



# 300 HOUR *Teacher Training*



You have been waiting  
for it and it's here!!

*breathè's 300-Hour  
Yoga Teacher  
Training!*

Enroll now to secure  
your spot: \$500 deposit  
plus 10 monthly  
payments of \$400.

breathè's 300-Hour advanced teacher training is a deep dive into the breadth and depth of yoga, whether for teaching others or growing your own practice. The training enables instructors to teach with greater confidence and skill than could reasonably be expected of a 200-Hour yoga teacher.

We are proud to be joined by many renowned guest presenters in this TT - Bryan Kest, davidji, and Bethany Lyons, to name a few. Cyndi and Carly Weis, along with the guest faculty, will journey with you through 12 weekends and 10 Wednesday evenings over 11 months. The mix of in-person and online sessions offer convenience and a diversified learning experience.

# The details

**The program runs 11 months, from March 2023 – January 2024.**

There are 12 weekends and 10 Wednesday evenings that are required. Teachers who have completed their 200 hours and 300 hours of yoga training can register themselves as RYT 500 with Yoga Alliance.

**Some portions of the guest presenters will be open to other groups (ie: teachers, 200-TT grads not in 300-TT, the breathe community) and some will be dedicated strictly to the 300-Hour TT group.**

The weekends with our core trainers, Cyndi and Carly, are open to the 300-Hour TT group only. As a registered 300-Hour participant, you are automatically enrolled in our guest workshops and there is no extra cost beyond the monthly payment.



**Fee for the program is \$4500.**

A deposit of \$500 will secure your spot plus 10 monthly installments of \$400 will automatically be charged to your card on file March 1st - December 1st. All payments are non-refundable.

**breathe's 300-Hour teacher training programs meets or exceeds standards set by Yoga Alliance.**

You must have a 200-RYT Certification from Yoga Alliance to be eligible for this program. Space will be limited and registration will be granted on a first-come basis.

Call or enroll online  
(585) 248-9070 or visit [breatheyoga.com](http://breatheyoga.com)

Space is limited, so don't delay!

# schedule - weekends

## WEEKEND 1

### Saturday & Sunday, March 4th & 5th, 2023

Saturday	8am - 6pm	at breathe Pittsford	Cyndi & Carly
Sunday	8am - 6pm	online via Zoom	Cyndi & Carly

## WEEKEND 2

### Friday, Saturday & Sunday, March 24th - 26th, 2023

Friday	5pm - 9pm	at breathe Pittsford	Bryan Kest
Saturday	8am - 6pm	at breathe Pittsford	Bryan Kest
Sunday	8am - 6pm	at breathe Pittsford	Bryan Kest

## WEEKEND 3

### Saturday, & Sunday, April 29th & 30th, 2023

Saturday	8am - 6pm	at breathe Pittsford	Cyndi & Carly
Sunday	8am - 6pm	online via Zoom	Cyndi & Carly

## WEEKEND 4

### Friday, Saturday & Sunday, May 19th - 21st, 2023

Friday	5pm - 9pm	at breathe Pittsford	Bethany Lyons
Saturday	8am - 6pm	at breathe Pittsford	Bethany Lyons
Sunday	8am - 6pm	at breathe Pittsford	Bethany Lyons

## WEEKEND 5

### Friday, Saturday & Sunday, June 9th - 11th, 2023

Friday	5pm - 9pm	at breathe Pittsford	davidji
Saturday	8am - 6pm	at breathe Pittsford	davidji
Sunday	8am - 6pm	at breathe Pittsford	davidji

## WEEKEND 6

### Saturday & Sunday, June 24th & 25th, 2023

Saturday	8am - 6pm	at breathe Pittsford	Cyndi & Carly
Sunday	8am - 6pm	online via Zoom	Cyndi & Carly

No Sessions in July and August

# schedule - weekends

## WEEKEND 7

**Friday, Saturday & Sunday, September 8th - 10th, 2023**

Friday	5pm - 9pm	at breathe Pittsford	Bethany Lyons
Saturday	8am - 6pm	at breathe Pittsford	Bethany Lyons
Sunday	8am - 6pm	at breathe Pittsford	Bethany Lyons

