



## Private Mentorship Program: Women's Yoga Teacher Training

**BESPOKE YOGA TEACHER TRAINING**  
Blended Learning: Online & In-Person







# The program designed to transform you



Online Sessions



Explore Your Body



Good Vibrations

Mentorship



Reconnect with yourself

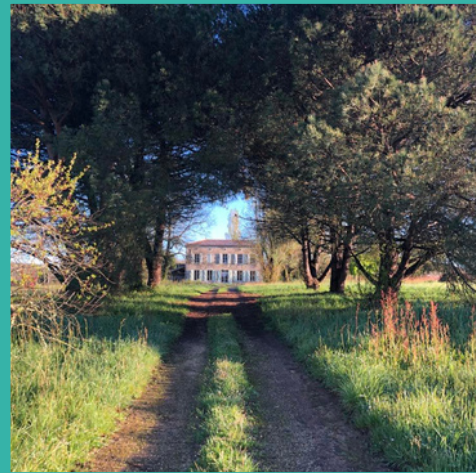




Bordeaux, French  
Countryside



Serene  
Country Retreat



Visit Sacred  
Monasteries

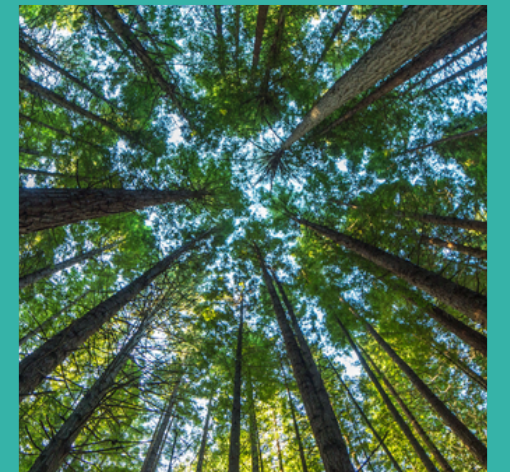


Start the morning  
with Sunrise Yoga

Ending with Sunset  
Meditation



Nature Walks





# *The* journey of yoga and mentorship

For many years, Lorraine Taylor Yoga has been dedicated to The Feminine Path training women to become empowered yoga teachers. In 2024, we unveil a transformative program uniquely crafted for those eager to delve more deeply into the true essence of yoga. This bespoke experience combines a 200-hour Women's Yoga Teacher Training online with a tailored three-day retreat in France to complete the program, all under the guidance of Lorraine herself.

The program offers a feminine approach to Ashtanga Vinyasa Yoga, Classical Pranayama, Yoga Nidra and the wonderful teachings of Traditional Tantra, supported by personalised mentorship throughout. This journey invites exploration of the tantric wisdom goddesses, mystical poetry & ancient texts plus voice work, chanting and singing. We will move from the esoteric realm of goddess rituals all the way to the very grounded and practical anatomy and alignment classes. All is included. From the human to the spiritual.

This program is more than an education; it's a transformation, designed to weave yoga's principles into your life's fabric. From your own space to our serene retreat, every moment is curated for your growth and emergence as a confident yogini.

Concluding this immersive experience, you'll have not only deepened your practice but also will feel confident in guiding others plus you will belong to a community of like-minded souls.

If you want to embark on this journey with us, and open your heart to the expansive possibilities of yoga, please reach out and we will tailor make a program for you with private mentorship.





# Course highlights

## Transformative Journey

Dive into a transformative yoga program led by Lorraine Taylor, combining online learning with a personalised retreat. Deepen your yoga practices, expand your personal growth and start to change your life through integration of the teachings.



## Ancient Text Exploration

Immerse yourself in yoga's rich traditions, from Tantra to ancient texts. Participate in meaningful rituals and connect with the divine feminine, enhancing your philosophical understanding and wisdom.



