MOVE, BREATHE, TRANSFORM.

FIND YOUR FLOW, ***BECOME A TEACHER***

Everything you need to know
about our upcoming 200 hour
yoga teacher training

Start in October, but no later
than November 30th

Lead by
Elizabeth Ruff
LMT, E - RYT 500hr,
Advanced Soma Practitioner

Co-Lead by
Beatriz Farias
E - CYT 200hr
Owner & Instructor of
Bea You Yoga & Studio Bea

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MEET ELIZABETH

I have long devoted my life to reminding those around me of the healing powers of bodywork, breath and movement.. Before I focused on yoga and bodywork, I sought to better understand and seek connection with the natural world. To that end, I earned a Bachelors of Science in Natural Resources from Colorado State University and served as a Peace Corps Volunteer in the Philippines.

In 2003 I completed my first Massage and Reiki course at the Gate Key Institute of Mind-Body Therapy. I also completed my first yoga teacher training at Kalani on the Big Island of Hawaii. In Hawaii, I also finished trainings in Polarity Therapy and Thai massage. In the years since I have become an RYT E-500, which means I have over 500 hours of professional training, and served as a workshop and retreat leader. I have facilitated Yoga Teacher Trainings since 2014. Combined with additional extensive training at the Soma Institute of Neuromuscular Integration, I love to consider the whole person through the lines of fascia and the multi-faceted Yogic approach of the persons mind, body and spirit.

Today, I focus on a practice that helps people experience long lasting relief from pain and greater joy in life. I am co-owner of Shanti Center, a healing arts center in Bellingham, Washington. There, I engage in my Soma bodywork practice, mentor new practitioners and facilitate community outreach. I teach online at www.modernyogatribe.com, in person immersions and workshops in Sandpoint, ID.

As much as possible, I play with my two kids and partner outside, enjoying all the mountain biking, hiking and skiing that I can in Sandpoint, ID and Bellingham, WA.

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MEET BEA

Bea, a first-generation Latina and trailblazer in her family, discovered yoga in college while pursuing her Bachelor's degree in Marketing with a minor in International Business from Washington State University. Over the years, she explored various ventures, including a hair & makeup business, residential cleaning business, restaurants (from hostess, to waitress to a bartender), sales, and network marketing (NWM), which taught her invaluable lessons in goal-setting, overcoming limiting beliefs, and business excellence. As a coach and mentor in NWM with over 10 years of experience, Bea empowered singles and couples to reach their full potential.

In 2021, she transitioned to small business coaching. Still missing a sense of purpose, she embarked in a 200-hour Soma Flow Yoga Teacher Training with Elizabeth Ruff. This pivotal experience deepened her practice, revealed her true calling, and inspired her to open Bea You Yoga.

Her goal is to provide a warm and welcoming space where beginners can comfortably explore yoga and advanced students can deepen their practice.

When not building her business or leading classes, Bea cherishes time with her daughter Eleanor and loved ones.

www.reallygreatsite.com | @reallygreatsite

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THE TRAINING

Soma Flow Academy is a Registered Yoga School with the internationally recognized Yoga Alliance. The curriculum you experience will meet (and exceed!) the standards set forth for a Registered Yoga Teacher 200hr certification. Once you complete the program, you will need to present your certification of completion and register directly with the Yoga Alliance.

Soma Flow Yoga Teacher training utilizes dynamic fascial anatomy of the Structural Integration series (Rolfing® & Soma SI®), yoga psychology & somatic embodiment techniques. This training teaches you how to be a skillful facilitator for groups, private, series & workshops.

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THE HOURS

- **108 Hours Immersive Training**

Four 3-day weekends in November, January, February, and April.
Friday–Sunday, 8am–6pm each weekend.
Deep study of asana, anatomy, philosophy, energetics, sequencing, meditation, and the art of holding space.

- **50 Hours Guided Practice**

Attend public classes, workshops, or follow provided home sequences. You learn to teach by embodying the practice first.
Tracked via class log.

- **8 Hours Yoga + Ayurvedic Cleanse:**

Required seasonal reset with Jared in October ***OR*** March. Learn to apply yoga and Ayurveda off the mat for cleansing, digestion, and rhythm.

