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# YOGA TEACHER *training*

JUSTBEHOLISTICWELLNESS.COM

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# Hello!

Congratulations on being ACCEPTED into my Yoga Teacher Training (YTT) program. You are on the brink of an amazing, life-changing transformation. When I was a YTT attendee, I got the blessing of experiencing instant anxiety relief, which absolutely changed my life. I am so honored to guide you through your own transformation and growth channel.

You are ready.

You deserve it.

*Shelby Lynn*

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# About the Training

My YTT program is designed for anyone at any level of yoga. What makes it special? I help clients transform their lives every day. Imagine living a life that is completely in alignment: your thoughts, emotions, body, everything working for you. What would you be capable of? EVERYTHING!

That's why this program equips you for any path, Enhancing your personal yoga practice or opening your own yoga studio can be learned anywhere, but what comes with THIS training is the ability to tap into YOUR unique state of alignment. THAT is yoga. THAT is unity.

WHAT WILL YOUR LIFE BE LIKE  
WHEN EVERYTHING IS ALIGNED?

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# Meet Your Instructor



Hi! I am deeply honored that you have selected me to guide you on this powerful journey into yoga. When I applied to a YTT program, it felt like it was meant to be. To me, yoga was a journey back to myself. After several years of being retired from an 11 year gymnastics career, I forgot what it was like to know my body, and it felt so good to move again. I loved the deep inner world we get to experience in the “flow state,” and the rest of my professional journey to date became centered around that

power of consciousness.

Before I graduated from YTT at age 22, I opened my first yoga studio. That business evolved into what is now Just Be Holistic Wellness Center. I started with \$1 and a full tank of gas, and within 3 months, I had a studio and sold-out classes available 7 days a week, with a team of yoga teachers hired on staff. I learned how to teach everything from beginner’s workshops to advanced arm balances, and 1 year later, I taught my first YTT program.

Today, my favorite classes to teach are for beginners, where I can break down physiology and yogic psychology. But I love teaching trainees their own unique aligned classes, whether that's a power flow or meditation or something totally new.

My personal yoga practice is deeply-rooted in Buddhist meditation and advanced balance flows. You'll find these qualities woven into training because I've found that meditation and spiritual discipline are the keys to a healthy, successful, abundant life. (And who doesn't want that life?)

My passion for business is another quality you will find throughout training. For some crazy reason, business is my third true love (after my husband and my cat) because

becoming a business owner is the greatest gift I gave myself. It's a token of freedom to yourself: a place where the depth of self-expression makes itself known. It's your platform to speak your truth and earn money while doing it.

You'll find business modules throughout training because I think all YTT graduates should know how to do anything from teaching here at Just Be to opening your own studio. I got zero, that's right ZERO business coaching from ANY of my professional trainings. No yogi, reiki master, or massage teacher taught me how to startup an LLC, manage money, file taxes, hire staff, build a website, get clients... I had one good friend who taught me some of this, and the rest was on my own. I get the honor of supporting your dreams every step of the way for a flawless ascension into your desired life!

You are here. You are worth it.

Shelby Lynn

Yogi | Holistic Business Coach

# My Training Process

I love yoga as much as I love business, which is why I include them both. Part of what makes this training unique is that I equip you to do ANYTHING from opening your own studio to teaching here!

## YOGA

Over 40 Yoga Poses

Sequencing A Class

History of Yoga

Movement, Breathwork, and  
Meditation

Anatomy & Physiology

Energy & Our Subtle Body

Safe Movement

Yogic Philosophy & Lifestyle

Teaching Methodology,  
Professional Development,  
and Practicum

and more!

## BUSINESS

Teaching at Just Be or  
Other Local Studios

Opening Your Own Studio

Teaching at Retreat Centers

Getting Hired  
Internationally

Creating an Online Studio

Marketing, Networking, and  
Advertising

Legal and Accounting

Visioning and Growing Your  
Creation: What Comes  
After YTT?

and more!

