



Description - 200 hour Program - RYT200

We offer In-Person, Virtual, and Hybrid options. (Please note that for the Virtual and Hybrid options you will need a computer with webcam, a reliable high-speed internet connection, a private space where you won't be interrupted, and enough space for you to be seen on your Yoga mat while practicing)

You choose how to complete your training:

- In-Person
- Virtually (100% online live ZOOM sessions)
- Hybrid (Combination online live ZOOM sessions/In-Person)

Become part of a community, creating new authentic friendships, deepening your spiritual knowledge, and sharing your knowledge and passion with others. We'll explore the Yogic lifestyle of mind-body health. *If you're looking for an amazing transformational journey, this is it!*

Graduates consistently comment on the professional, friendly, experienced, and caring approach of our faculty. We have created a safe, welcoming space helping students feel comfortable practice teaching and embarking on this personal journey.

The style of Yoga we teach is Mindful Eclectic Hatha: Drawing on a broad and diverse range of Yoga poses and breathing & meditation techniques, we learn to create and adapt a safe and balanced practice to share with others.

There are reading assignments, online quizzes, and online learning tools.

We follow the Yoga Alliance curriculum of:

- Techniques, Training and Practice
- Anatomy & Physiology
- Yoga Humanities
- Professional Essentials

Program features:

- Graduate from a Yoga Alliance Registered Yoga School
- Yoga Alliance standards are a measure of professional education and experience in the yoga teaching community
- Yoga Alliance is a globally-recognized symbol of standards-based knowledge in the field of yoga
- Knowledgeable instruction and training focusing on competent, safe instruction and rigorous standards
- Small group where individualized attention is the key to learning
- Learn how to share Yoga safely with folks of all ages and abilities
- We've been training Yoga teachers since 2006

The training is a well rounded mix of Yoga postures, routines, sequencing, and alignment principles. Yoga history, philosophy, breathing techniques, relaxation techniques, meditation training, and Sanskrit mantras. Anatomy, systems of the body as they relate to Yoga practice, and biomechanics. Practice teaching, ethics, code of conduct, and self reflection.

We'll meet you where you're at and offer you the opportunity to tap into the power within yourself. You'll explore the Yogic lifestyle of mind-body health and learn to cultivate inner peace and self acceptance. Yoga is so much more than just physical practice. You'll gain an understanding of movement and breath and about life-changing breathing and mindfulness techniques - and a calmer way to manage every aspect of your life.

Yoga makes people happier and healthier so you'll help to make the world a better place. We'll help you find your voice and gain the self confidence in your ability to lead a Yoga class.

Learn how to teach Yoga, not just how to "do" Yoga. Combine ancient teachings with modern techniques. There is a small self study component to the program required for certification. This is not a program where you learn really hard Yoga postures. You learn about Yoga and how to teach Yoga. We will teach you how to open your own Yoga business or studio and market it. If you are concerned about not being flexible, strong enough, etc., do not worry. Yoga is not about flexibility. It is about the breath and the mind. We offer a supportive, SAFE, comfortable environment.

There are reading assignments, online quizzes, and online learning tools.