- **16 Hours Mentorship + Community Calls**

Weekly 1-hour live calls January–April for Q&A, accountability, teaching support, and sangha. Calls are recorded if you must miss.

- **15 Hours Self-Study + Integration**

Required reading, journaling, sequencing assignments, and reflection between modules. Estimated 1–2 hrs/week.

- **10 Hours Practicum**

Sequence, promote, and teach 2 full live classes to your community. Receive written + verbal feedback from lead trainers to refine your voice.

Total: 207 Hours – Exceeds Yoga Alliance 200-Hour Standards

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WHO IS THIS FOR?

ONE TRAINING. TWO PATHS. YOUR CHOICE.

Track 1: The Deepening Path
You're here for you. You want to understand alignment, philosophy, and anatomy so your personal practice feels informed, safe, and sustainable. You may never teach a public class, and that's perfect. You'll leave with a home practice and a deeper relationship to yoga.

Track 2: The Teaching Path
You feel called to share. You'll learn sequencing, cueing, theming, hands-on assists, and how to hold space for all bodies. You'll practice teach, get feedback, and graduate with the confidence to lead. You'll also get the business tools to actually make teaching work.

Everyone Together: We train together because teachers need deep practitioners, and practitioners benefit from learning to articulate what they feel. You choose your path. We support both.

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YOU'LL GRADUATE ABLE TO:

- Read bodies using anatomy + energetics to teach safely and inclusively
- Hold space that feels artful, grounded, and healing for your students
- Sequence classes with confidence, creativity, and skill
- Lead from your heart center with an authentic, embodied voice
- Operate ethically as a yoga professional committed to inclusion
- Grow your yoga business by honoring your own hero's journey
- Stay resourced with tools to prevent burnout while you serve
- Serve the world by sharing healing and love from overflow, not depletion
- This is a deep dive into asana, anatomy, philosophy, breath, meditation, and the art of holding space.

Expect to get stronger, clearer, and more confident in your own skin.

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WHAT'S INCLUDED:

- **October - March (6 Months)**
  - Ayurveda Cleanse with Jared in October ($197)
  - Unlimited Monthly Class Pass + One Guest Pass per month for BYY: $99mo x 6mo = $594
  - Unlimited Online Modern Yoga Connection (4 weekly live classes and hundreds of videos to watch): $44mo x 6 mo = $264
- **November - April (6 Months)**
  - Ayurveda Cleanse with Jared in March ($197)
  - Unlimited Monthly Class Pass + One Guest Pass per month for BYY: $99mo x 6mo = $594
  - Unlimited Online Modern Yoga Connection (4 weekly live classes and hundreds of videos to watch): $44mo x 6 mo = $264

Total included for 6 months: $1055

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4 WEEKEND IMMERSIONS & LIVE CALLS

Friday - Sunday
8am-6pm

December 4th - 6th
January 29th - 31st
February 26th - 28th
April 23rd - 25th

Weekly Live Calls
Jan - April
Tuesdays at 8pm (recorded)

December 4th - 6th , 2026
8a-6p

Earth & Water – Foundation & Flow

- **Earth:** Ground into the physical body with anatomy of muscles, bones, and joints. Learn the structural foundations that keep students safe and strong.
- **Water:** Explore fluidity through the foundations of sequencing and the emotional/energetic body. Includes an overview of the chakra system with deep dives into the Root and Sacral chakras.

In this weekend you'll:

- Study functional anatomy of muscles, bones, and joints
- Learn the foundations of intelligent, safe sequencing
- Understand the chakra system with focus on Muladhara and Svadhisthana
- Workshop forward folds and backbends – alignment, energetics, and teaching tools
- Begin the Yamas as the ethical roots of your practice and teaching

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January 29th - 31st , 2027
8a-6p

Fire & Air – Power & Expansion

- **Fire:** Ignite your understanding of transformation. Study the anatomy of breath, circulation, lymph, and digestion – the systems that fuel, cleanse, and energize the body.
- **Air:** Explore expansion and connection. Dive into the third and fourth chakras – Manipura and Anahata – the centers of power, will, and the heart.

