



# Transform Grow Teach



\$500.00 USD  
reserves your  
spot

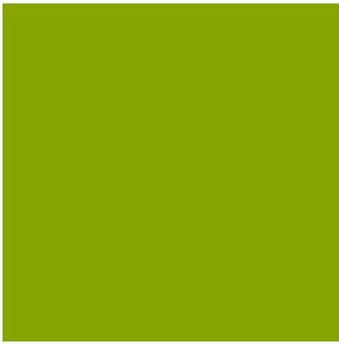
Vida Asana  
200-hour

9/05/2016  
through  
9/24/2016

## Yoga Alliance-Certified Three- Week Residential Yoga Teacher Training Program

Immerse yourself in the practice of yoga during this three-week residential yoga teacher training program in the shade of the Costa Rican rainforest under the guidance of three highly experienced and diverse yoga teachers.

Keri Setaro, Tiffany Haddad, and Emily Lodge



# Your Training

Keri, Tiffany, and Emily have been friends for years and have shared the gift of yoga with others throughout that time, both in Costa Rica and in their home bases of NYC and Baltimore, Maryland. Together, they deliver a thorough, experiential training program that allows students to grow as human beings while exploring the journey of the mind and body.

Each teacher has honed their own yoga specialties and each have a deep calling to create a curriculum that produces teachers who are compassionate, knowledgeable, and deeply devoted to the craft of yoga – and most importantly, teachers who are always in the mindset of the “forever student” and continue to delve deeply into themselves to transform and grow.

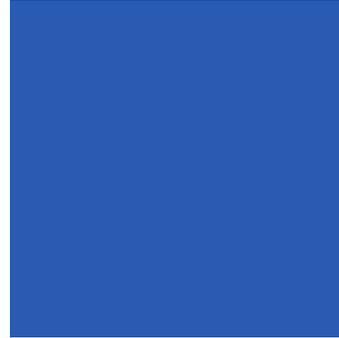
Costa Rica's landscape truly acts as a fourth teacher in this training, as the land helps create a safe and nurturing place for change.

*“Costa Rica holds a special place in the heart of each of us and we love to share the feeling of “Pura Vida” (pure life) to as many people as we can.” – Keri, Tiffany, and Emily*

In this training, you will be deeply immersed in a variety of topics and subject areas, including the following:

- *Alignment*
- *Hands-on adjustments*
- *Subtle bodywork*
- *Anatomy*
- *Meditation and mindfulness*
- *Yogic philosophy*
- *History of yoga*
- *Yoga for special populations*
- *Energetics, koshas, chakras, and vayus*
- *Community service (“Seva”)*

Above all, your training will facilitate a deep and lasting personal transformation for each student.



# + Tuition & Costs

## **Regular Tuition: \$4,500.00 USD**

*(for applications and deposits received on or after June 15, 2016)*

## **Early Bird Tuition: \$4,000.00 USD**

*(for applications and deposits received before June 15, 2016)*

- A nonrefundable deposit of \$500.00 USD is due with your application to reserve your spot in the teacher training.
- Payments made through PayPal or by credit card will be assessed a fee of 2.9% of the total purchase plus 30¢ for each transaction.
- If for any reason the training is canceled, students will receive a full tuition refund. In all other cases, no refunds will be extended.

## What Your Tuition Includes

- An incredible three weeks of yoga teacher training instruction, fully certified by Yoga Alliance, with free time on weekends to explore the gorgeous rainforest and local beaches
- Lodging and three meals daily at Vida Asana in Costa Rica
- Round-trip ground transportation between San Jose Airport (SJO) and Vida Asana

*Air transportation to and from Costa Rica, as well as additional study materials and optional excursions, is not included in your tuition price.*



# Vida Asana

Vida Asana is an eco-resort that specializes in yoga retreats, surf camps, mountain bike adventures, and cultivating a healthy and sustainable lifestyle. Tucked away in the rainforest, less than a mile from the beach and blending perfectly with the jungle environment in beautiful Playa Hermosa, its goal is to create a happy environment that supports education, mindfulness, and adventure.

The resort was founded and built in 2002 as one of the first yoga retreat centers on the Pacific coast of Costa Rica. Since then, Vida Asana has grown into a beautiful retreat center and eco-resort, providing a combination of lodging, fresh and mostly organic meals, and wellness-inspired vacations. Guests enjoy a simple and mindful experience that is often lacking in their daily lives.

Vida Asana is owned and operated by Sean and Jessica McDonald, along with their daughter Julep. For more information, visit [www.vidaasana.com](http://www.vidaasana.com).



# +Your Teaching Faculty

During each week of your training, you will be led by an experienced teacher who will bring her own unique perspective, expertise, and style to your instruction. As a student, you will benefit from receiving diverse guidance, personal coaching, and mentoring from all of your teachers, who bring with them more than 40 years of combined practice and teaching in yoga and mindfulness-based practices.



**Keri Setaro, E-RYT 200, HHC, AADP**

[www.kerisetaro.com](http://www.kerisetaro.com)

Keri is a New York-based yoga instructor who firmly believes that you can be serious about yoga without being too serious yourself. She makes yoga accessible to people of all levels and all ages and usually will crack a few jokes along the way as well. Using both her holistic health and yoga knowledge, Keri's goal is to bring a greater sense of well-being and strength to people while helping them deal with the ever increasing difficulty of living in today's world and maybe – just maybe – to bring a smile to the faces of those she teaches.



**Tiffany Haddad, E-RYT 200**

[www.yogawithtiffany.com](http://www.yogawithtiffany.com)

Tiffany teaches a variety of yoga styles, including gentle, restorative, hot, and vinyasa, and specializes in using yoga to heal from grief and loss. She combines her knowledge and experience of the asanas with a unique, open and accessible teaching style, using alignment and breath work to introduce newcomers to yoga while encouraging more experienced students to deepen their own practice. You don't have to have strength or flexibility to reap the benefits of yoga. There is a style and level for all ages, shapes, and sizes.



**Emily Lodge, E-RYT 200**

[www.emilylodgelyoga.com](http://www.emilylodgelyoga.com)

Emily loves to empower students through yoga, meditation, and movement to discover what she discovered when she first began her yoga journey in 2008 - that the physical body and mind are not separate but one and the same, that when the physical and mental are as one we unlock a deep healing power within. She currently teaches at YogaWorks in Maryland. By June 2016, Emily will hold a Master of Science in Yoga Therapy from the Maryland Institute of Integrative Health and her 500-hour Yoga Alliance certification. Emily received a 200-hour YA certification with Kim Manfredi of Charm City Yoga in 2011.



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For more information and to apply, visit us  
at [www.triniyogatt.com](http://www.triniyogatt.com) or contact us at  
[triniyogatt@gmail.com](mailto:triniyogatt@gmail.com)