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# The Path to Certification

I intentionally created a year-long training program, so that you can apply yoga throughout all seasons of life, alongside the support of myself, guest teachers, and your cohort. Rather than figuring it out on your own, you will be guided hand-in-hand to integrate yoga into all areas of life.

- Attend all retreats  
(Makeup options available)
- Complete the Online Course

That's it! (Life should be more simple anyway, right?)



Throughout your certification, you will complete a Seva Project (selfless yogic offering), business plan, teach a public class, and more! A handful of your retreats will include guest teachers and experts. I involve them for their wise teachings of course, but also for the benefit of networking. Some of these people have over 25k followers on social platforms and wildly successful business models. If your vision includes sharing your creation with a big audience, these pros are a great connection!





# Training Schedule

## PART ONE

From January 1st 2025 to January 1st 2026, you will be required to complete 2 hours of online work weekly (training videos, readings, teaching, and reflection prompts).

## PART TWO

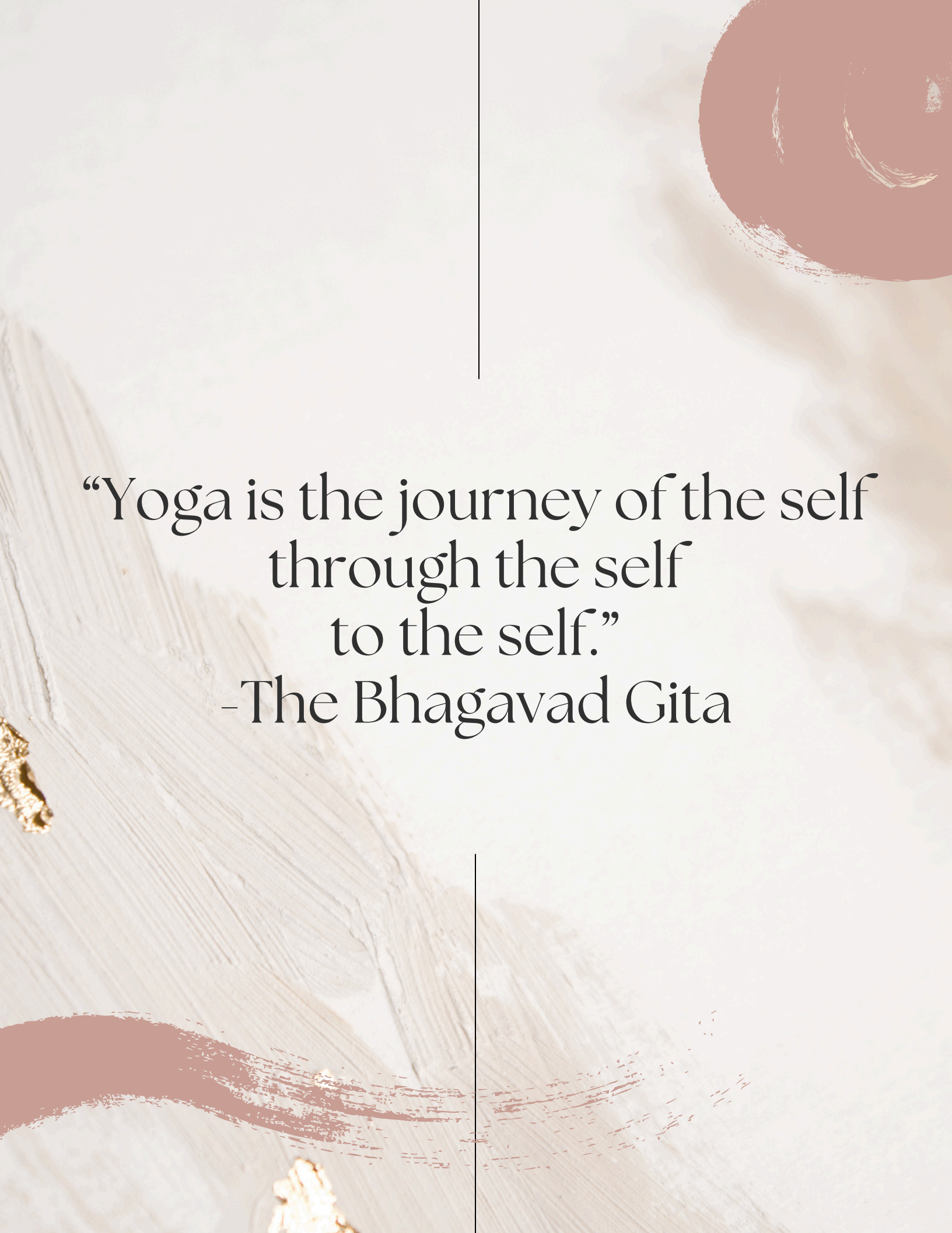
My retreat-style approach to yoga is what makes this program so special.  
It's truly yogic!