## WEEKEND 8

**Friday, Saturday & Sunday, September 29th - October 1st, 2023**

Friday	5pm - 9pm	at breathe Pittsford	Ann Marie Kramer
Saturday	8am - 6pm	at breathe Pittsford	Ann Marie Kramer
Sunday	8am - 6pm	at breathe Pittsford	Ann Marie Kramer

## WEEKEND 9

**Friday, Saturday, & Sunday, November 3rd - 5th, 2023**

Friday	5pm - 9pm	at breathe Pittsford	Cyndi & Carly
Saturday	8am - 6pm	at breathe Pittsford	Samantha Bonano
Sunday	8am - 6pm	online via Zoom	Cyndi & Carly

## WEEKEND 10

**Saturday & Sunday, December 2nd & 3rd, 2023**

Saturday	8am - 6pm	at breathe Pittsford	Cyndi & Carly
Sunday	8am - 6pm	online via Zoom	Cyndi & Carly

## WEEKEND 11

**Saturday & Sunday, January 6th & 7th, 2024**

Saturday	8am - 6pm	at breathe Pittsford	Samantha Bonano
Sunday	8am - 6pm	at breathe Pittsford	Samantha Bonano

## WEEKEND 12

**Friday & Saturday, January 19th & 20th, 2024**

Friday	5pm - 9pm	at breathe Pittsford	Cyndi & Carly
Saturday	8am - 6pm	at breathe Pittsford	Cyndi & Carly

# schedule - wednesdays

March 8th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
March 29th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
May 3rd	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
May 24th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
June 28th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
July 26th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
August 16th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
September 13th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
October 4th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly
October 25th	5:30pm - 8:30pm	online via Zoom	Cyndi & Carly



# coreTrainers

## cyndi weis



**RD, ERYT**

Cyndi is the founder and owner of breathe. She is 500-Hour Certified Baptiste Power Vinyasa Yoga Teacher and a Masters of Wisdom & Meditation teacher with davidji. Over the past 20 years she has trained with Baron Baptiste, Seane Corn, Bryan Kest, Vinnie Marino, and Francois Raoult. As a dietitian, Cyndi blends her passion for nutrition with her love for yoga maintaining the food we eat is as important as the air we breathe.

## carly weis



**MS, L.Ac., ERYT**

Carly first immersed herself in yoga teacher training with Natasha Rizopoulos at YogaWorks in Los Angeles, CA. She has since studied with Paul Grilley, Baron Baptiste, Bryan Kest, and Judith Lasater. Carly has a true passion for breaking down the basics and enabling the flow to feel more fluid and accessible. As a licensed acupuncturist, Carly's background provides a strong foundation in anatomy and mechanics of yoga. She is a Baptiste certified teacher as well as a certified meditation teacher.



## *bryan kest*

March 24th - 26th, 2023 in PITTSFORD

Friday, 5pm - 9pm

Saturday & Sunday, 8am - 6pm

We are thrilled that master yoga instructor Bryan Kest is returning to breathe to share his wisdom and knowledge of the yoga practice with our community! Bryan will instruct a weekend of workshops covering the principles of a Power Yoga class, the secrets of successful sequencing, and a deep Yin Yoga class called "LSD" or Long, Slow, and Deep.

### *about bryan:*

Bryan Kest has been practicing yoga since 1979 and has been teaching since 1985. He developed his unique, distinctive style of yoga, Original Power Yoga, in 1979. Over the years, this style, an amazing workout for the body, mind, and spirit, has made him a well-known, popular teacher across the country and around the world. His mainstream popularity is matched by an authentic foundation in the ancient practice of yoga and a long path of development as a yogi (a practitioner of yoga).

At age 15, Bryan uprooted from his native Detroit home to make a life change in Hawaii. He moved to live with his father, a doctor, who understood the benefits of yoga. Like many of us, Bryan originally thought yoga was nothing more than strange contortions, but that changed when his father introduced him to a physical style of yoga called Ashtanga. This appealed to him immediately, and he soon observed great changes in himself, both physically and mentally. Yoga quickly became his passion, one that would take him to India for a year to study with the great yoga masters of the world, Pattabhi Jois. He has been continuing on his yoga path ever since.

