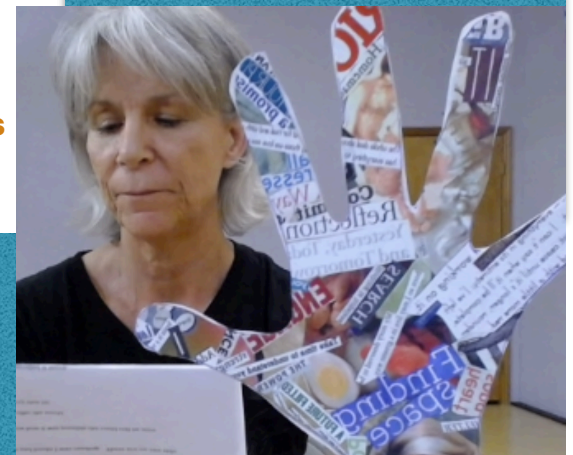


Our 300 hour professional focus program is taught in twelve weekend courses after the 200 hour basic teacher training has been successfully completed.



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

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



Awaken the teacher within you!