

## LEAD TRAINERS



LAURIE SEARLE IS A CERTIFIED YOGA THERAPIST (IAYT), YOGA ALLIANCE 500 HR E-RYT, LICENSED MASSAGE THERAPIST, OWNER OF FIREFLY YOGA & MASSAGE AND LEADS/CO-LEADS TEACHER TRAININGS IN THE US AND ABROAD. BASED IN LOS ANGELES, SHE'S THE FOUNDER OF F.E.D. (FIGHT EATING DISORDERS). A 5013C NON-PROFIT OFFERING ASSISTANCE FOR THOSE SUFFERING FROM EATING DISORDERS. A CERTIFIED TRAINER AND NUTRITION SPECIALIST, AND CREATOR OF THE LADY YOGA, SUPERHERO COMIC STRIP..



JULIE EUBANKS IS A 200HR-ERYT CERTIFIED BAPTISTE YOGA INSTRUCTOR AND OWNER OF BE YOGA. SHE IS PASSIONATE ABOUT SHARING HER LOVE OF POWER YOGA AS A MEANS TO TRANSFORM AND EMPOWER OTHERS IN THEIR LIVES BOTH ON AND OFF THE MAT. SHE HAS OVER 80 HOURS OF CONTINUING EDUCATION IN HANDS ON ASSISTING AND 300 HOURS OF FIT TO LEAD TRAINING FROM THE BAPTISTE INSTITUTE.



DOUGLAS JOHNSON IS AN 500HR-ERYT YOGA ALLIANCE CERTIFIED INSTRUCTOR. HE HAS OVER 800 HOURS OF TRAINING WITH SOME OF THE BEST MODERN YOGA INSTRUCTORS INCLUDING AMRIT DESAI, PAUL GRILLEY AND ANDREY LAPPA AND HOLDS CERTIFICATIONS IN KRIPALU YOGA, YIN YOGA, AND UNIVERSAL YOGA. HE IS A LONG-TIME PRACTITIONER OF ZEN MEDITATION AND HAS BEEN TEACHING MEDITATION SINCE 2000.

## TRAINERS



REANNA LIVINGSTON HAS BEEN TEACHING SINCE 2012 AND IS A CERTIFIED E-RYT 500HR, RPYT, AND YACEP. HER CLASSES, WORKSHOPS, AND RETREATS ARE INFLUENCED WITH YOGA PHILOSOPHY AND REAL-WORLD BIOMECHANICS TO PROVIDE OPPORTUNITIES FOR STUDENTS TO CREATE SPACE ON AND OFF THE MAT THROUGH FUNCTIONAL MOVEMENT. HER PASSION IS TO GUIDE STUDENTS INTO A MIND-BODY AWARENESS SO THEY CAN DISCOVER THEIR BEST SELVES.



PAIGE FREEMAN IS A 200HR-ERYT, YACEP, AND MANAGER OF BE YOGA. SHE LOVES SUPPORTING STUDENTS FROM THEIR FIRST TENTATIVE STEPS INTO THE STUDIO TO THEIR REALIZATION THAT YOGA IS A LIFE CHANGING PRACTICE THAT THEY WANT TO SHARE WITH OTHERS. WITH A BACKGROUND IN EMPLOYMENT LAW, SHE IS COMMITTED TO HELPING TEACHERS DEVELOP AND GROW AS THEY BEGIN A NEW CAREER PATH, AND TO SERVE AS A CONTINUED RESOURCE FOR FEEDBACK THROUGHOUT THEIR TEACHING JOURNEY.

