



Coaching Immersion



Finally a holistic approach to weight loss and weight management –

The [YogaLean™ Coaching Immersion](#) – Not just a diet but a way of life. Spend a week with [Beth Shaw](#), author of YogaLean™ and [Guest Presenters](#) in the areas of Nutrition, Ayurveda, Wellness Coaching, Psychology and Addiction, exploring total health and wellness the YogaLean™ way at the [Ancient Yoga Center](#) in Austin, TX.

- Learn how to lead YogaLean™ weight loss clinics in your local area
- Discover new ways to motivate and retain clients
- Create a multifaceted holistic plan tailored to each Ayurvedic body type
- Explore healing options, supplements and clean eating programs
- Uncover your inner coach and become a better person
- Participate in a variety of healing rituals
- Manifest your vision to help others with their struggles

In order to complete the YogaLean™ Coaching program, upon completion of this intensive participants will be required to conduct practical workshops in their own community. With successful completion of those practical hours, as well as some online course work, participants will be certified as YogaLean™ Coaches and featured on the [YogaLean website](#).

An additional Transformation retreat will run concurrently for those wishing to bring a partner, friend or family member to enjoy morning and afternoon master classes, as well as evening activities. The YogaLean™ Transformation Retreat is a great option for family members and friends that would like to join you on this amazing adventure. Please click [here](#) for more information. Attendees of this retreat will not receive a YogaLean™ Coaching Certificate.

Suggested Prerequisite: [YogaLean Coaching Essentials Training](#) (formerly YogaLean), Lean I or Lean II

Pack List:

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- yoga mat
 - yoga clothes
 - workout clothes
 - exercise shoes
 - flip-flops
 - Bathing suit
 - various comfortable layers
 - Journal
 - water bottle
 - any special snacks that you might need





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Tuition, Lodging and Meals for YogaLean Coaching Immersion

Lodging and meals will be included in the event pricing. Each room night includes **3 meals daily**. Please see the chart below and click [here](#) for more details regarding the different room types.

Please email edu@yogafit.com to register and indicate what type of room you prefer.

RATES - (includes tuition, room, all meals and snacks)	Early bird rate (through 8/25/15)	Regular rate (through 9/25/15)
Rooms with shared hall bath:		
3 + people	\$1995	\$2195
2 people	\$2115	\$2315
1 person	\$2275	\$2475
Rooms with private attached bath:		
3 + people	\$2275	\$2475
2 people	\$2355	\$2555
1 person	\$2555	\$2755
For participants not staying overnight:		
Commuter Fee and Meals	\$1995	\$2595

Tuition, Lodging and Meals for YogaLean Transformation Retreat

Lodging and meals will be included in the event pricing. Each room night includes **3 meals daily**. Please see the chart below and click [here](#) for more details regarding the different room types.

Please email edu@yogafit.com to register and indicate what type of room you prefer

RATES - (includes tuition, room, all meals and snacks)	Early bird rate (through 8/25/15)	Regular rate (through 9/25/15)
Rooms with shared hall bath:		
3 + people	\$995	\$1195
2 people	\$1115	\$1315
1 person	\$1275	\$1475
Rooms with private attached bath:		
3 people	\$1075	\$1275
2 people	\$1155	\$1355
1 person	\$1355	\$1555
For participants not staying overnight:		
Commuter Fee and meals	\$995	\$1195



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Healthy Eating and Weight Loss Coach Certification

For the first [YogaLean™ Coaching Immersion](#), YogaFit® is offering a [Fundamentals of Nutrition](#) course, which is a series of free webinars that set the foundation for the Healthy Eating & Weight Loss Coach Certification (HWL) by providing education on nutrition and healthy living. In addition, through canfitpro, YogaFit® will provide participants with access to the HWL online components approximately a month or more before the training as it's highly recommended that one complete the online components prior to the in class course to aid in the overall experience and learning. This comprehensive online nutrition course created by the Canadian fitness professional's organization, canfitpro™, YogaFit®'s exclusive partner for fitness and yoga in Canada. This nutrition course is a \$599 value that will be given free to all of the participants in the September event.

