

# LIT FROM WITHIN YOGA

*good to great.*

## 300 HOUR FACILITATOR ACADEMY

What does it take to go from good to great  
in your teaching, leading & facilitating?  
How would that change the game for you in 2026?

"Lit from Within is a truly remarkable program. It's hybrid format allows for you to be present and go at your own pace. You feel connected to other students in the learning. The facilitators are amazing and inspirational, knowledgeable about yoga, self betterment and leadership. I loved this training and highly recommend it to other yoga teachers." - Jamie Cook, 300-hour graduate

**WE BEGIN SATURDAY, MARCH 28, 2026**  
**VIRTUAL, FLEXIBLE, IMPACTFUL**

**"BEST THING I DID  
FOR MYSELF ALL YEAR." -KATELYN**

**"IT EXCEEDED ALL MY EXPECTATIONS. I EXPERIENCED  
A VERY PRACTICAL TRAINING THAT MADE ME GREAT." -BILL**

"We're not yoga teachers. We're leaders.  
And that's what I got from this training." - Sara Page

**THE CURRICULUM IS EXTREMELY THOROUGH. HIGHLY RECOMMEND THIS 300-  
HOUR TRAINING TO YOGA INSTRUCTORS WHO WANT TO MOVE THEIR  
FACILITATION SKILLS FROM GOOD TO GREAT! EXCEEDED MY EXPECTATIONS!**  
**-COURTNEY**

Investment:  
\$2200

connect: @litfromwithinyoga  
email: litfromwithinyoga2021@gmail.com  
web: litfromwithinyoga.com

\$500 to save your spot.  
\$2000 when you pay in full.

Currently accepting registration.