WHAT IF THE NEXT 5 MONTHS CHANGED THE REST OF YOUR LIFE?



MAYBE YOU'VE FELT IT—THAT QUIET CALLING TOWARD SOMETHING DEEPER.

YOU DON'T HAVE TO KNOW WHERE THE JOURNEY WILL LEAD. YOU JUST HAVE TO BE WILLING TO BEGIN.

DISCOVER YOURSELF

Go beyond the poses. Quiet the noise, awaken your inner wisdom, and reconnect with the person you were always meant to be.

DEEPEN YOUR PRACTICE

Explore the ancient wisdom of yoga and discover how to bring greater meaning, mindfulness, and intention into everyday life.

INSPIRE OTHERS

Discover your authentic voice, embrace your unique gifts, and learn to share the transformative power of yoga with the world.

> *"For me it was like a guideline on how to live life. I was more in touch and in tune with myself throughout the process."*
>
> — Kandra Thompson

Zenya®

SEVEN SIGNS YOUR PRACTICE IS ASKING FOR MORE



01 YOU FEEL A QUIET CALLING TOWARD SOMETHING **MORE.**

02 THE POSES ARE NO LONGER ENOUGH. YOU CRAVE THE **WISDOM** BEHIND THEM.

03 YOU LONG FOR A COMMUNITY THAT **NOURISHES** YOUR SPIRIT.

04 YOU FEEL DRAWN TO HELP OTHERS DISCOVER THEIR OWN **INNER LIGHT**.

05 YOU WANT TO STEP BEYOND WHAT'S FAMILIAR & **DISCOVER** WHAT'S POSSIBLE.

06 YOU WANT TO **LIVE** YOUR YOGA, NOT JUST PRACTICE IT.

07 SOMETHING WITHIN YOU KNOWS THERE'S **MORE** TO YOUR JOURNEY.

If several of these feel familiar,
it may be time to listen.

THE DEEPEST JOURNEY IS THE ONE WITHIN.



WHY ZENYA?

- **A LEGACY OF TRANSORMATION**— 350+ graduates since 2007, nearly 2 decades of inspiring students to deepen their practice, discover themsleves, and share yoga with others.
- **AN EXPERIENCE YOU CAN'T DOWNLOAD** — 100% in-person, immersive learning. Real connections, hands-on experience, and the kind of growth that happens when we learn together.
- **EXTRAORDINARY TEACHERS. YOUR UNIQUE VOICE.** Learn from renowned faculty who mentor you personally—not to teach like them, but to discover the teacher within you.
- **ANCIENT WISDOM. EVOLVING PRACTICES.** Explore trauma-informed yoga, somatic practices Ayurveda, and the deeper wisdom of yoga.

> *"I'm not only a better teacher, but a more balanced person overall as a result of the nurturing, self-reflective environment created here."*
> ***– Rhaina.***

> *"This training gives you the tools and confidence to teach from the heart and live your yoga every day."*
> ***– Michael.***

NEXT COURSE BEGINS • APRIL 17, 2027

Zenya®

LEARN IT. LIVE IT. GIVE IT.

Zenya

200-HOUR YOGA TEACHER TRAINING

A FEW THINGS YOU MAY BE WONDERING



Am I experienced or flexible enough?
Absolutely. Yoga meets you where you are. All you need is an open heart, a curious mind, and a willingness to grow.

Must I already want to teach?
Not at all. Some come to teach, others to deepen their practice and discover themselves. Both journeys are equally meaningful.

Can I fit it into my life?
Yes! Our lifestyle-friendly format spans just 10 weekends over 5 months, with makeup options to support your journey.

Is it worth the investment?
We believe growth should be accessible. Flexible, interest-free payment plans help make your journey possible.

Will I be ready to teach?
You'll find your voice and grow into your confidence through hands-on practice, personal guidance, & encouragement every step of the way.

YOUR SEARCH FOR THE RIGHT YOGA TEACHER TRAINING ENDS HERE.

A TRANSFORMATIONAL JOURNEY DESIGNED FOR REAL LIFE.

- 10 immersive weekends over five months
- Flexible makeup options to support your schedule
- Interest-free payment plans with no additional fees
- Complimentary teaching internships and continuing education opportunities



YES, I'M READY TO EXPLORE!
APRIL 17TH – 2027

Scan the QR code to complete our short interest form. Let's connect, explore your goals, and discover what's possible together.

Zenya Yoga Academy

yoga ALLIANCE

LEARN IT. LIVE IT. GIVE IT.