



# Lourdes Institute of Wholistic Studies

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www.lourdesinstitute.org

## Yoga Teacher Training

**Total Hours = 200**

**Total Cost for Program = \$2630.00**

- \* \$500.00 - Down Payment
- \* 8 equal payments of \$266.25
- \* Due 10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1

Techniques and Teaching Methodology: Phase I

Total cost = \$1,445.00

The Science of Ayurveda: Phase II

Total cost = \$790.00

Yoga Anatomy & Physiology: Phase III

Total cost = \$395.00