



Description - 300 hour Program - RYT500

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. *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 grow their personal practice, deepen their knowledge and expand their teaching skills.

The style of Yoga we teach is Mindful Eclectic Hatha. Drawing on a broad and diverse range of Yoga poses and breathing & meditation techniques.

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
- We've been training Yoga teachers since 2006
- Anatomy for Asana - in depth study of poses with advanced, precise cuing to refine your teaching and your personal experience for more effective results
- Ayurveda - learn to enhance overall vitality and balance with a holistic approach for mind, body & spirit
- Chakras - a systematic and pragmatic approach via Kundalini Tantra Chakra Sadhana and Bhuta Shuddhi
- Yoga Philosophy - Yoga Sutras, Bhagavad Gita & The Upanishads - connecting the dots and putting it into action
- Mantra - Sanskrit phrases used for meditation
- Meditation - the most powerful and practical tools for allowing your spirit to blossom by practicing and learning to teach meditation
- Focus Classes - learn to teach Private Clients, Restorative Yoga, Senior/Chair Yoga, Gentle Yoga, Yin, The Runner's Advantage, and Trauma Sensitive classes
- Sanskrit - the language of Yoga bridging the known and the unknown worlds - we'll cover the alphabet, posture names, pronunciation and more
- Pranayama - advanced techniques to enhance your meditation practice
- Personal practice - learn the secret to a consistent, effective home practice
- The Yogic Arts & Yoga as Self Care - learn how & why rest and good breathing are the foundation for all healing - practice and learn to teach Yoga Nidra
- The Business of Yoga, Ethics, Practicum and more