# *bethany lyons* <sup>layer 1</sup>

May 19th - 21st, 2023 in PITTSFORD

Friday, May 19th, 5pm - 9pm

Saturday & Sunday, 8am - 6pm

## **Mastery of Delivery:**

Learn what you are channeling in your vocal and physical communication, including habits or tendencies that may not be in your awareness. Discover ways to effectively use your voice and body to better communicate with your students. We will explore how, posture, language, tone, volume, and body-language affects and influences your teaching. You'll receive feedback and live, real-time coaching as we engage in helpful exercises to increase your capacity to utilize your physicality and voice.

Learn how to incorporate music into your teaching in an intentional and meaningful way depending on the class type and what works best for you!



## *about bethany*

Bethany Lyons is a powerful leader, creator and community builder as both the founder and CEO of Lyons Den Power Yoga and Lyons Den Digital. She is a Certified Yoga Teacher with over 2,500 hours of training and 20 years of experience teaching and leading in NYC and all over the globe. Additionally, she is a Yoga Journal cover model and has appeared as a yoga/fitness expert on ABC, CBS, NBC, Fox, TLC and CNN. She has also been featured as an entrepreneur and innovator in Vogue, The New York Times, Forbes, New York Magazine and The Wall Street Journal, among many other online and print publications, and was selected as one of Vanity Fair's 'Up-and-Comers.'

She was one of the original Master Founding Instructors at SoulCycle and supported the launch of Madonna's Hard Candy Clubs all over Europe during her career in wellness. She has taught classes in some of NYC's most iconic locations, including Times Square, Bryant Park, Central Park, The Intrepid and Union Square. She brings a wealth of experience, expertise and enthusiasm to each and every opportunity she has to cause leaders in and out of the classroom.



# *Bethany Lyons Layer 2*

**September 8th - 10th, 2023 in PITTSFORD**

**Friday, 5pm - 9pm**

**Saturday & Sunday, 8am - 6pm**

## **Mastery of Delivery:**

We will use this weekend to dig deeper into the concepts presented in Layer 1 and showcase your progress. You'll discover new techniques to effectively use your voice and body in the classroom to communicate with your students. We will further explore the use of posture, language, tone, volume, body-language, and more while teaching.

You will learn three ways to demonstrate to your class effectively and efficiently:

1. Use a student's body to demo and in the process generate connection and inspiration.
2. Use your own body to demo in a way that does not bring your class to a complete halt energetically.
3. Use the class to demo for itself by utilizing community/connection as a demo tool.

We will also further delve into managing your space and effectively handling whatever may come with ease and efficiency.

## **Musicology:**

In this layer we will delve into the nuances and attention to details that make all the difference in creating playlists that are magical. You'll learn how to co-teach with music as the other masterful teacher in the room and how to powerfully hand over the reins. We'll discuss how to play the part, keep things fresh, and branch out from what you know! You'll receive feedback and live, real-time coaching on your choices and explore teaching with music in a brand new way.





*Davidji*

June 9th - 11th, 2023 in PITTSFORD

Friday, 5pm - 9pm

Saturday & Sunday, 8am - 6pm

### Foundations of Yoga with Davidji

In a special immersive workshop, Davidji will guide you into the ancient wisdom teachings which are the deep foundations of yoga. You will expand the breadth and depth of your practice, learning new tools to bring into your classes, advanced techniques to share with your students, and new ways to walk through the world with greater grace and ease.

### *about Davidji*

Davidji is a globally recognized mindbody health & wellness expert, mindful performance trainer, meditation teacher and author to 3 bestselling books. He is credited with creating the 21-day meditation process, which has spawned hundreds of 21-day meditation experiences & challenges around the world. Often referred to as the Velvet Voice of Stillness, he can be heard on more than 500 guided meditations, available on iTunes, Amazon, HayHouse.com, GooglePlay, Spotify, Pandora, Sound Cloud and on [www.davidji.com](http://www.davidji.com)

In this exclusive, LIVE, in-person session, we will dive into the spiritual roots of our modern practice going back 2600 years to the teachings of the Buddha. You will learn how to apply these lessons into your classes and into your life. We'll explore the profound insights of the Bhagavad Gita – the first ancient text to truly explain the 4 paths of yoga. You will practice discussing these powerful themes in a safe space, so you can share them with your students, your loved ones, and those you work with. We'll explore integrating present-moment exercises into your sequences to take your classes to the next level.

