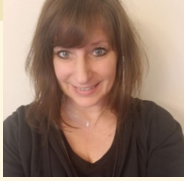


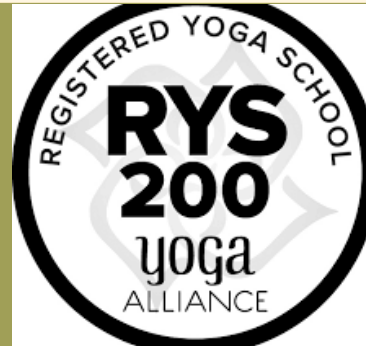
## Director



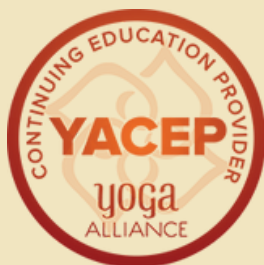
**Kimberly Murphy**

E-RYT-500, C-IAYT, BLS,  
Y12SR, YACEP

Kimberly is an Experience Yoga Teacher at the 500-hr. level, Certified Yoga Therapist, Brain Longevity Specialist, Certified Yoga for 12 Step Recovery Facilitator, and 200-hr & Restorative Yoga Program Director for the Pranakriya School of Yoga Healing Arts. Kim has been teaching yoga since 1997 and is a trainer for both beginning students and teachers as well as advanced practitioners and teachers. She currently owns Crofton Yoga where she teaches public classes, workshops, retreats, and private yoga therapy sessions. Kim believes that yoga is a practice that can benefit everyone. Her teaching encourages students to be kind and compassionate towards themselves and to use the practice as a tool for self-discovery. Kim specialized in teaching yoga for chronic pain, active aging, stress management, and recovery.



2431 Crofton Lane Suite 11  
Crofton, MD 21114



### Contact Us

📞 410.451.1625

🔍 [www.croftonyoga.com](http://www.croftonyoga.com)

✉️ [croftonyoga2431@gmail.com](mailto:croftonyoga2431@gmail.com)



## PRANAKRIYA 200 HOUR REGISTERED YOGA TEACHER TRAINING

2023-2024

Crofton Yoga  
410.451.1625  
2431 Crofton Lane Ste. 11  
Crofton, MD 21114

[www.croftonyoga.com](http://www.croftonyoga.com)



## 200-hour Yoga Teacher Training

This comprehensive program is one of the most solidly grounded, transformational, and logically structured yoga teacher training programs in the United States. Our program trains teachers who have a love for yoga born out of practice and experience. Our goal is to skillfully encourage personal reflection regarding physical, mental, and emotional aspects inherent in each pose, pranayama, and meditation, helping students recognize that what is discovered on the mat can be used in everyday living.

Our program is steeped in the Tantric Hatha Yoga Philosophy but is also created from adult learning models. We thread together asana, anatomy, pranayama, meditation, philosophy, relaxation, observation, and hands-on assisting as well as reading and working with groups and individuals.



The training is taught over nine intensive weekends, and class size is limited to 24 students in order to provide individual attention to each participant. This format supports students having time to integrate the material, complete homework, and prepare for assigned practice-teach sessions.

In the first half of the program, students learn effective methodologies for teaching postures, pranayama, and centering. Students also learn about the history and philosophy of the Tantra Hatha Yoga tradition.

In the second half of the program, students learn to design and lead three kinds of classes: a vinyasa workout class, a meditative posture class, and a gentle yoga class. Pranakriya graduates have a deep understanding of the teachings of yoga and are prepared to teach in a variety of settings including yoga studios, gyms, and online.

## 2023-2024 Dates

September 8-10, 2023  
October 13-15, 2023  
November 10-12, 2023  
December 1-3, 2023  
January 12-14, 2024  
February 9-11, 2024  
March 8-10, 2024  
April 12-14, 2024  
May 17-19, 2024

Hold for make-up session: June 7-9, 2024

## How Do I Register?

Go to <https://pranakriya.com/crofton-ytt-2023>  
Submit application along with \$50 application fee or call Crofton Yoga at 410.451.1625 or e-mail us: [croftonyoga2431@gmail.com](mailto:croftonyoga2431@gmail.com)

## Investment/Payment/Refund Policy

Early Bird 1 (Dec. 1, 2022 - May 19, 2023): \$2800  
Early Bird 2 (May 19, 2023 - July 7, 2023): \$2900  
Full Rate (July 8, 2023 - Aug. 25, 2023): \$3100  
+ Materials Fee: \$170 (includes manual, homework journal, and access to YTT-only resources via Pranakriya's website)  
Payment plans available. Contact Crofton Yoga or Pranakriya for more details.  
[For cancellations, Refunds, and Missed Sessions see https://pranakriya.com/crofton-ytt-2023 for full details.](https://pranakriya.com/crofton-ytt-2023)

## Eligibility & Requirement

- At least two years of yoga practice (at least six months of classes with a certified instructor).
- The ability to demonstrate an experiential understanding of yoga practice and its benefits.
- Able to use technology to view videos, complete homework, film at-home practice, and communicate with the instructor and group (training provided).

The Pranakriya Basic 200-hour Yoga Teacher Training is registered with Yoga Alliance (YA) and meets or exceeds all of Yoga Alliance's requirements for 200-hour teacher training programs.

Questions?

Contact: [croftonyoga2431@gmail.com](mailto:croftonyoga2431@gmail.com) or [info@pranakriya.com](mailto:info@pranakriya.com)