

# Self-Discovery

## 200-HOUR YOGA TEACHER TRAINING

Rooted in tradition and tailored for the modern practitioner, our Self-Discovery YTT offers a holistic journey of self-empowerment, leadership development, and authentic teacher training. Dive deep, explore, and awaken to the endless possibilities within.

### WHAT IT LOOKS LIKE

7 virtual weekend Immersions followed by a 1 week, in person immersion in Donges, France.

Immersions will include a daily practice, meditation, variety of group discussions, practice teaching and self-exploration. Simonais Manor is an exclusive property for us to culminate the work of our training.

### PROGRAM INVESTMENT

\$3450 - Early Bird (pay in full)

\$3600 - Early Bird (monthly payments)

*Early bird Pricing ends September 15th, 2024*

\$4200 - Regular Investment

- \$500 non-refundable downpayment to be deducted from total cost.
- Includes unlimited classes at SWEAT Power Yoga for duration of program
- Pricing includes accommodations and food in France.
- Pricing does not include curriculum books or airfare to France.

### Dates/Times (EST)

#### Virtual Weekends (2024/25)

Saturday and Sunday

8:30am - 4:30pm

Nov. 9-10

Dec. 7-8

Jan 11-12

Feb 8-9

Mar. 8-9

Apr. 5-6

May 3-4

#### One Week Immersion

Simonais Manor

Donges, France

June 7 - 13, 2025

### TO ENROLL

For more information and access to the application visit:

[www.sweatpoweryoga.com](http://www.sweatpoweryoga.com) or

contact Krystal at [KSay@sweatpoweryoga.com](mailto:KSay@sweatpoweryoga.com)



# VIRTUAL WEEKENDS

Nov. 9-10, Dec. 7-8, Jan. 11-12, Feb. 8-9, Mar. 8-9, Apr. 5-6, May 3-4



The first seven weekends of YTT will be virtual, powered by Zoom. We meet once a month on Saturday and Sunday from 8:30am - 4:30pm. EST

We highly recommend spending time to create your sacred space(s). Assure you are in an area you enjoy, well lit, strong wifi and most importantly ensure privacy.

## Daily Itinerary

The days will be a blend of group discussions, workshops, practicing, teaching and meditating. You will be given a preset schedule ahead of time.

A 45 min lunch break and plenty of bio breaks will be provided throughout the day.

## Privacy Matters

It will be very important to ensure a space with privacy. You will want to be in a space where you can talk freely and also assure no one around you can overhear another trainee. We will work together to create solutions.

# SIMONAIIS MANOR

In Person Immersion, June 7th - 13th, 2025



Located on the edge of the Brière natural park, surrounded by meadows among a handful of cottages between Nantes and the sea, the beautiful 15th Century Simonais

Manor, with its heated indoor swimming pool, its adjoining guest house and 19th century wing, offers a magical place to immerse ourselves and culminate the final stages of our training.

## What is included:

- Daily breakfast and dinner + mid afternoon snacks
- Transportation to and from the Airport (within travel parameters)

