



# 200hr Online

Sacred Journeys into Yoga for Women



*a program designed to bring you back to the elements of nature*



*30 years of experience packed into one program*



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 guidance.

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.



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# Why 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.

## *Benefits of this training*

- 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 stress-free, supportive online environment.
- Connect with a community of like-minded 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.









# Your Investment

## *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 Path of Yoga ~*

