



500 HOUR PROFESSIONAL YOGA TEACHER TRAINING

This program is for those who are serious about launching or enhancing their professional yoga career and self discovery. Over 10- months, you will study gentle yoga, hatha, vinyasa, yin, restorative yoga and yoga nidra; as well as cover the Fundamentals of Yoga, that are required for your Professional Yoga Instructor certification with the International Yoga Alliance.



"I had the honor of taking Hali Love's 500 hr YTT in amazing Costa Rica, and I will be forever grateful for her insight, knowledge, openness and enlightening educational experience. She has developed a program that is delivered in person and virtually which allows for individuals around the world access to her program. Hali is truly a visionary with the comprehensive program she has developed. If you have a spark inside that says you may want to teach yoga or deepen your personal practice...listen...jump..do it!
Courtney Hicks-Pace, 500 Hour Graduate, December 2022



+506-8964-4369



Los Pargos, Costa Rica



halilove@me.com



www.halilove.com



Global Yoga Teacher Training
Personal Development Program
Costa Rica Retreats

Mom. Wife. Life Lover

HERE TO EMPOWER YOU

ERYT 500+, Yoga Therapist

Ayurveda & Emotional Healing Coach



WHAT YOU GET

- You registrable 500 Hour Certificate, that can be registered with The International Yoga Alliance
- Guidance through all required material as set out by the International Yoga Alliance (for a total of 500 Hours)
- Lifetime access to our Virtual Prana Forum where you will meet hundreds of teachers and students from around the world
- Lifetime access to your online program materials; videos, PDFs, presentations & podcasts, your printable theory presentations
- Lifetime access to Hali Love's Library: Including Wellness Based Yoga Classes, Meditations, Healing Hypnosis (updated regularly)
- A \$100 voucher to use on any yoga teacher program with Hali Love; you may gift this to a loved one or use it for a future program
- Workshop and retreat templates (10 total) , anchored in Wellness Based Yoga
- Editable Ayurvedic Balancing Consultation Templates; an additional offering you can use to boost your income
- Zoom access to our Virtual Prana Instructors live zoom yoga classes at Playa Negra Yoga Studio & Virtual Prana, during your training dates (or live classes should you travel to Costa Rica)
- Lifetime connection with a beautiful, supportive community of like-minded souls
- Your 1:1 yoga as a business call with Hali Love

MODULES

THE FOUNDATION

- Hali Love's Curated Personal Development Program where you will learn tools to find your authentic voice, connect to your confidence, enhance your communication skills, deepen your relationships, and create a deeper love for your self
- Modern Movement Meets Vedic Philosophy; how to blend ancient yoga philosophy, meditation, pranayama (breath-work) into your modern day yoga practice
- Developing a Wholesome Personal Practice; through the study of class participation, class observation, yoga styles & sequence familiarity



ASCENDED WISDOM

- Sankhya, Yoga History & Philosophy, The Bhagavad Gita
- Our 50-Hour Advanced Ayurveda Program
- The 5 Elements Theory & Meridian System from TCM (Traditional Chinese Medicine)
- Emotional Mapping: How to effectively bring the human emotions into your asana classes
- How to Teach Restful 30 - 35 minute Yoga Nidra (sleep yoga) Classes
- How to create your own custom Yoga Nidra scripts
- Pranayama, Meditation, Mudras & Mantra
- How to incorporate yoga philosophy, personal development pranayama, mudras & meditation into your classes.

LET'S GET PHYSICAL

- You will study (4) four of our Asana Guides: Standard Postures, Advanced Postures, Restorative Postures & Yin Postures, which complies the breakdown of over 200 yoga asana; including the Sanskrit name, translation, anatomical & energetic target, contraindication & posture category
- Transition Postures, what they are and how to effectively bring them into your classes
- You will study our curated themed sequences for hatha, vinyasa, restorative, gentle & yin yoga
- You will be guided through our comprehensive Yoga Anatomy & Physiology Program; both theory and practical
- You will learn Intelligent Sequencing & Advanced Theming
- How to Teach Healing & Creative Yin Yoga Classes anchored in Traditional Chinese Medicine & Emotional Mapping
- You will learn how to provide common Physical Assists

THE BUSINESS OF BEING A SUCCESSFUL YOGA TEACHER

- Our curated Effective Teaching Techniques & Teaching Methodology
- Our curated Feedback System; how to give feedback and receive feedback from a place of love
- How to provide Ayurveda Balancing Consultations to your students / clients, including the use of our editable forms
- How to format and guide your own workshops and retreats (includes 10 templates)
- Theming asana, meditation, pranayama and mudras in Ayurveda, The 5 Elements Philosophy, Yoga Philosophy, The 7 Bodies Method and The Energies of Yoga

HYBRID SCHEDULE

SEPTEMBER 15, 2024 - JUNE 22, 2025

Our next schedule 500 Hour YTT is a hybrid training; meaning it is a combination of online pre-recorded material, live workshops, and schedule practice teaching. Upon successful completion of all modules, participants will receive their 500 Hour Yoga Teacher Certificate, which is registrable with the International Yoga Alliance.

We meet on Select Saturday Mornings - local time in Costa Rica from 9am - 1pm, and Select Sundays from 8am-12pm.

All sessions are recorded and saved for 6 months for later viewing.

Month	Sunday	Saturday
September	15, 29	21
October	13, 27	5, 19, 26
November	3, 17	2, 16, 30
December	8, 29	7, 14
January	5, 19	4, 11, 18
February	2, 16	8, 22
March	9, 16	1, 15, 29
April	6, 13	12, 19, 26
May	18, 25	3, 17, 31

Travel to Costa Rica anytime during your training dates!
Airport: LIR: Liberia International
Accommodations: Visit the "community" tab on my studio website www.playanegrays.com



SENDING GOOD VIBES
AND BEAUTIFUL ENERGY
TO YOU.