canfitpro, YogaFit Canada's exclusive partner, is pleased to collaborate with YogaLean™ in the promotion of overall health and fitness. One of the largest components of health is nutrition and specifically, in the fitness industry, the demand for weight loss. More than 78.6 million adult Americans are currently obese contributing to an annual medical cost of obesity, in the U.S., of \$147 billion in 2008! With rates of overweight and obesity rising steadily, and increasing evidence linking fat and inactivity to health problems, we need effective ways to work with clients.

The Healthy Eating & Weight Loss Coach (HWL) certification program delivers healthy eating and weight loss information and strategies in a straight forward manner so you can confidently assist clients in making better choices more often, lose weight and lead a healthier lifestyle. The HWL program provides participants with the understanding of healthy eating, the value of regular activity and ways to reduce body fat to instill the knowledge required to lead healthier, happier, lives through health-conscious eating.

Topics covered during the in class course include:

- The Science of Macronutrients and Micronutrients
- Goal Setting
- Understanding Healthy Food Choices
- How to Fuel your Workout
- The Psychology of Weight Loss and behavior modifications and Coaching for Healthy Habits

The format of the in-class course is a combination of role play, discussion and debate as much of the theoretical knowledge is gained during the online learning prior to and the in-class course is meant to facilitate the idea of "learning by doing".

Following the in class course, participants will have up to six months thereafter to complete the three hour online HWL exam, which is comprised of multiple choice and short answer questions based on a case study. Once participants successfully complete the HWL online exam with a mark of 80% or more, they will be issued their Healthy Eating and Weight Loss Coach (HWL) Certification.

The HWL program features an online course, an eManual and a live course followed by an online exam to prepare you to work with clients. Start with the *Fundamentals of Nutrition*, a series of free webinars available to you by clicking [here](#).





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Tentative Daily Schedule

	9/25 Friday	9/26 Saturday	9/27 Sunday	9/28 Monday	9/29 Tuesday	9/30 Wednesday	10/1 Thursday	10/2 Friday	10/3 Saturday
Until 9:30 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:30-9:30 am (morning workouts are optional, but highly suggested)		Morning yoga class and meditation	Morning yoga class and meditation	Morning yoga class and meditation	Morning yoga class and meditation	Morning yoga class and meditation	Morning yoga class and meditation	Morning yoga class and meditation	Morning yoga class and meditation
9:30-10:00 am		Morning break	Morning break	Morning break	Morning break	Morning break	Morning break	Morning break	
10:00 am-12:30 pm		Restorative poses for weight loss	Yoga lean overview Goal-setting and intentions	Nutrition with Robynn Nieropp	Nutrition with Robynn Nieropp	Ayurveda	What are you eating and what's eating you?	You, your business and moving forward: Making a plan	
12:30-1:30 pm		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1:30-3:30 pm			Therapeutic session on emotional over-eating and food addiction	Nutrition with Robynn Nieropp	Nutrition with Robynn Nieropp	Ayurvedic workouts for different Doshas	Practical Space clearing and Principles of Feng Shui with Beth Shaw	Sales marketing and advertising	
3:30-4:30 pm	Check-in	Journaling/self-reflection	Journaling/self-reflection	Journaling/self-reflection	Journaling/self-reflection	Journaling/self-reflection	Journaling/self-reflection	Journaling/self-reflection	
4:30-5:45 pm		Outdoor activity or yoga session	Outdoor activity or yoga session	Outdoor activity or yoga session	Outdoor activity or yoga session	Outdoor activity or yoga session	Outdoor activity or yoga session	Outdoor activity or yoga session	
6:00-7:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7:30-9:00 pm	Evening Restorative session with Skila	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	