Fridays 6-8pm  
Saturdays 2-6pm  
Sundays 2-6pm

We will practice yoga, practice teach, and uncover your soul.

*Trust yourself.*

January 24-26  
February 21-23  
March 28-30  
April 25-27  
May 23-25  
June no retreat  
July no retreat  
August 15-17  
September 19-21  
October 17-19  
November 21-23  
December 12-14

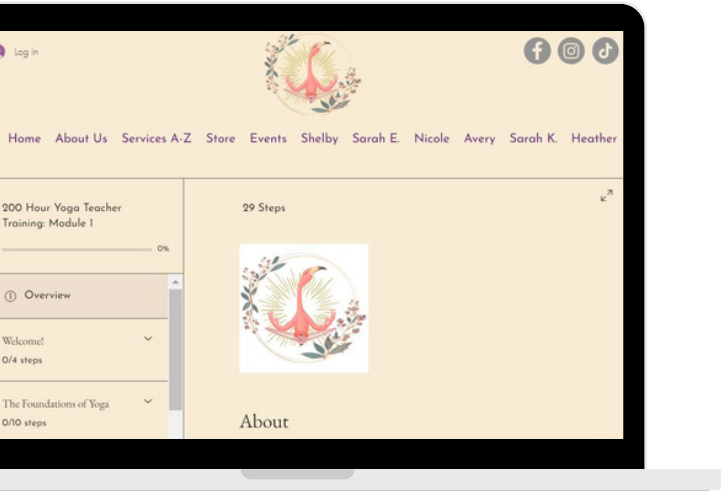


“Yoga is the journey of the self  
through the self  
to the self.”

-The Bhagavad Gita



# Online Course



You will soon receive an invitation over email to join the online course! It's easy to navigate, accessible from our website and app, and loads of fun. The course also manages your monthly payment for enrollment.

LINK COMING SOON

You get LIFETIME ACCESS to this course, including the meditations, recorded classes, and any NEW info that I add in the future.

Let this moment be your new beginning.

Shelby Lynn

Yogi | Holistic Business Coach



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# Next Steps

1

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Congratulations!  
Your application has  
been accepted!

Need to apply?  
[Click here!](#)

2

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Check your inbox!  
You will receive a link  
to the online course.

Submit your first  
payment and get  
immediate access.

3

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Mark your calendar!  
Beginning January  
1st, the first online  
module will open.  
Look forward to the  
first retreat!

A year-long training journey is a commitment to stay true to  
yourself through all of life's ups-and-downs.

When it gets tough, I encourage you to lean into your mentors,  
your cohort, and take this life-changing opportunity to reprogram  
how you handle stress.

# Thank-you!

I'm so excited to walk on this journey with you.  
You are supported. You are valued. You are here.

I know firsthand the level of commitment these programs  
require. If you have any questions at all, I am available to  
answer and support you!

## Contact:

Call or text (484) 302 - 2234

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