## What's not included:

- Airfare
- Free time activities including meals out

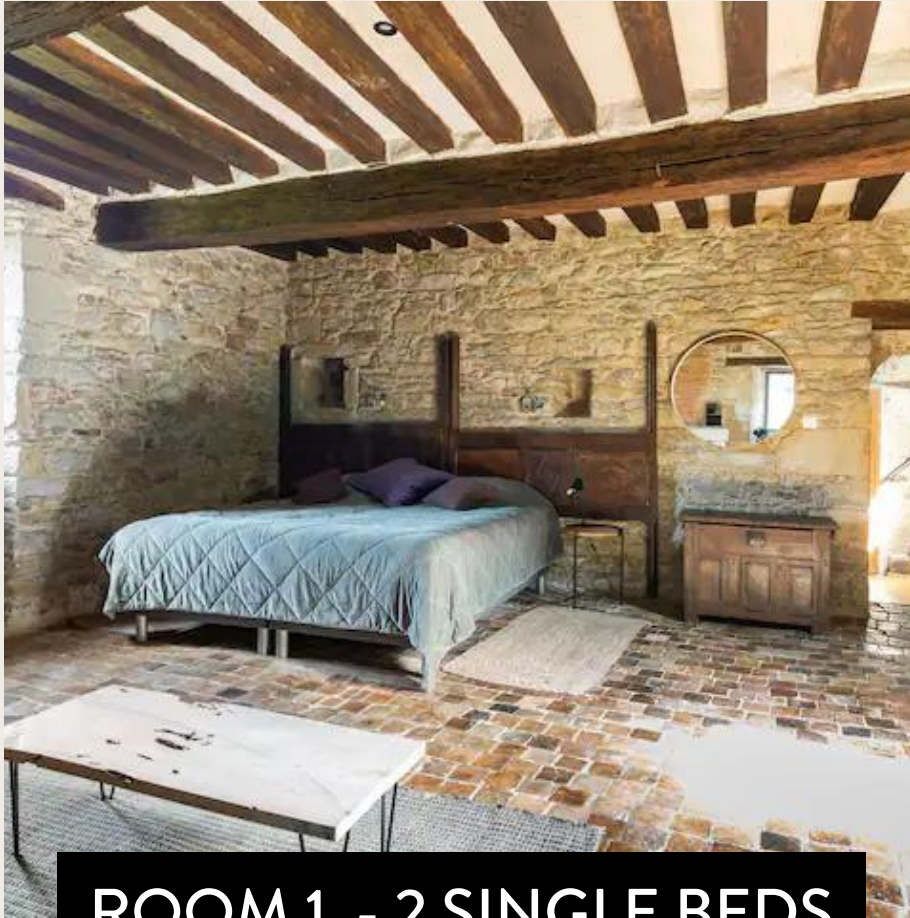
## Getting Here:

- Closest Airport: Nantes (NTE) 30 min drive
- Paris (CDG) 4.5 hours away - option to take a train to 44260 Savenay, France (9 min away)
  - Train from CDG to Sevany is ~6hrs

Transportation provided from Nantes Airport to Simonais Manor during a specified window of time (tbd when flight patterns announced)

## Living Arrangements

We will be cohabitating for a full week together and your comfort is of the utmost importance. Rooms will be arranged on a first come first serve basis upon acceptance into the training. All rooms have two twin beds. 9.5 total baths in all. We will all work together to assure accommodations are comfortable.



