

200 HR YTT Summer Intensive at Lotus Loft

Join Goldie Graham, Laura Ahrens, and Andrea Levy with the New School of Yogic Arts at Lotus Loft in Palm City, Florida. The open-minded, experiential approach allows for the kind of personal development that used to take lifetimes. More than just a 200-hour yoga teacher training, this is a school whose purpose is to bring yoga deeper into your life. They'll be joined by special guests Andrew Tanner for yogic philosophy and texts, and specialists in Ayurveda and Anatomy to-be-announced.

The New School of Yogic Arts is a teacher training for those who want to learn to teach the practice of yoga as a living system that breathes differently in each body. Together, we are evolving the living system of yoga. Yogi Bahjan said: "If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something teach it." Regardless of whether you want to share the practice of yoga with others through traditional teaching of the practice, this training will enable you to dive deeper into the understanding of yoga practice both on and off the mat.

NSYA leaders and educators are selected with great care and attention to retaining common values. We watch for those instructors who live the yamas and niyamas, who aim for objectivity, who enact patience, embody openness of mind, and have an eye for details.

Who are we?

We are the teachers valuing the process, the patience, the open mind, and all of the alignment in between. Our mission: if you're reading this, you love yoga - probably as much as we do. We are a group of renegade yogis: asana maestros, anatomy muses, lovers of philosophy, peace junkies and seekers extraordinaire. Wanting to live our lives steeped in yoga, we have all studied at the feet of masters. What we discovered is that, in the end, yoga, like dharma, is personal. There are many ways to do downward dog, or any other pose for that matter, each with their own merits. We seek not to teach our trainees the "right" way to practice but simply to practice discernment so that they can find "their" way. Exploring the tradition of yoga with a curious mind will lead to genuine learning and discovery and the tools for self-mastery.

Because yoga is a living tradition, we ask: how will you keep it alive?

Whether you want to teach yoga or not, if you long to connect more fully with the deep truths of yoga that bring peace - to the body, your mind, and to the planet - NSYA can be the next right step on your journey. More than just a 200-hour yoga teacher training, NSYA is a school whose purpose is to bring yoga deeper into your life. Open-minded, experiential approach allows for the kind of personal development that used to take lifetimes. With us, you will fully explore classic yoga philosophy in a contemporary, present moment, context.

That means:

Deepening your asana practice. Strengthening your spiritual practice. Opening yourself and seeing what's inside and dealing with that stuff to be a better person, Having a real human experience, including feelings and feeling joy, meeting amazing people and making lifelong friends. Learning the yoga landscape of today and getting a solid foundation on a potential career. Having fun! If you're ready to begin, or still just curious, you can contact us now, or join one of our info sessions. Now is the time to dive deeper. Are you ready? [SIGN UP HERE NOW!](#)