

GUNA YOGA SCHOOL

200 YTT yoga teacher training
OR

100 hr guna for life training
2024 ONLINE REGISTRATION CLOSES JAN.15/24
sheachievestudio.com



SATTVA GUNA
AIR
KUNDALINI
YOGA



RAJAS GUNA
FIRE
ASHTANGA
VINYASA
YOGA



TAMAS GUNA
EARTH
RESTORATIVE
YOGA



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Namaste

GUNA YOGA INQUIRY INFORMATION LETTER 200HR YTT & 100 HR GYFL

Relevant Links

[she achieve studio website link](#)

[GEMA guna energy my app link](#)

[200 HR YTT Guna Yoga School Registration in full payment link](#)

[100 HR GYFL Guna Yoga For Life Registration in full payment link](#)

For the monthly 12 installment plans please contact Shantal directly

- 200 HR YTT PAYMENT PLAN: 12X\$166.50
- 100 HR GFL PAYMENT PLAN: 12X83.00

IF YOU WANT THIS, IF YOU SEEK A GREATER AND DEEPER MEANING WITH YOURSELF, LIFE AND WORLD, THEN LET'S MAKE IT HAPPEN! SEE THE OBSTACLES THAT ARE SHOWING UP AND MOVE THROUGH THEM EVEN IF YOU ARE SHAKY!

YTT AND GYFL CREATES A TRANSFORMATION
WITHIN AND AROUND YOURSELF, LIFE AND WORLD AS AN:

- **200 HOUR YTT INTERNATIONAL CERTIFIED GUNA YOGA TEACHER OR**
 - **100 HOUR GUNA YOGA FOR LIFE GRADUATE, ASK ME HOW!**

Great news!

Guna Yoga School is now officially registered with Yoga Alliance as a RYS - Registered Yoga School at she achieve studio

This means the 200 hour yoga certification is an international yoga certification for those who complete the entire online 200 hour yoga training, with me, Shantal!

OR

Are you seeking connectedness, clarity and calm in your life and want to stay accountable while you are growing into The Gunas? 100 hour GYFL Guna Yoga For Life Training gets YOU there with a high caliber and credible coaching curriculum that YOU can integrate immediately!

Before we go any further, meet The Gunas

The Gunas are the three Universal qualities or attributes that make up the entire Universe, including the Universe itself. These Gunas can show up either: excess, empty or equal.

Meet the Gunas:

- **Sattva**-Air-Spaciousness
- **Rajas**-Fire-Action
- **Tamas**-Earth-Stability

Throughout the YTT or GYFL training, you will learn how these attributes contour within one another through three systems of Yoga.

The three systems are:

- **Kundalini Yoga**-Sattva
- **Ashtanga Vinyasa Yoga**-Rajas
- **Restorative Yoga**-Tamaa

Pretty cool!

YOU will learn yoga poses, postures and sequencing, you will also learn a deeper understanding, while integrating and truly embodying a sustainable connection to the philosophy of yoga on a personal and professional level. Whether you plan to become a 200hr YTT yoga teacher or use the GYFL training to create a life of higher and expanded consciousness, the 100 or 200 hours of training will last a lifetime with these powerful yogic teachings.

I have taught and mastered leading fitness and yoga classes as well as teaching teachers for over 35+ years combined. I understand the learning process from a teaching standpoint as well as a student point of view and will offer the most personal support for you to establish and sustain a most powerful adherence to the yoga lineages that will be passed down in Guna Yoga School YTT and GYFL Training.

Guna Yoga 200 hour YTT syllabus

75 hours

Techniques, Training, Practice

Asana

Pranayama and Subtle body

Meditation

30 hours

Anatomy and Physiology

Anatomy

Physiology

Biomechanics

30 hours

Yoga Humanities

History

Philosophy

Ethics

50 hours

Professional Essentials- I will assist you in creating your own yoga business.