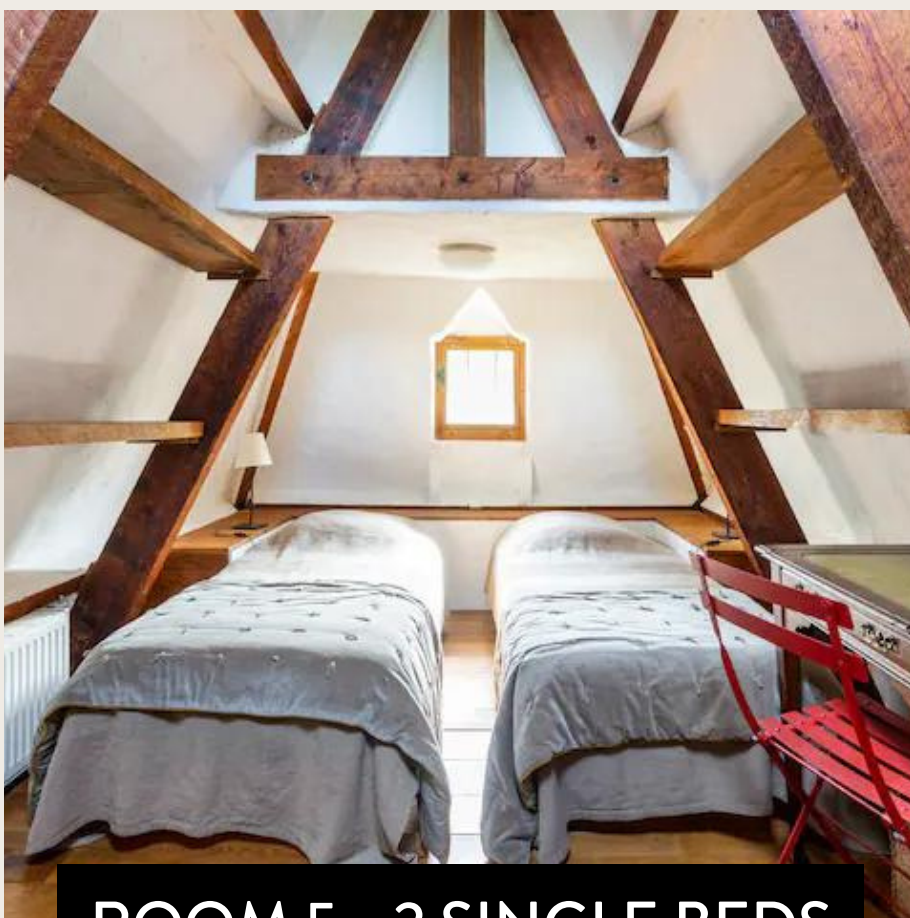
ROOM 1 - 2 SINGLE BEDS



ROOM 2 - 2 SINGLE BEDS



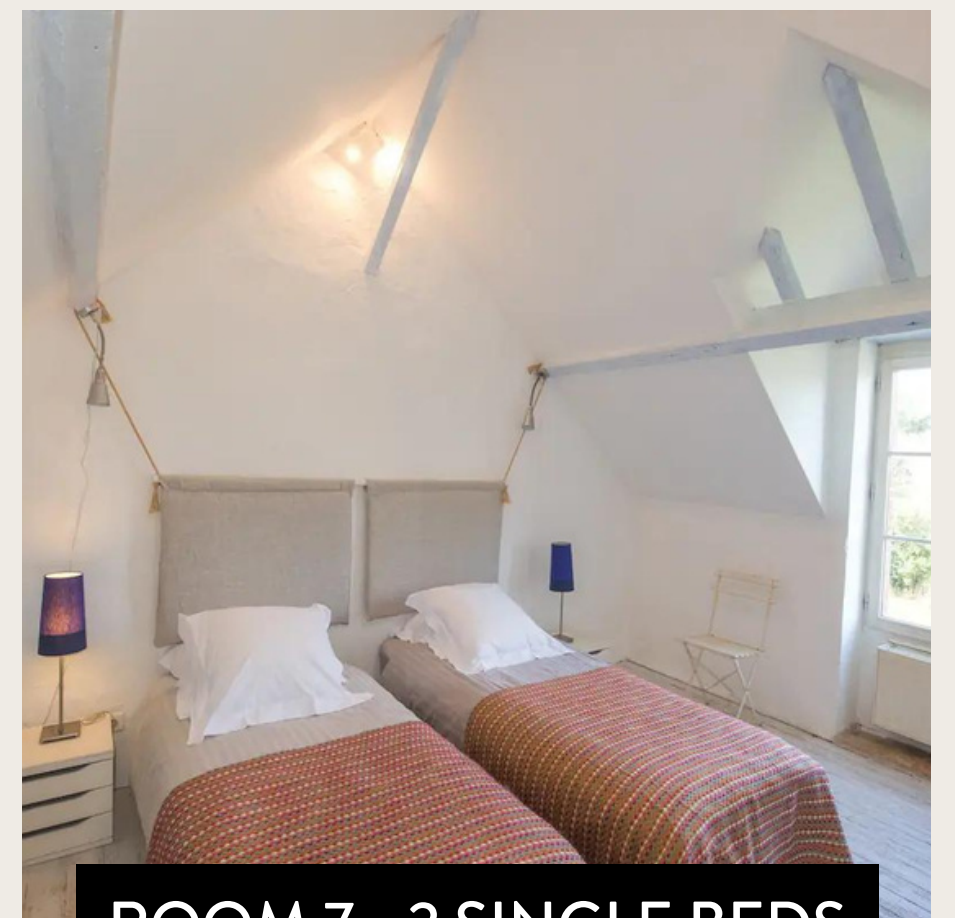
ROOM 3 - 2 SINGLE BEDS



ROOM 5 - 2 SINGLE BEDS



ROOM 6 - 2 SINGLE BEDS