You will learn how to apply ancient wisdom to your real-world challenges. And tap into your inner wisdom to help you make more conscious choices in your life.

We will have a mini-book club over three days – recommended reading: Eknath Easwaran's translation of the Bhagavad Gita.

# *anne marie kramer*

September 29th - October 1, 2023 in PITTSFORD

Friday, 5pm - 9pm

Saturday and Sunday, 8am - 6pm

## **Yin & Somatics Training**

One of the biggest secrets to health is the ability to relax. In this training program, experience first hand how it feels to deeply relax and learn the systematic tools to take your students to this state.

Our autonomic nervous system is the number one key marker to good health. Most people in today's society live in the stress state, known as the sympathetic nervous system. This leads us to chronic fatigue, nervousness, anxiety, sleepless nights, anger, agitation, aggression and more. More often than not, we tend to speed up, or busy ourselves even more to distract ourselves further, instead of slowing down to relax and feel.

This weekend training is an opportunity to slow down, tune into yourself, let go, and awaken areas of your body and life that have been hiding for a long time.

Somatic release is also part of this training. Learn practical and accessible ways to release this out of your body to feel relaxed, aware and more alive. Learn practical and accessible ways to release this out of your body to feel relaxed, aware and more alive.



## *about anne marie*

Hey there! I'm Anne Marie Kramer. You can call me AMK, Annie, Mama Bear, or Amkzing — I answer to all of these names.

I'm your coffee-drinking, fun lovin', crazy mama, adventurous teacher who believes yoga can be powerful and playful. After teaching others for over 20 years, a million teacher trainings and degrees, I believe in passion over pedigree. Training our mind is the most powerful practice. It all starts and ends there. Yoga, breathwork, meditation are all tools to train our crazy mind. Freedom and love are inside jobs. I believe in seeing yourself, knowing yourself, and taking responsibility for every part of your life. We can't really change the world, but we can change our world. Every breath, we have an opportunity to tune into this moment, be present and meet the world where it's at.



*samantha bonano*

**Saturday, November 4th, 9am - 5pm in PITTSFORD**

**Part 1: Discovering Your Authentic Self**

Part I, of this two part series, will dive into developing and identifying your authentic self. We work together to identify how you show up in the world and to develop the pieces that will create the version of you that you aspire to be. Based on the Harvard Business School research in authentic leadership, we will explore the pieces of your life that created your story and mine your life story for insights and patterns. Your past informs your future, but it does not determine it. We will use key discoveries to give some clarity and direction in the areas of purpose, values and identifying your sweet spot. We will use the information to develop a persona; strategy in part two, but also to develop your voice and leadership style in teaching.

**Saturday & Sunday, January 6th and 7th, 2024, 9am - 5pm in PITTSFORD**

**Part II: Your Personal Strategy**

Part II will bring the discoveries of part one into an actionable plan. We will develop a one page personal strategy that will allow you to see, in one place, what is important to you, what you are trying to create and a path to get there. This workshop will give you tools to bring your vision to life, it will provide measurable accountability to yourself and it will help you to articulate the you that you cant help but be, and the you that you know you can be.

*about samantha*

Sam is a lifelong student. She is a single mom of two boys, a medical device executive, investor, coach, entrepreneur, and for the last 7 years, a Yogi (at least in the physical sense). Yoga was a life altering discovery during Sam's divorce and loss of her brother, she has practiced Vinyasa yoga, at studios around the world and she is currently attending the 200-hour teacher training at breathe. Moving, living and breathing through the mantras of "the only way out is through" and "choose kindness", she found ways lead multimillion dollar companies, develop over 40 patents and find peace with letting go of what life was "supposed" to look like. Sam is a graduate of the University at Buffalo and Harvard Business school. She lives in Buffalo NY, with her sons, Kamden, Kai and her dog Kado.