



50hr Online

Roots, Elements & Nature



a program designed to bring you back to the elements of nature



a transformative program



50hr Online Roots, Elements & Nature Training



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Embark on a transformative journey with our specialized 50 hour Nature-Based Yoga Training for Women, curated to deepen your relationship with yoga, nature, and yourself. Led by esteemed facilitators Lorraine, Uma and Dominique, this self-paced online program offers a sanctuary for women to reconnect with their feminine essence and the elemental forces of nature.

Whether you seek to cultivate a more feminine approach to yoga, enhance your self-care practices, or infuse more balance and stability into your life, this course provides a nurturing space to explore and expand. Through nature-based asana, elemental rituals, Ayurvedic self-care, Yoga Nidra, voice work, and eco-therapy, you'll delve into the transformative power of yoga and nature to replenish your soul and deepen your practice.

Join our supportive community of like-minded women, receive 50hrs towards your Yoga Alliance certification, and unlock the magic of yoga in harmony with the natural world.



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Nature

ELEMENTS

Immersing on the journey of the Roots, Elements & Nature course is like returning to our primal essence, where we rediscover the sacred dance between ourselves and the natural world. By immersing ourselves in the wisdom of the elements, we tap into the profound rhythms of nature, aligning our spirits with the heartbeat of the earth. This course nurtures our innate connection to our bodies, emotions, and feminine intuition, inviting us to bloom into our fullest potential as radiant beings in harmony with the divine flow of life.





Why join Roots, Elements & Nature?

Why should you join?

Joining this course isn't just about acquiring knowledge; it's about embarking on a sacred journey of self-discovery and empowerment. Through a nurturing blend of ancient wisdom and modern expertise, you'll delve into the essence of nature's elements, reconnecting with your inner strength and intuition. By immersing yourself in this transformative experience, you'll gain invaluable insights and tools to cultivate a deeper connection with yourself, others, and the natural world, empowering you to embody your true essence and inspire positive change.

Experts in the field

Led by esteemed experts in the field, our course offers a rare opportunity to learn from seasoned practitioners who bring decades of wisdom and experience to the table. Lorraine Taylor, Uma Dinsmore-Tuli, and Dominique Zuniga are not just teachers but passionate guides who are deeply committed to supporting women on their journey of healing and self-discovery. With their wealth of knowledge and heartfelt dedication, you'll be guided through a transformative learning experience that honors the sacred feminine within us all, empowering you to step into your full potential as a healer and leader in your community.



Benefits of this training

- Cultivate a more feminine approach to yoga.
- Deepen your knowledge and practice.
- Bring in more balance, stability and grounding in your life.
- Enhance a deeper connection with nature, yourself and your body.
- Know yourself more intimately.
- Gain more confidence in your vocal expression.
- Feel more alive and vibrant.
- Move at your own pace throughout the course without pressure or stress.
- Find a community of like minded women who love yoga.
- Receive 50hrs to put towards your 300HR Yoga Alliance Advanced Certification.
- Receive 50hr Continuing Education hours towards Yoga Alliance Continuing Education Provider (YACEP)





Easy to use Online Learning Platform

Our platform is interactive

We ensure that your online learning experience on our interactive online platform is engaging and not boring. Our user-friendly navigation, engaging video lectures, live yoga classes, and experiential somatic practices, offers a dynamic and educational space for profound transformation in trauma-informed yoga.

✔ *User-friendly*

✔ *Engaging*

✔ *Self Paced*

✔ *Online Support*



Your Investment

One time payment

50hr Online Roots, Elements & Nature

USD 550.00

Payment Schedule

50hr Online Roots, Elements & Nature

Monthly Payment: USD 200

Payment Duration: 3 months

Banking Details

Bank Name: Wise (USD Account)

Bank Address: 19 W 24th Street, New York, NY 10010, United States

Account Name: Lorraine Taylor

Inside the USA:

Routing Number: 084009519

Account Number: 9600000056022593

Outside the USA:

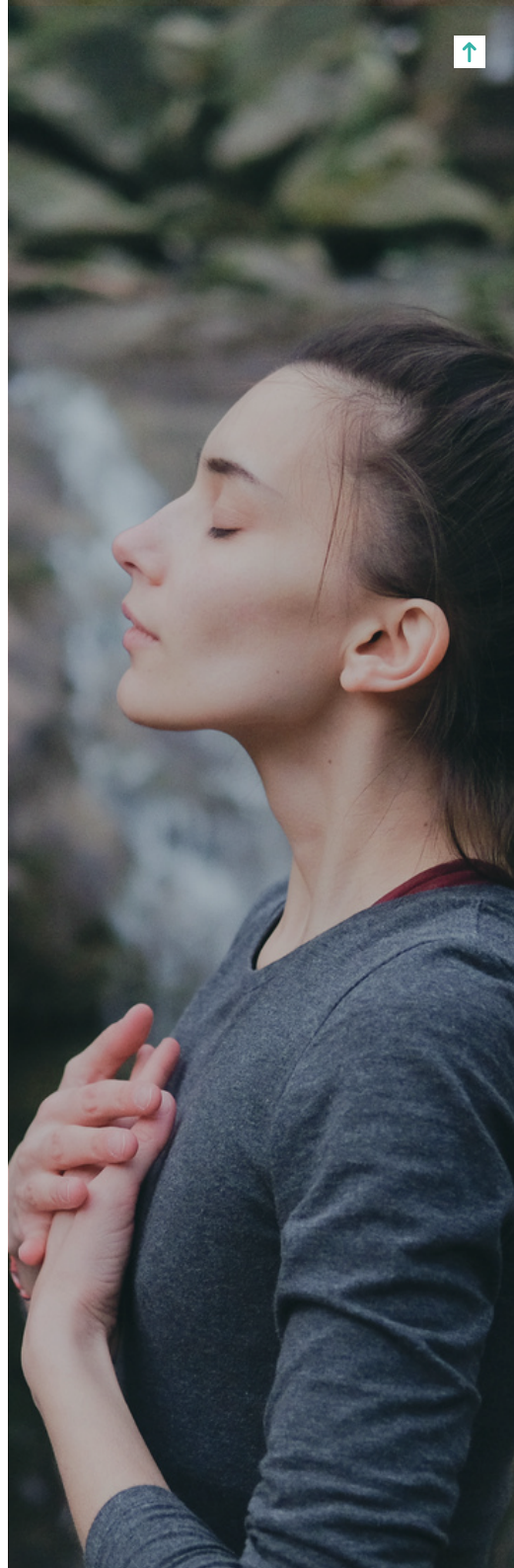
SWIFT/BIC: CMFGUS33

Account Number: 8311042636



Terms & conditions

- **Course Access:** Upon purchase, you will gain access to the course materials immediately. You will have unlimited access to the course content for the duration of the program.
- **Refund Policy:** Due to the nature of the self-paced online course, all purchases are final and non-refundable. Refunds will not be issued after the purchase has been made.
- **Course Completion:** The course must be completed within one year from the date of purchase. Failure to complete the course within this timeframe may result in forfeiture of access to the course materials.
- **Intellectual Property:** All course materials, including but not limited to videos, documents, and presentations, are the intellectual property of Lorraine Taylor Yoga. These materials are for personal use only and may not be reproduced, distributed, or shared without prior written consent from Lorraine Taylor Yoga.
- **Technical Requirements:** Participants are responsible for ensuring they have access to the necessary technology and internet connection required to access the course materials. Lorraine Taylor Yoga is not responsible for any technical issues or limitations experienced by the participant.







Lorraine Taylor Yoga

~ Feminine Path of Yoga ~