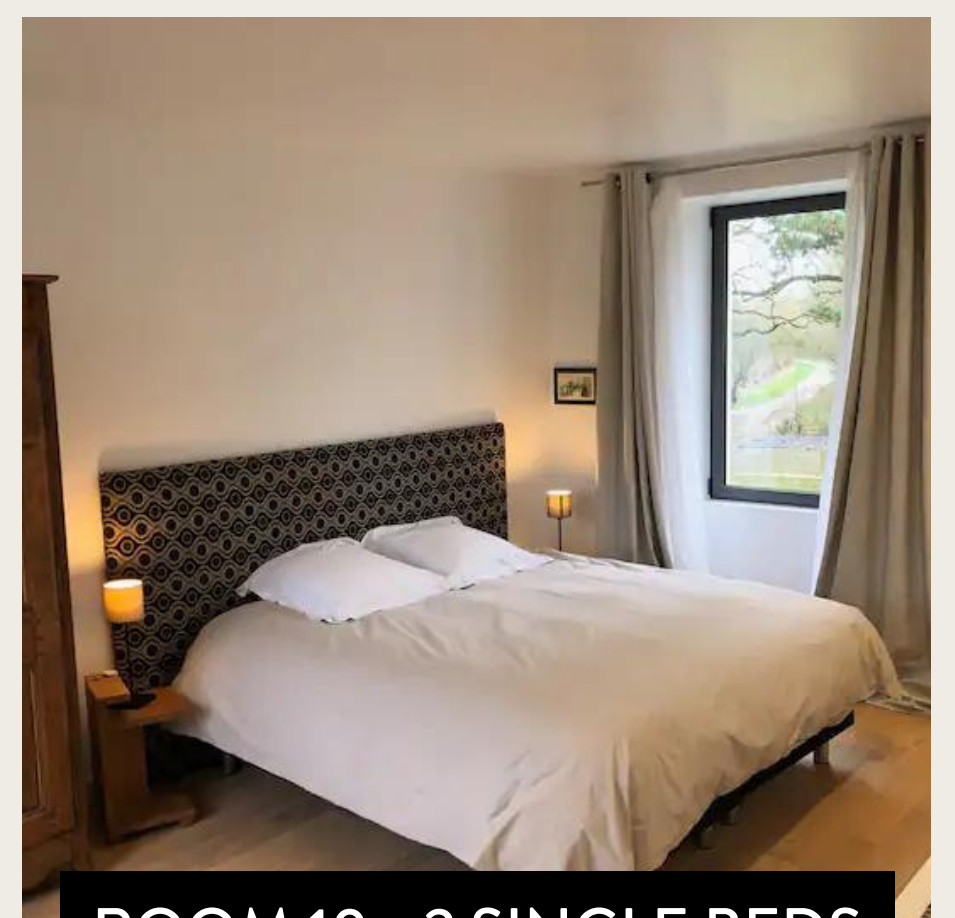
ROOM 7 - 2 SINGLE BEDS



ROOM 8 - 2 SINGLE BEDS



ROOM 9 - 2 SINGLE BEDS



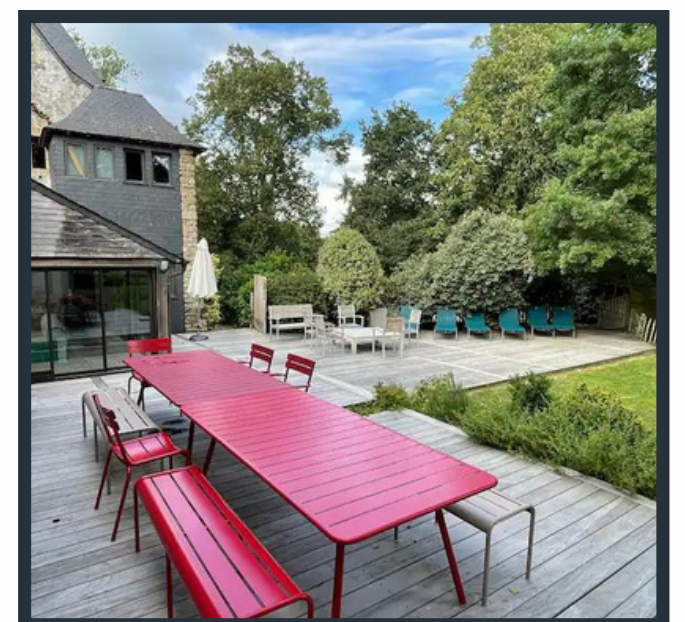
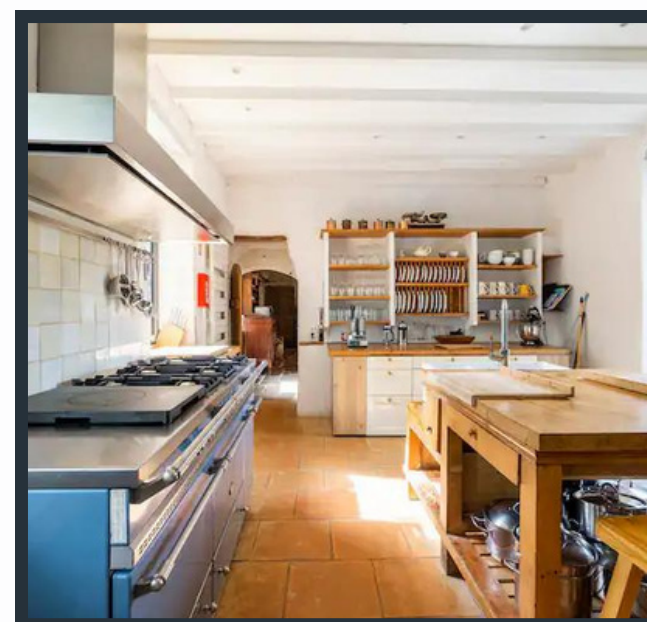
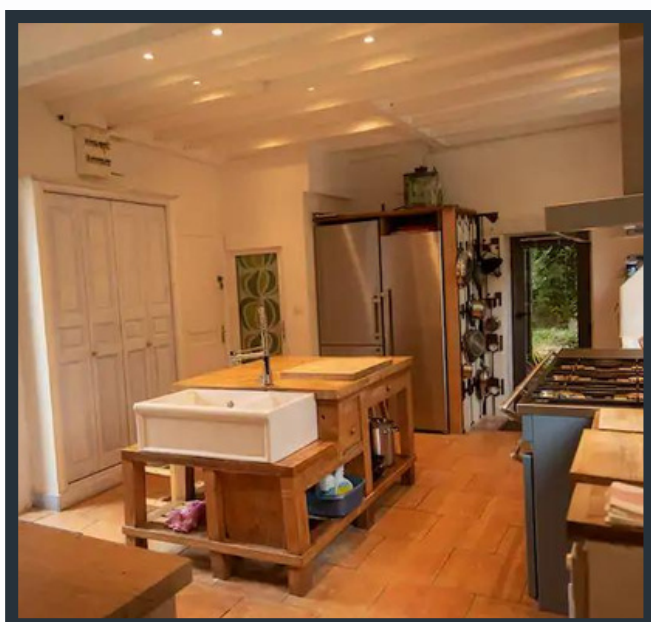
ROOM 10 - 2 SINGLE BEDS

Please note: These images are to give a reference of the actual bedrooms. All beds will be separated upon our arrival and moved to allocate plenty of space for us to sleep comfortably.