In this weekend you'll:

- Study the anatomy of breath, circulation, lymphatic system, and digestion
- Learn how prana and inner fire support physical + energetic health
- Explore the chakra system with focus on Solar Plexus and Heart chakras
- Workshop twists and lateral bends – detox, space, and spinal mobility
- Practice the Niyamas as the inner disciplines that fuel your growth

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February 26th - 28th , 2027
8a-6p

Ether & third eye – Space & Insight

- **Ether:** Enter the subtle. Explore the Koshas – the five layers of being – and learn to teach from beyond just the physical body. Create space in your sequencing, cueing, and presence.
- **Third Eye:** Awaken intuition and clarity. Deep dive into Ajna chakra, the seat of insight, perception, and inner knowing.

In this weekend you'll:

- Study the Koshas as a map of the physical, energetic, mental, wisdom, and bliss bodies
- Explore Ether as space – in the body, the breath, and the classroom
- Understand the Third Eye chakra and how to teach toward clarity and intuition
- Workshop inversions – alignment, energetics, fear, and teaching tools for going upside down
- Examine the Kleshas – the mental afflictions that cloud perception – and how yoga dissolves them

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April 23rd - 25th , 2027
8a-6p

Crown – Integration & Emergence

- **Crown:** Arrive at unity. Explore Sahasrara chakra – the seat of connection, purpose, and pure awareness. This is where practice becomes service and student becomes teacher.
- **Integration:** Weave it all together. Deep study of the Yoga Sutras as the philosophical backbone of your teaching. Establish a personal meditation practice to stay resourced.

In this weekend you'll:

- Explore the Crown chakra and the experience of interconnectedness
- Study key Yoga Sutras – learn to teach from source texts, not just scripts
- Develop and commit to a sustainable meditation practice
- Step into practice teaching with feedback, mentorship, and support
- Celebrate graduation and your emergence as a teacher or deeply rooted practitioner

You'll leave certified, clear, and ready to share yoga from your own lived experience.

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Ayurvedic Cleanse with Jared October OR March

Sundays | 4p - 6p | with Jared McKenzie

This isn't a diet. It's a reset.
4 weeks with Jared to clear what's heavy and rebuild what's vital.

Week 0: We meet on Zoom to prep (Sept, 27th | 6pm
Week 1: Breath – We eliminate CATS: Caffeine, Alcohol, Tobacco, Sugar starting Monday. You'll learn pranayama, yoga + meditation specifically for cleansing.
Week 2: Grounding – Foundations of Ayurveda, discover your dosha, and learn to live in balance. We remove processed foods.
Week 3: Core – Cleanse week. Nonviolent communication, nourishing the body, detoxing your life, and building strength + vitality.
Week 4: Reintegration– Sharing circle, build your sankalpa, and close with Yoga Nidra + Sound Bath.

Included: Homemade ghee, Living Ayurveda Workbook, daily pranayama/yoga/meditation recordings, and yoga flows for each dosha.

Your body knows how to heal. This gives it space.

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INVESTMENT

Tuition
Pay in full and save! $2500

Before October 1st - Non-Refundable Deposit: $500
If you start November 1st - deposit due then

Early Bird for the first 3 who sign up! Save $300 (total: $2700)
Payment plans:

- 4 payments of $550 (Jan- April)
- 5 payments of $440 (Dec - April)

Before November 1st : $3000
Payment plans:

- 4 payments of $625 (Dec - March)
- 5 payments of $500 (Dec - April)

Between November 20th - 30th : $3300
Non Refundable Deposit: 500
Payment plans:

- 3 payments of $1100 (Jan - March)
- 6 payments of $550 (Nov - April)

Final payment due by April 30th

Contact with Bea if you have needs for an alternative payment schedule.

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OUT OF POCKET COSTS:

- Required reading: Heart of Yoga by Desikachar and Yoga & Ayurveda by David Frawley
- Optional reading: Yogabody by Judith Hanson Lasater and Yoga, Fascia, Anatomy and Movement by Joanne Avison
- Transportation, food and accommodations for immersions

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