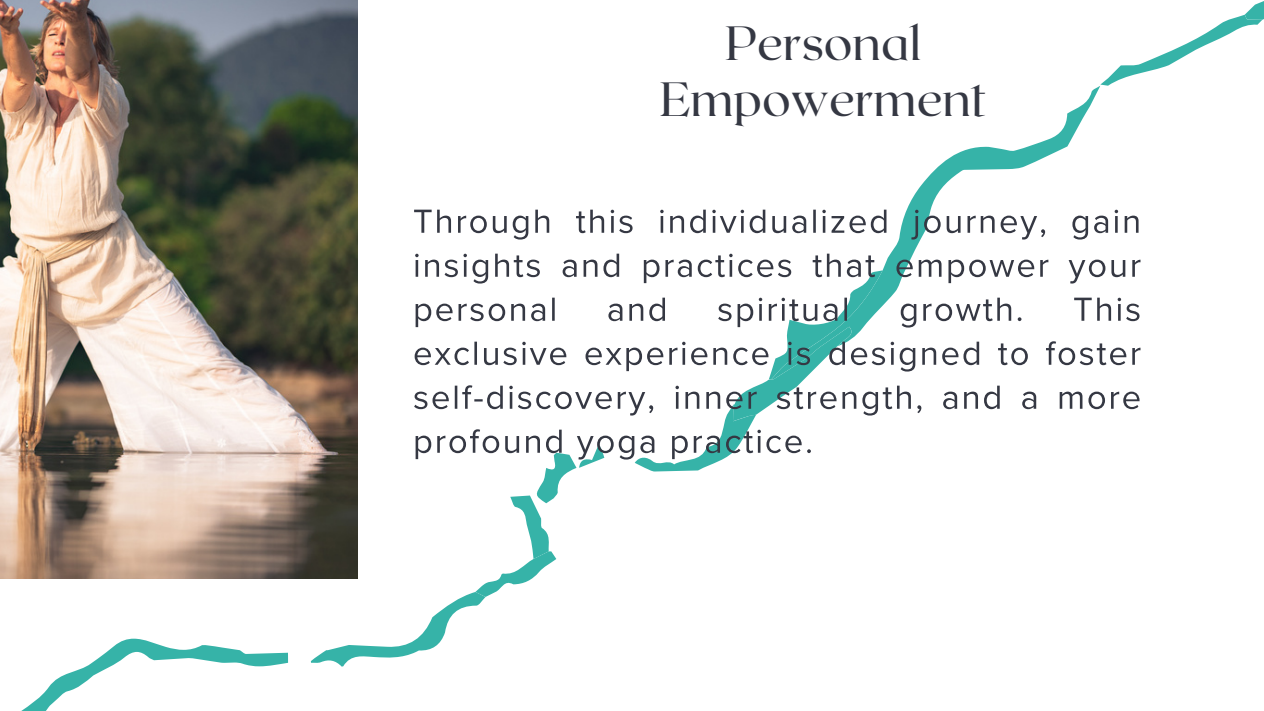
## Personalized Mentorship

At its core, our program offers one-on-one mentorship to guide you on your yoga journey. Receive support tailored to your needs, unlocking your potential and making yoga's transformative power uniquely yours.



## Personal Empowerment

Through this individualized journey, gain insights and practices that empower your personal and spiritual growth. This exclusive experience is designed to foster self-discovery, inner strength, and a more profound yoga practice.







## Premium Online Lessons

Immerse yourself in a tailored online learning experience with Lorraine Taylor, offering deep dives into yoga's core principles and practices. Every lesson is designed with your level of experience in mind, ensuring progression at your pace. These lessons extends beyond typical teachings, incorporating exclusive content and a feminine approach to develop you personally and professionally.



## Visit Ancient Monasteries

A highlight of the retreat is to spend time at one of the most famous monasteries nearby. These visits are more than tours; they're an immersive exploration into peace and contemplation, providing inspiration and a deeper sense of connection to the yogic path.



## Discover French Countryside

Your retreat unfolds in the breathtaking French countryside, a backdrop that promises not just serenity but a deep connection with nature. This experience is woven into your yoga practice, allowing the peaceful environment to enhance your spiritual journey and provide a unique, grounding experience amidst France's natural beauty.



## Your Experience is Our Priority

Your journey of transformation is the heart of our mission. Every aspect of the program, from personalized mentorship to curated content, is designed with your experience in mind. We prioritize creating a supportive, enriching environment that caters to your personal growth, spiritual exploration, and mastery of yoga.



# Your Exclusive Yoga Retreat Experience Details:



## Thursday

- Personalized welcome and settling in
- Introductory dinner outlining the retreat's focus.

