

Get Barred!

GET BARRE CERTIFIED

BARRED & BANNED  
FUSE METHOD

NAKED TRUTH YOGA INC.

**2022 DATES**

BECOME A  
BARRE  
INSTRUCTOR  
WITH NAKED  
TRUTH YOGA  
INC.

We are a FULLY REGISTERED  
COURSE WITH YOGA ALLIANCE-  
- WHICH IS INTERNATIONALLY  
RECOGNIZED.

Naked Truth Yoga Inc.® is the first and only Yoga College covering Safe Transfers© in the heat. Students will be certified to teach both in and out of a heated environment with all the tools to facilitate safe, fun and effective Barred & Band classes. The Naked Truth Yoga Inc.® Method will enable you to teach barre safely with special focus on alignment and functional movement, along with the learnings and understandings of ballet, yoga and fuse foundation in any yoga studio worldwide, allowing you to pursue your passion and make a professional career. We will dive into effective teaching methods, designed to give you the tools to provide an intense and conscious class. This is not just a course, it is a training where each student will be supported, challenged, engaged and respected.

In our one-of-a-kind Barred & Banned Teacher Training, you will learn our methodology that is rooted in the highest level of barre, fuse education and skill set. Giving you an in-depth understanding of foundation of ballet, alignment and Fuse Methodology.

We at Naked Truth Yoga Inc.® believe that continuing education is a mandatory component of success, thus we encourage all graduates to return to future trainings, free of charge, to stay current in methods and practice.

**ALWAYS  
WITH  
PASSION**



# OXYGEN

## YOGA TEACHER TRAINING

POWERED BY  
NITY  
NAKED TRUTH YOGA INC.

### HOW IT WORKS

Our Barred and Banned Virtual training will be delivered via Thinkific, an online platform which will include all training lessons, information, private group communication chat, ability to book time with our lead instructors, tools & templates and Zoom meetings. The Training will be presented in 3 modules. These modules will include reading materials and short videos. You will have one week to complete each module and at the end of each week we will host 3 hour Zoom meetings which include practise session. For our virtual training, we understand that everyone learns differently. We are using a multimedia approach to learning that includes written, audio, and video lectures, assignments, online quizzes, regular live zoom meetings with the lead trainers, and more.

### Zoom Training Dates

Monday May 9th, 2022 5:00pm - 6:00pm Pacific Time  
Sunday May 15th, 2022 9:00am - 12:00pm Pacific Time  
Sunday May 22nd, 2022 9:00am - 12:00pm Pacific Time  
Sunday May 29th, 2022 9:00am - 12:00pm Pacific Time  
Addition practice session optional TBA

"THE  
SECRET  
OF  
GETTING  
AHEAD IS  
GETTING  
STARTED"

-Mark Twain