



200-HOUR YOGA TEACHER TRAINING

Foundations of Teaching and Self-Study

YOUR TRAINING JOURNEY | JANUARY 7 - MAY 30, 2027

JANUARY | THE PRACTICE OF YOGA

Foundations, personal practice & self-study

What is Yoga • Eight Limbs • Yamas & Niyamas • Asana as awareness • Breath & pranayama • Meditation • Mantra, chanting & mudra • Principles of practice

Thu Jan 7	5:30-7:00 PM	IN STUDIO - REQUIRED
Sat Jan 9	12:00-4:00 PM	IN STUDIO - REQUIRED
Sun Jan 10	12:30-3:30 PM	IN STUDIO - REQUIRED
Thu Jan 14	5:30-7:30 PM	ZOOM - REQUIRED
Sat Jan 16	9:00-10:30 AM & 12:00-4:00 PM	HYBRID - IN STUDIO OR ZOOM
Sun Jan 17	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Jan 21	5:30-7:30 PM	ZOOM - REQUIRED
Sat Jan 23	12:00-4:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Jan 24	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Jan 28	5:30-7:30 PM	ZOOM - REQUIRED
Sat Jan 30	9:00-10:30 AM & 12:00-4:00 PM	IN STUDIO - REQUIRED
Sun Jan 31	11:00 AM-2:30 PM	IN STUDIO - REQUIRED

FEBRUARY | THE ART OF ASANA

Movement, observation & beginning to teach

Asana families • Foundation & alignment • Props • Restorative yoga • Observation • Repetition • Beginning teaching skills

Thu Feb 4	5:30-7:30 PM	ZOOM - REQUIRED
Sat Feb 6	9:00-10:30 AM & 12:00-3:30 PM	IN STUDIO - REQUIRED
Sun Feb 7	12:00-3:00 PM	IN STUDIO - REQUIRED
Thu Feb 11	5:30-7:30 PM	ZOOM - REQUIRED
Sat Feb 13	12:00-4:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Feb 14	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Feb 18	5:30-7:30 PM	ZOOM - REQUIRED
Sat Feb 20	9:00-10:30 AM & 12:00-3:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Feb 21	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Feb 25	5:30-7:30 PM	ZOOM - REQUIRED
Sat Feb 27	12:00-3:00 PM	HYBRID - IN STUDIO OR ZOOM
Sun Feb 28	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM



MARCH | UNDERSTANDING THE BODY

Anatomy, biomechanics & observation

Functional anatomy • Biomechanics • Feet & foundation • Knees • Hips • Spine • Shoulders • Movement patterns • Contraindications • Rope work

Thu Mar 4	5:30-7:30 PM	ZOOM - REQUIRED
Sat Mar 6	9:00-10:30 AM & 12:00-3:30 PM	IN STUDIO - REQUIRED
Sun Mar 7	12:00-3:00 PM	IN STUDIO - REQUIRED
Thu Mar 11	5:30-7:30 PM	ZOOM - REQUIRED
Sat Mar 13	12:00-4:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Mar 14	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Mar 18	5:30-7:30 PM	ZOOM - REQUIRED
Sat Mar 20	9:00-10:30 AM & 12:00-3:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Mar 21	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Mar 25	5:30-7:30 PM	ZOOM - REQUIRED
Sat Mar 27	12:00-3:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Mar 28	OFF - Easter	OFF

APRIL | THE ART OF TEACHING

From observation to application

Applying observation • Demonstration • Clear instructions • Sequencing • Props • Adjustments • Practice teaching • Feedback

Thu Apr 1	5:30-7:30 PM	ZOOM - REQUIRED
Sat Apr 3	9:00-10:30 AM & 12:00-3:30 PM	IN STUDIO - REQUIRED
Sun Apr 4	12:00-3:00 PM	IN STUDIO - REQUIRED
Thu Apr 8	5:30-7:30 PM	ZOOM - REQUIRED
Sat Apr 10	12:00-4:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Apr 11	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Apr 15	5:30-7:30 PM	ZOOM - REQUIRED
Sat Apr 17	9:00-10:30 AM & 12:00-3:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Apr 18	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Apr 22	5:30-7:30 PM	ZOOM - REQUIRED
Sat Apr 24	12:00-4:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun Apr 25	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu Apr 29	5:30-7:30 PM	ZOOM - REQUIRED



MAY | BECOMING A TEACHER

Integration, practicum & professional practice

Teaching practice • Sequencing • Review & repetition • Professional development • Assessment • Reflection • Integration • Graduation

Sat May 1	9:00-10:30 AM & 12:00-3:30 PM	IN STUDIO - REQUIRED
Sun May 2	12:00-3:00 PM	IN STUDIO - REQUIRED
Thu May 6	5:30-7:30 PM	ZOOM - REQUIRED
Sat May 8	12:00-4:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun May 9	OFF - Mother's Day	OFF
Thu May 13	5:30-7:30 PM	ZOOM - REQUIRED
Sat May 15	12:00-4:30 PM	HYBRID - IN STUDIO OR ZOOM
Sun May 16	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu May 20	5:30-7:30 PM	ZOOM - REQUIRED
Sat May 22	12:00-4:00 PM	HYBRID - IN STUDIO OR ZOOM
Sun May 23	11:00 AM-2:30 PM	HYBRID - IN STUDIO OR ZOOM
Thu May 27	5:30-7:30 PM	IN STUDIO - REQUIRED
Sat May 29	12:00-4:00 PM	IN STUDIO - REQUIRED
Sun May 30	11:00 AM-1:00 PM	IN STUDIO - REQUIRED / GRADUATION

REQUIRED PROPS FOR ZOOM & HYBRID SESSIONS

Yoga chair • 3 blocks • 1 bolster • minimum of 3 blankets • access to a clear wall space

TRAINING FORMAT

Sessions are designated as In Studio - Required, Zoom - Required, or Hybrid - In Studio or Zoom. As the training progresses, the group may agree to change the meeting format of appropriate sessions. Any changes will be discussed in advance and will not change the required training hours.

TOTAL SCHEDULED TRAINING HOURS: 200