



# Beirut Yoga Center

## 200-Hour Yoga Alliance Teacher Training Course “Double Certification” Internationally Recognized

### Spring 2024:

Break down of classes and Residential part

- 1- **Zoom classes:** given by Mani Raman from India every Friday starting March 8<sup>th</sup> till May 3<sup>rd</sup> at 3:30 pm till 5 or 5:30 pm depending on the material given.
- 2- **Weekend Trainings:** Every Sunday (8:00 am till 6:00 pm) for 9 weeks, starting March 3<sup>rd</sup> till April 28<sup>th</sup> at BYC Antelias Branch.
- 3- **Residential part:** starting May 8<sup>th</sup> till May 13<sup>th</sup> (6 Days), at AFDC Ramlieh, Aley.

### **Included in the cost:**

All Material and print outs of Philosophy, Anatomy, Breathing techniques and Meditation.  
All the yoga classes and lectures given throughout the entire training.  
6 days full accommodation, two meals and snacks in between at the AFDC Hostel, a clean and neat set up in the middle of pristine nature.  
Double certification by Beirut yoga Academy and Yoga Vana Forest Academy

### **Cost:**

**Early Bird discount:** **Book** and pay before January 15<sup>th</sup> and get a \$200 discounted price.

\$2300 Single room accommodation (**Early Bird discount**)

\$2000 Shared room accommodation (**Early Bird discount**)

*Any time after January 15<sup>th</sup>:*

\$2500 Single room accommodation

\$2200 Shared room accommodation

### **Payment Method:**

Deposit: \$1000 USD first payment.

The rest can be paid lump sum or by installments and should be settled latest by April 28<sup>th</sup>.