



About This Training

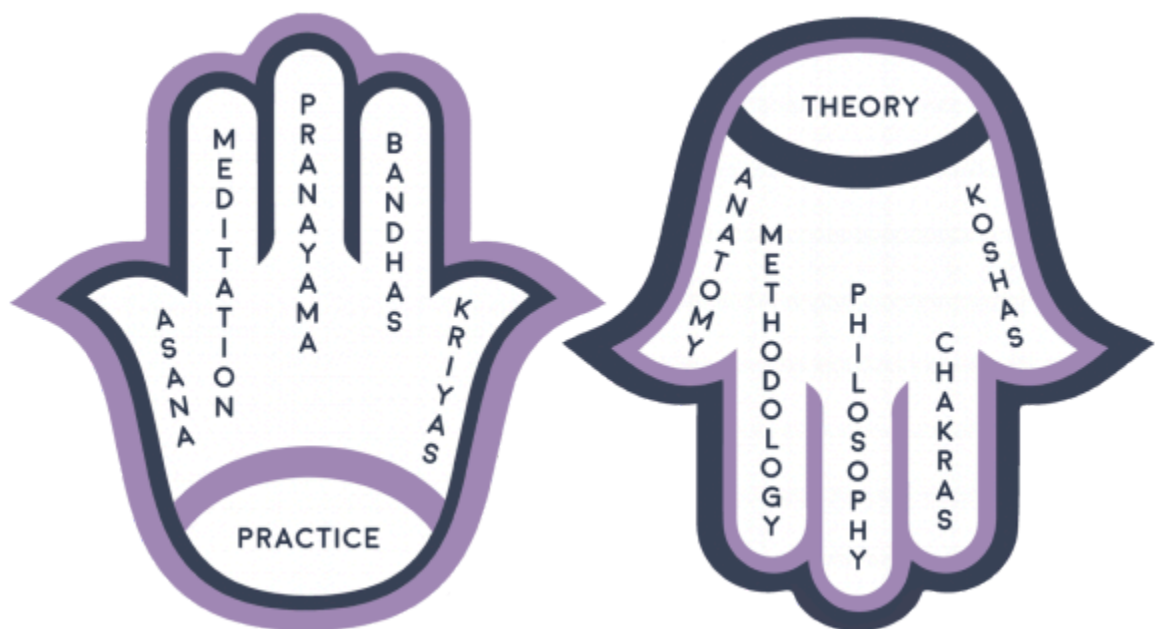
- A robust and comprehensive Yoga Alliance registered teacher training that will teach you to safely and confidently create and teach hatha and vinyasa style yoga classes.
- This program is the perfect platform for nourishing your love of yoga and setting a strong foundation for a professional yoga career.
- Created in partnership with an experienced instructional designer and colleague, this program is professionally crafted to put the student at the center and deliver maximum experiential & educational impact.

You will:

- Learn a teaching methodology that sets a solid foundation for both your yoga practice and teaching,
- Gain a firm understanding of anatomy and its practical application to asana so that you can practice and teach with greater confidence and skill,
- Learn the art of peak pose sequencing, which will empower you to develop safe, smart and creative class sequences,
- Deepen your own mental well being by learning to practice and teach key meditation and pranayama techniques,
- Gain a clear understanding of yoga history and the real-world application of key philosophical texts,
- Learn about the subtle body systems, such as the koshas, chakras and vayus,
- Participate in practices, asana labs, practice teaching, and structured practicums that will radically deepen your personal practice and elevate your teaching,
- Connect with a community of like minded yogis to nourish your passion and dive into your personal growth.
- Explore new ways to shift & deepen your practice to help support your desire to teach yoga or to pursue your studies and practice of Yoga.

Additional Points:

- This program is perfect for those looking to dive into their passion, as well as those who wish to teach.
- For any level of practitioner; you don't have to be flexible or able to do fancy, advanced or complex poses to take the training. Your personal practice will deepen at the pace that works for you.



Typical Daily Schedule (Sample)

***Subject to change depending on location & starting times**

Also note that curriculum requirements include more tenets to cover and may shift the afternoon layout).

- 8:00-8:30: Opening Session (Morning meditation + theme of day, etc)
- 8:30-9:30: Anatomy
- 9:30-11:30: Yoga Asana Practice
- 11:30-12:30: Lunch
- 12:30-1:30: Practice review and sequencing, Q's + insights
- 1:30-2:30: Asana Lab exploration
- 2:30-3:30: Practice teaching skills and lab
- 3:30-4:30: Yoga philosophy
- 4:30-5:00: Q&A and Closing