Teaching Methodology

Professional Development

Practicum

15 hours

Elective component

Schedule:

- 200 hours live online
- Every other weekend
- Saturday and Sunday
- 12:00pm-9:30pm MST
- Starts February 10/11, 2024
- 12X\$166.50/month

Guna Yoga For Life 100 hour YTT syllabus

70 hours

Asana - Physical postures in Kundalini Yoga - Ashtanga Vinyasa Yoga - Restorative Yoga

Pranayama - Breath direction

Meditation - Kundalini Yoga - Ashtanga Vinyasa Yoga - Restorative Yoga

The Gunas - 3 qualities of the universe and states of mind

The Koshas - 5 layers of self

The Chakras - 7 major subtle body energies

The Vayus - 5 direction of prana or life-force

The Kleshas - 5 obstacles of suffering

30 hours

How to integrate GYFL - Real-life and real-time application

Guna Yoga Philosophy - Ancient teachings in a modern world

Meridians - Energy pathways

Ethics - Inclusivity

Schedule:

- **100 hours live online**
- **Every other Saturday**
- **12:00pm-9:30pm MST**
- **Starts February 10/11, 2024**
- **12X\$88.00/month**

Itinerary

Our Saturday schedule:

- 12:00pm-2:00pm-Teaching/Embodiment
- 2:00pm-2:30pm-Break
- 2:30pm-5:30pm-Teaching/Embodiment
- 5:30pm-6:00pm-Break
- 6:00pm-9:30pm-Teaching/Embodiment
- *Times are tentative and will be adjusted to accommodate as needed*
- *For any missed classes there will be 2-9 hour makeup dates available after the training*
- *If there are any changes to the dates you will still receive 100 hours of YTT or GYFL.*

Our Sunday schedule:

- 12:00pm-2:00pm-Teaching/Embodiment
- 2:00pm-2:30pm-Break
- 2:30pm-5:30pm-Teaching/Embodiment
- 5:30pm-6:00pm-Break
- 6:00pm-9:30pm-Teaching/Embodiment
- *Times are tentative and will be adjusted to accommodate as needed*
- *For any missed classes there will be 2-9 hour makeup dates available after the training*
- *If there are any changes to the dates you will still receive 100 hours of YTT or GYFL.*

Teaching formats

Lectures
Slideshows
Referencing
Diagrams
Group and partner shares
Exams, written and physical assessments

Embodiment

Physical practice
Group and partner shares
Co-Teaching Guna Yoga practices with me
Curiosities

Refund Policy

Upon receiving an acceptance email, the applicant will be charged a deposit of \$500 on their credit card or paypal account or PIF-Paid in Full.

- PIF receives full access to GEMA guna energy my app.
- Final invoices will be emailed upon full payment or two weeks before the start date of training or after the entire payment is received in full.
- The deadline to pay in full is two weeks prior to the start date of training (unless approved by program director)
- If an applicant withdraws from the program after acceptance, but before the program starts,
- \$500 from the applicant's deposit amount will be retained by the program. However, such an amount can be applied towards a future training program.
- The program will not give any refunds or credits after the training starts.
- The program reserves the right to cancel any training before it begins.
- In that case any payments applicants have made will be refunded in full or classes will be rescheduled at the sole discretion of the program director.
- Customized payment plans are available and are required to be in good standing of full payment no later than 30 days after the completion date of the program/training unless agreed upon by the trainee and Program Director prior to start of training.

Finer Details and to Register

For further details on dates, pricing, payment plans along with any other curiosities you may have to help you achieve the Guna Yoga School or GYFL certification, please click on the website link below or connect directly with me. I will be more than happy to schedule a virtual call to help you align into this amazing opportunity and certification.

Challenges and obstacles are growth waiting to happen. *LEARN HOW TO BE YOUR MORE!*

Private Yoga Teacher Training

If you are on a shift work schedule or looking for a more personal approach, you can request private one on one 200 hour Guna Yoga teacher training. Please connect for those details.

- In Studio: \$7,777.00
- Online: \$3,333.00
- Payment plans available