## Friday

- Begin with a sunrise yoga session to awaken body and spirit.
- Enjoy a nourishing breakfast to give you vitality for the day.
- Connect with nature on a walk through the serene French countryside.
- Engage in a personal growth mentorship session with Lorraine, deepening your yoga practice.
- Enjoy a delicious homemade lunch with French delicacies.
- Afternoon Yoga Nidra for relaxation and mental clarity.
- Reflect and recharge with a break before the evening activities.
- Sunset meditation to embrace this magical time of day.
- Dinner with Lorraine, discussing the day's insights and experiences.

## Saturday

- Sunrise yoga to refine your practice and greet the new day.
- Healthy Breakfast
- Delve into the local culture with a visit to a local French market, guided by Lorraine.
- Delicious Lunch
- Afternoon mentorship session focusing on advanced yoga techniques and the art of touch.
- Practicum session to apply what you've learned in teaching methods.
- Sunset meditation to consolidate the day's learning.
- One-on-one dinner with Lorraine to reflect on your progress and experiences.

## Sunday

- Start with breakfast, followed by a spiritual day trip to Plum Village for meditation and the teachings of Thich Nhat Hanh.
- Vegetarian Lunch at the Monastery and eating meditation.
- Deep dive mentorship in the afternoon to focus on spiritual growth and yoga practice enhancement.
- Final practicum session to demonstrate teaching mastery and gather feedback.
- Sunset meditation as a closing ritual to the transformative journey.
- Final dinner with Lorraine to celebrate the retreat's completion and discuss future aspirations.

## Monday

- Morning yoga session
- Personalised closing ceremony to close our journey together
- Farewell lunch, marking the end of the retreat
- Warm farewells and transport arrangements for departure

*\*Itinerary subject to change.*





◀ Immerse yourself in the world of bespoke mentorship ▶





# Your Bespoke Online Yoga TTC Experience Details:



## Online Learning Materials

Upon enrollment, you will receive access to a downloadable course manual, a treasure trove of knowledge that complements the video lessons and live sessions, ensuring a holistic learning experience.

## Self Paced Online Immersion

Our innovative online platform provides a flexible, self-paced environment designed to fit your lifestyle and personal commitments. With high-quality pre-recorded video classes, live Zoom calls, and unparalleled one-to-one support, this course offers a comprehensive approach to yoga education.

## Our Curriculum

Our curriculum is a heartfelt invitation to explore the multifaceted world of yoga, embracing its ancient traditions and contemporary applications:

- **Deep Feminine Vinyasa:** Discover the power and grace of Ashtanga Vinyasa Yoga, tailored to the feminine form.
- **Classical Pranayama & Meditation:** Master breath control techniques and meditation practices for inner peace and clarity.
- **Traditional Tantra & Goddesses:** Dive into the sacred teachings of Tantra and the reverence of the divine feminine.
- **Ancient Wisdom Texts:** Uncover the timeless wisdom contained within yoga's foundational texts.
- **Bhakti Yoga:** Experience the devotion and heart-opening practices of Bhakti.
- **Mystical Poetry & Voice Work:** Express your inner truth through the beauty of poetry and the power of voice.
- **Women's Work, Circles & Rituals:** Join a supportive community of women in circles and rituals that celebrate our collective journey.
- **Trauma, Ethics & Business:** Navigate the ethical considerations of teaching yoga, with an emphasis on trauma-informed practices and the yoga business landscape.

## Program Details

Embark on a transformative journey with Lorraine Taylor and an esteemed team of guest teachers through our SACRED JOURNEYS INTO YOGA TTC. This 200-hour Women's Yoga Teacher Training, fully accredited by Yoga Alliance, offers both aspiring and advanced yoginis a unique opportunity to deepen their practice, understanding, and teaching of yoga from the comfort of their homes.

## Transformative Hybrid Retreat

Choosing this training is more than an educational decision; it's an act of self-love and empowerment. Immerse yourself in the transformative practice of yoga, enriching your life and preparing to share your insights with others. Whether you seek certification or wish to explore the depths of your yoga practice, this month-long online retreat promises growth, enlightenment, and the freedom to learn at your pace.

Join us on this sacred journey into yoga, and let the path of the yogini unfold before you.





< *Discover your own wisdom and empowerment* >







# Lorraine Taylor Yoga

*~ Feminine Path of Yoga ~*

