

LIT FROM WITHIN YOGA

good to great.

HERE'S HOW WE WORK.

We're growing what we love and love what we can share. We exist to elevate wellness professionals and provide these leaders with the premiere platform to further their instructing, teaching & facilitation.

- **LFW Facilitator Academy:** Yoga Alliance approved 300 hour, 10-weekend training program open to all 200 hour trained yoga teachers. Virtual. Served once annually.
- **LFW Studio Partners:** yoga studios or yoga leaders who have invested in purchase and leading the LFW 200 hour Teacher Training Program.
- **LFW Insider:** Newsletter subscribers & participants of LFW programs.



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