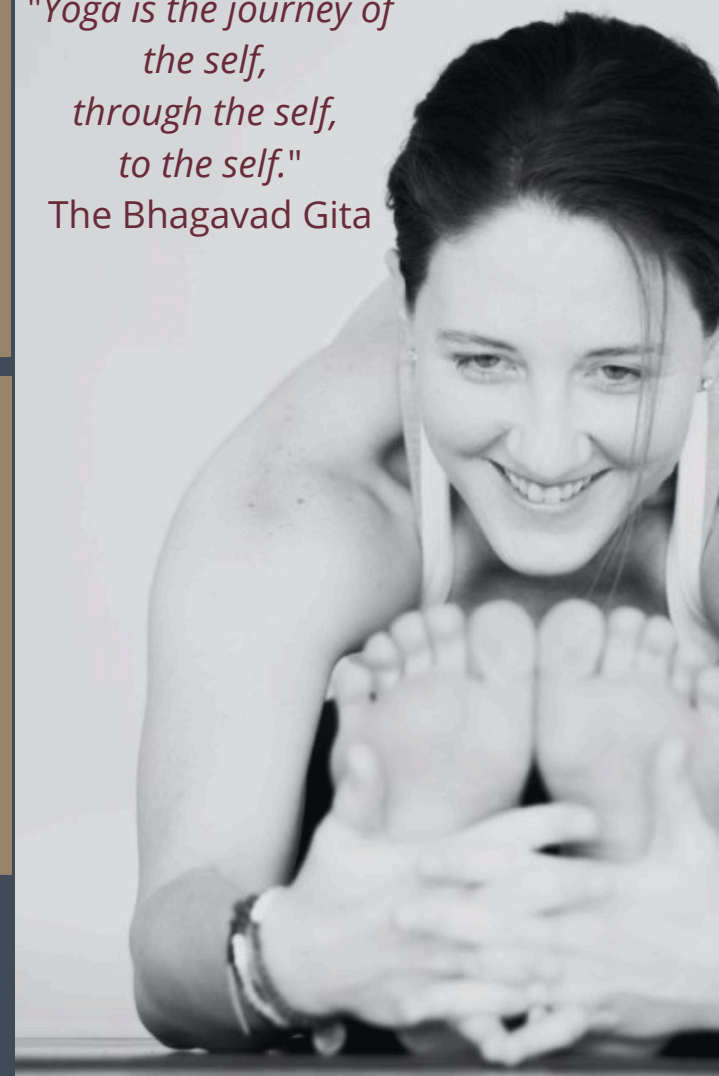
## CONTACT US

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# beyoga

*"Yoga is the journey of  
the self,  
through the self,  
to the self."*

The Bhagavad Gita

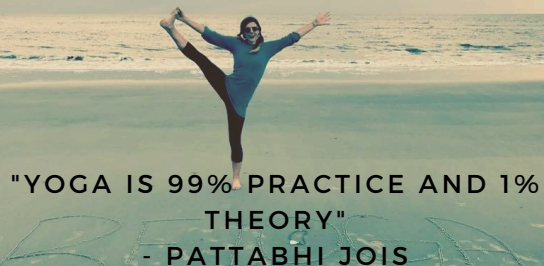


## YOGA TEACHER TRAINING PROGRAM

Program begins January 2025  
Now Accepting Applications

## ABOUT OUR PROGRAM

Be Yoga is a diverse community offering classes influenced by a wide variety of master teachers. Our teacher training program is a reflection of this diversity. The unique structure of our program provides you the opportunity to live your yoga by immersing yourself for a week of training focusing on both your personal practice and yoga teaching and methodology. The ensuing 5 weekend modules build upon this immersion as expert teachers, who have studied under many of the world's leading yoga masters, delve deeper into specific areas of study. This holistic approach allows you to learn from multiple teachers who are passionate about their subject matter and who are not bound to any one style or school of yoga.



"YOGA IS 99% PRACTICE AND 1% THEORY"  
- PATTABHI JOIS

## PROGRAM HIGHLIGHTS

- FULL WEEK IMMERSION IN HILTON HEAD, SC (ROOM AND BOARD INCLUDED)
- 5 WEEKEND TRAINING SESSIONS LED BY TEACHERS WITH SPECIFIC EXPERTISE IN EACH AREA OF STUDY.
- ADDITIONAL SCHEDULED GROUP PRACTICE TEACHING SESSIONS WITH BE YOGA STAFF
- MENTORSHIP PROGRAM WITH BE YOGA STAFF
- 4 MONTHS OF UNLIMITED YOGA MEMBERSHIP
- 20% OFF RETAIL (EXCLUDING LULULEMON) AND OTHER SPECIAL EVENTS INCLUDING WORKSHOPS

## PROGRAM SCHEDULE

### WEEK 1 IMMERSION

January 25, 2025 -February 1, 2025  
Hilton Head Island, South Carolina

Immerse yourself in the practice. Introduction to the 8 limbs of yoga with a special focus on asana, sequencing, meditation, practice teaching, and personal inquiry.

Check in by 4pm on Jan. 25th and final session ends at 11am on the 1st. All trainees are responsible for their travel to and from the retreat house. Room & Board is included in pricing.

## WEEKEND TRAINING MODULES

Weekend Schedule:

6:00-9:00PM Friday, 8:00am - 5:00pm  
Saturday & Sunday

Feb. 14th - 16th: **Yoga Anatomy & Physiology**, led by Reanna Livingston

Feb. 28th - Mar. 1st: **Yoga & the Subtle Body**, led by Paige Freeman

Mar. 14th - 16th: **Yin Yoga**, led by Douglas Johnson (open to the public)

Mar. 28th - 30th: **Hands on Assisting**, led by Julie Eubanks (open to the public)

May 2nd - 4th: **Business of Yoga and Graduation**

## PRICING INFORMATION

- **\$4550 Bunk Room/\$4850 Double Queen Room/ \$5250 Single Queen Room Program Tuition** (includes 1 week immersion, 5 weekend modules and 4 month unlimited studio membership)
- **\$500 deposit** due 30 days after acceptance into program (applied towards full program tuition)
- **Full Tuition Due by December 1st, 2024.**
- Due to the intimate nature of our Week 1 Immersion, this training is limited to the first **12 enrollees**.
- Start taking advantage of 20% off memberships and workshops from the date the deposit is paid
- Weekend modules to be led by a combination of Lead Trainers & Mentors