## Dining

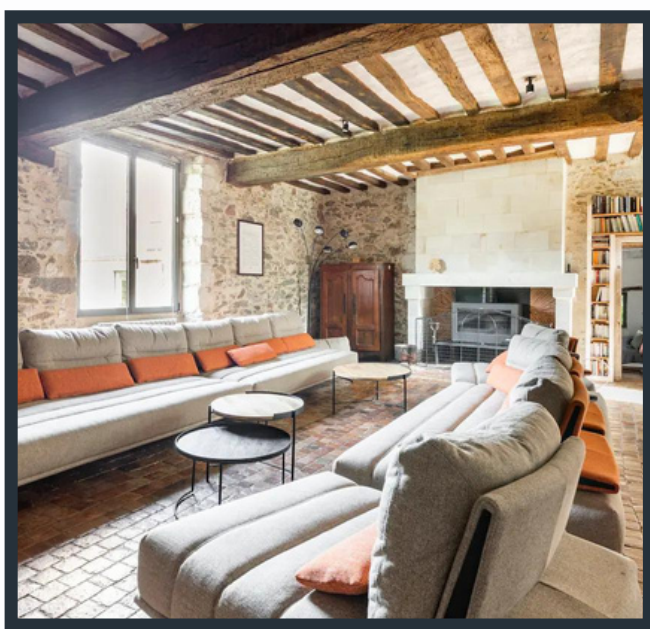
Enjoy a relaxed ambiance during our casual dining experience as we provide catered delicious meals tailored to accommodate various food intolerances. We will work together to create a cozy atmosphere as we collaborate in setting up and tidying dining areas.



We will have the opportunity to stop at a grocery store and stock up on snacks and beverages to assure we are comfortable and stay fueled for our week together.

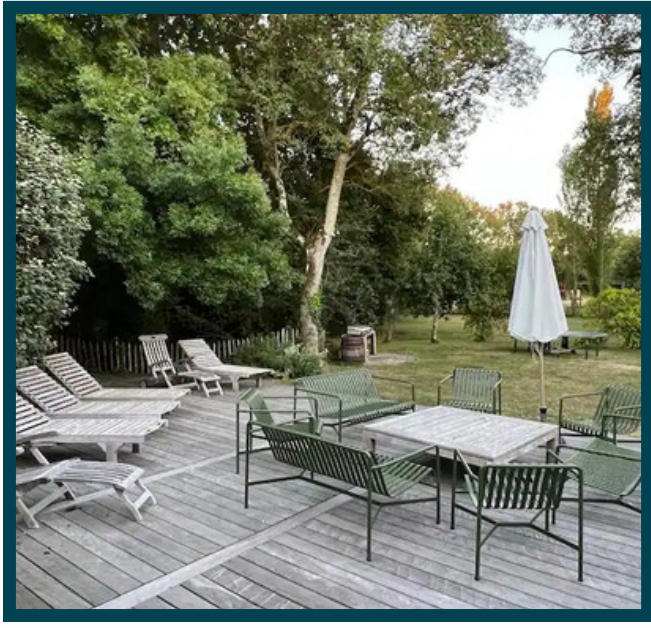
## Meal Schedule

Everyone will have access to the kitchen at all times. Items will be clearly marked to respect what individuals have purchased for themselves and what is available for the entire group. Breakfast and dinner will be served on a schedule and mid day meals and snacks will be flexible.



## Study

This vision is to sprawl out and use as much of the property as possible for our practice, self exploration and study sessions. Our exclusive stay at the manor gives us the opportunity to set up our creative spaces inside and out!





## Free Time

We will have a set itinerary during our time at the Manor to meditate, practice, teach and engage in group discussions for the majority of the time we are there.

We will allocate free time to explore while staying in the work of our training. This will be solidified as we get closer.

For additional free time it is recommended bookending the trip for more time to explore France.

This is a unique experience, please do reach out with any questions that will assist in creating clarity. I am here to help make this a reality!

All my love,  
-Krystal

# SELF-DISCOVERY GRADUATION



On the evening of our last full day, we will hold a celebratory graduation ceremony. With the fulfillment of the training in entirety you will receive your certification on the property of the Simonais Manor in France!

*Details will be provided as we get closer to our travel date.*



*You are ready to discover!*

