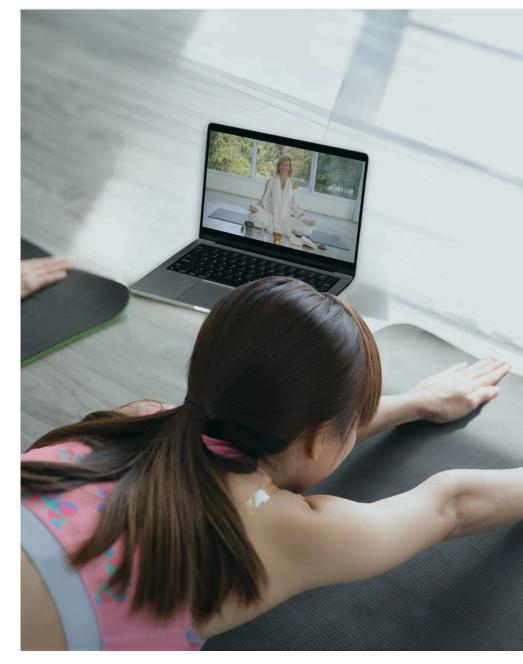


Sacred Journeys into Yoga for Women





200hr Online Sacred Journeys into Yoga for Women

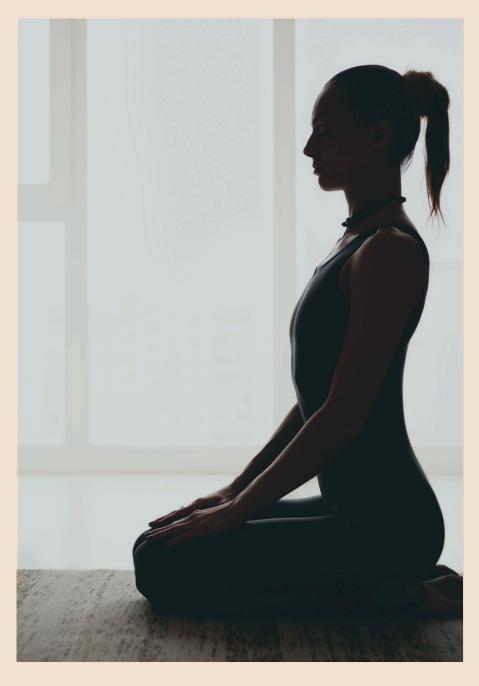
200hr Online Sacred Journeys into Yoga for Women



Embark on a transformative journey with **Sacred Journeys Into Yoga for Women**, our 200-hour online yoga teacher training crafted specifically for women. Guided by Lorraine Taylor and a team of highly experienced guest teachers, this Yoga Alliance-certified, self-paced course invites you to deepen your yoga practice and reconnect with your feminine essence, all through a user-friendly online learning platform.

Immerse yourself in a curriculum that harmoniously blends Jnana, Bhakti, Tantra, Raja, and Hatha Yoga. Experience modified Ashtanga sequences designed with a feminine touch, engaging kirtan, and enriching discussions on ethics and trauma-informed practices. This program provides a nurturing space for personal growth and spiritual exploration, supported by high-quality video classes, interactive live Zoom sessions, and personalized quidance.

Join a community of like-minded women and nurture your body, mind, and spirit with **Sacred Journeys Into Yoga for Women**. Unlock the transformative power of yoga and embrace a journey that aligns every aspect of your being. Join us now and start your sacred exploration from the comfort of your own home.



200hr Online Sacred Journeys into Yoga for Womer



Sacred Journeys Into Yoga for Women offers a unique 200-hour online yoga teacher training that is self-paced and Yoga Alliance certified. Led by the distinguished Lorraine and her team of incredible female guest teachers, this program delves into the rich traditions of Jnana, Bhakti, Tantra, Raja, and Hatha Yoga. What sets this course apart is its focus on a feminine interpretation of the Ashtanga Vinyasa Yoga primary series and its emphasis on ethical practices within yoga. Designed specifically for women, this training not only provides a comprehensive understanding of yoga's diverse paths but also equips students with the necessary tools for personal transformation and prepares them to become empowered yoga teachers. Join us from the comfort of your home for a journey to nurture your spirit, mind, and body.



Mhy join Sacred Journeys into Yoga

Why Join?

Choosing Sacred Journeys Into Yoga for Women for your 200-hour training means offering yourself an exquisite opportunity to learn, be held, and dive deep into the world of the yogini. Unlike traditional rigid programs, this course is led by female teachers seasoned in yoga, spirituality, and wellness, providing a nurturing and professional environment. This self-paced, online program honors individual pacing and cultivates a mature, compassionate atmosphere, blending professionalism with a sense of lightness and humor.

