



Port Warwick  
101 Herman Melville Ave.  
Newport News  
757.675-9077  
[zenyayoga.com](http://zenyayoga.com)

## Barre Fusion Teacher Training Course Catalog

### MISSION

Zenya Yoga Academy is committed to present a firm foundation for those who have the desire to teach and those looking to deepen their personal study and understanding of Barre Fusion. Passionate about strength, empowerment & teaching, we pride ourselves in offering an educational experience that informs, inspires and nurtures students to practice and teach from a place of confidence, balance and inspiration.

### STYLE

Barre-Fusion blends basic ballet and dance principles with the core strengthening techniques of yoga and Pilates to stretch, tone, and lengthen muscles. Most of the class is performed on the barre or “bar”, hence the name, and accompanied by light weights and props for a total body workout. It’s a great way to build core strength, tone & sculpt the arms, butt and legs all while destressing and centering your mind for a new day!

*“The best life is one that  
keeps you on your toes.”*



Do you love fitness, yoga or spirituality? Have you ever thought about deepening your practice or becoming an instructor? Begin the journey of a lifetime at our Barre Fusion Teacher Training Program.

We offer a 12-Hour Weekend Teacher Training program, great for students of all levels and abilities including beginners and advanced practitioners, just bring your passion and your willingness to learn!

Whether you seek to deepen your personal knowledge or to learn the art of teaching with confidence, integrity and grace, this program and its teachers provide the sacred space, wisdom, and support necessary for you to blossom and grow along your own unique path.

#### **Weekend Program-**

**Location:** Zenya Yoga Academy

Port Warwick- 101 Herman Melville Ave. Newport News, VA 23606

**Website:** [www.zenyayogaacademy.com](http://www.zenyayogaacademy.com)

**Contact:** Cortney Cunningham [healthychoices@cox.net](mailto:healthychoices@cox.net) or 757-675-9077

**Program Director:** Lara Frazier

**Tuition:** \$599

**Early Bird Tuition: \$499 if paid in full 60 days prior to training weekend**

#### **Class Schedule:**

- Saturday 10:00AM-4:00PM
- Sunday 8:00AM-2:00PM

\*Class size is limited to 15 students- Early registration is recommended.

If you have a passion for fitness and are considering a rewarding and purposeful career as a Barre Fusion Instructor, I would be happy to give you more information and answer all of your questions about the program.

Please call me at 757-675-9077 or email [healthychoices@cox.net](mailto:healthychoices@cox.net)

Namaste` *Cortney Cunningham*