Experts in the field

Led by **Lorraine Taylor**, whose 30-year journey through diverse yogic paths has brought deep insights into trauma-informed practices and nature-based healing, this training offers expert guidance. Alongside her, UK-trained osteopath and internationally recognized anatomy teacher Rachel Ellery brings engaging, hands-on anatomical knowledge. Simone Mackay, a specialist in Yoga Nidra and trauma-informed practices, and Nancy Huettig, an expert in Ayurveda and lifestyle coaching, contribute their deep, transformative insights. Jaime Lauren focuses on aligning menstrual health with yogic practice, and Xzarina Nicholson integrates transpersonal counseling to enrich the holistic learning experience. Together, these expert guides provide a robust, supportive educational environment that prepares you to become an empowered yoga teacher deeply connected to your practice and teaching community.

- Embrace a feminine-focused approach to yoga, deepening your understanding and practice.
- Expand your knowledge across multiple yogic disciplines including Jnana, Bhakti, Tantra, Raja, and Hatha.
- Cultivate balance, stability, and grounding in your personal and professional life.
- Foster a deeper connection with nature, yourself, and your body through holistic practices and ethical discussions.
- Explore self-discovery, knowing yourself more intimately through yoga's transformative power.
- Build confidence in your teaching and personal expression, guided by expert women in the field.
- Experience vibrancy and vitality, feeling more alive through regular practice and community interaction.
- Learn at your own pace in a stressfree, supportive online environment.
- Connect with a community of likeminded women passionate about yoga and personal growth.
- Earn 200 hours towards your Yoga Alliance certification, enhancing your credentials and professional opportunities.
- Qualify for continuing education hours with Yoga Alliance, keeping your teaching methods current and innovative.



Easy to use Online Learning Platform

Our platform is interactive

We ensure that your online learning experience on our interactive online platform is engaging and not boring. Our user-friendly navigation, engaging video lectures, live yoga classes, and experientia somatic practices, offers a dynamic and educational space for profound transformation in trauma-informed yoga.

- ✓ User-friendly
- e Engaging
- ✓ Self Paced
- Online Support



One time payment

200hr Online Sacred Journeys into Yoga for Women

USD 1100

Payment Schedule

200hr Online Sacred Journeys into Yoga for Women

Monthly Payment: USD 450 Payment Duration: 3 months

Banking Details

Bank Name: Wise (USD Account)
Bank Address: 19 W 24th Street, New
York, NY 10010, United States
Account Name: Lorraine Taylor

Inside the USA:

Routing Number: 084009519

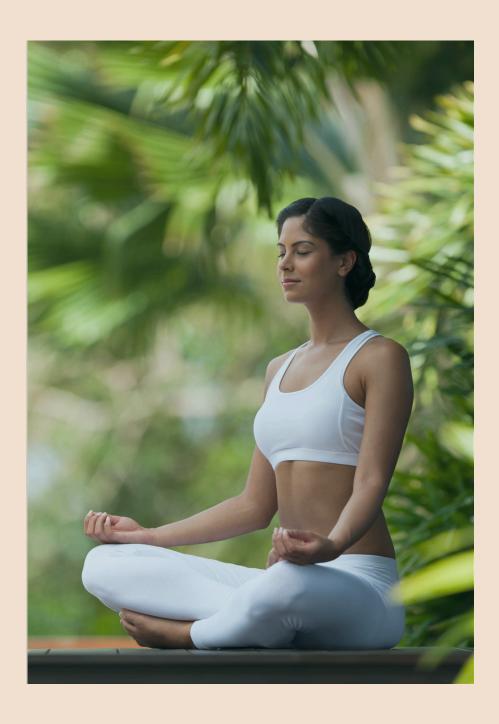
Account Number: 9600000056022593

Outside the USA: SWIFT/BIC: CMFGUS33 Account Number: 8311042636

Terms & conditions

- Course Access: Upon purchase, you will gain access to the course materials immediately. You will have unlimited access to the course content for the duration of the program.
- Refund Policy: Due to the nature of the self-paced online course, all purchases are final and non-refundable.
 Refunds will not be issued after the purchase has been made.
- Course Completion: The course must be completed within one year from the date of purchase. Failure to complete the course within this timeframe may result in forfeiture of access to the course materials.
- Intellectual Property: All course materials, including but not limited to videos, documents, and presentations, are the intellectual property of Lorraine Taylor Yoga. These materials are for personal use only and may not be reproduced, distributed, or shared without prior written consent from Lorraine Taylor Yoga.
- Technical Requirements: Participants are responsible for ensuring they have access to the necessary technology and internet connection required to access the course materials. Lorraine Taylor Yoga is not responsible for any technical issues or limitations experienced by the participant.







Lorraine Taylor Yoga

- Feminine Palli of Yoga ~







