

Information Flyer

Redflo Yoga 200-Hour Yoga Teacher Training

Deepen Your Practice & Share Your Passion

Led by Maneli Jodat & Nam Chanterrywyn & Jamuna Jivana Das

Program Overview

A 200-hour Yoga Teacher Training is an immersive journey designed to transform your practice and equip you to confidently share yoga with others. Led by experienced instructors, you'll explore the fundamentals of asana, breathwork, meditation, and mindfulness while diving deep into yoga philosophy. Through hands-on teaching labs, expert guidance, and supportive group work, you'll cultivate the skills, presence, and authenticity needed to lead safe, empowering classes—or simply elevate your personal practice.

Topics Covered in the Training

- **Asana (Yoga Poses):** Alignment, modifications, advanced variations
- **Pranayama (Breathwork):** Techniques and benefits
- **Meditation & Mindfulness:** Approaches, benefits, and teaching methods
- **Anatomy & Physiology:** Yoga-specific anatomy, injury prevention
- **Philosophy & Ethics:** History of yoga, Yoga Sutras, ethical guidelines
- **Teaching Methodology:** Sequencing, cueing, adjusting, class management

Who is this training for?

- **Aspiring Teachers:** Those who want to become certified yoga instructors
- **Yoga Enthusiasts:** Individuals looking to expand knowledge in yoga philosophy and lifestyle. Students wanting to deepen their personal yoga practice

Dates & Location

- August 1st - November 16th
 - See YTT Training Dates Flyer for Detailed Dates and Times
 - Friday 6-9PM, Saturday 12-7:30PM, Sunday 10:30-5PM
- Redflo Yoga, 8657 Villa La Jolla Drive #121, CA, La Jolla, 92037
- Registration Opens March 21st, 2025.

Cost

- **Full Tuition:** \$3250
- **Deposit:** \$500 (non-refundable, applied to total tuition)
- Payments Plans are Available. Contact Studio for Options.

Program Includes

- In-person Training 200 Hour
- Training Manual Printed
- Redflo Yoga Unlimited Membership Included: August 1st - November 30th

Facilitators Bios

Maneli Jodat discovered the transformative power of yoga in 2010 when it eased a mysterious neurological disorder that hadn't responded to Western medicine. Captivated by the emotional and spiritual growth that accompanied her physical healing, she completed her 200-hour Vinyasa Yoga Teacher Training in 2011, followed by her 300-hour certification in 2016 and additional Kids Yoga and Yin Yoga trainings in 2017. Teaching since 2013 and registered as an E-RYT 500 with Yoga Alliance, Maneli stepped into leadership roles in 2023, serving as both a manager and lead instructor. She views asana practice as a tool for breath awareness and believes in balancing ease and effort, maintaining that yoga is a lifelong journey accessible to everyone.

Nam Chanerrwyn is an E-CYT500 teacher who has trained under Jason Crandell and been featured on Yoga International. As a student of yoga and functional movement modalities, his yoga classes are grounded in strength, anatomical detail and mindfulness. Nam focuses on detailed verbal cues and expert hands on adjustments/assists to help his students find a fuller experience in their yoga practice; emphasizing specific learning objectives in each of his classes. Nam's belief is that teaching yoga is just like teaching any other subject, in that the teacher has a responsibility to not just provide a unique experience, but to educate their students on the subject itself.

Jamuna Jivana Das is a dedicated yoga teacher and educator with over a decade of experience guiding students and future instructors through the deeper dimensions of yogic practice. A former monk and lifelong student of Bhakti yoga, Jamuna spent years immersed in the study of Vedic history and philosophy in India. His teachings are rooted in the wisdom of the Vedas, bringing ancient insights to life in a way that is relevant, accessible, and transformative. As a lead instructor for multiple 200- and 300-hour yoga teacher trainings, Jamuna blends traditional yogic philosophy with mindful alignment and contemporary practice. He is

especially known for illuminating the historical and spiritual foundations of yoga, weaving sacred texts, storytelling, and mantra into his classes. With a compassionate and inclusive approach, he has mentored hundreds of yogis to find their voice and deepen their connection to the lineage of yoga. Jamuna also teaches Qigong and continues to offer classes in studios, retreat centers, and online spaces. He is passionate about helping others build resilience, joy, and a sense of spiritual connection – both on and off the mat.

FAQ

What is RedFlo Yoga Teacher Training?

RedFlo Yoga Teacher Training is an immersive program designed to help students deepen their personal yoga practice and develop the skills needed to teach yoga skillfully and effectively. It typically covers asana (physical postures), anatomy, philosophy, teaching methodology, and more.

Who can join the teacher training?

Anyone interested in deepening their yoga knowledge is welcome. Yoga Teacher Training is suitable for students of all levels, though we recommend at least six months of consistent yoga practice.

Do I need to have an advanced practice to apply?

Having a “perfect” practice isn’t necessary. A sincere interest in learning, an open mind, and a willingness to commit to the program are the primary requirements. Many people join teacher training to refine their alignment and deepen their self-practice—not necessarily to master advanced poses.

How long is the training program?

11 weekends between August and November 2025.

What style(s) of yoga does RedFlo Yoga Teacher Training focus on?

RedFlo Yoga focuses on a blend of Vinyasa flow, integrating principles from traditional yoga philosophy while also incorporating modern movement and teaching methodologies.

What certification do I receive by Completing the 200 Hour Training?

Graduates receive a certification at the 200-hour.

What topics are covered in the curriculum?

Typical modules include:

- Yoga Anatomy and Physiology
- Asana Breakdown and Alignment
- Sequencing and Class Structure
- Yoga Philosophy and History
- Pranayama (Breathing Techniques)
- Meditation and Mindfulness Practices
- Teaching Methodology and Practicum
- Ethics, Professionalism, and Business Aspects of Yoga

What is the daily schedule like?

This can vary by format. A typical intensive day might run from 12 p.m. to 7 p.m., including:

- Meditation and yoga practice
- Anatomy and alignment workshops
- Lecture sessions (philosophy, teaching theory)
- Teaching labs or practicum in the afternoon

Are there any reading or homework requirements?

There will be weekly reading and light homework assigned each week.

How much does the program cost, and is there a payment plan?

The cost of the training is \$3250. A \$500 deposit is required to hold your spot. There are payment plans available check in with Redflo Yoga facilitators to discuss the options.

Do I need to bring my own yoga props or supplies?

Props are available during the training (blocks, bolsters, straps). Students are encouraged to bring their own mat.

Will I be able to teach yoga immediately after completing the training?

Upon successfully finishing the required hours and assessments, most graduates are well-prepared to teach entry-level classes. Keep in mind that confidence grows with continued practice and experience even after certification.

What if I have to miss a class or session?

Attendance is typically mandatory to meet certification standards. However, we do have a makeup policy - additional fees or private sessions may be required to cover any content missed.

How do I enroll or learn more?

You can visit RedFlo Yoga's official website, contact the studio via email or phone. The enrollment process involves an application form and a deposit to reserve your spot.

YTT Training Dates

200-Hour Yoga Teacher Training Dates

	Day	Date	Time
Weekend 1	Friday	August 1	6:00–9:00 PM
	Saturday	August 2	12:00–7:30 PM
	Sunday	August 3	10:30–5:00 PM
Weekend 2	Friday	August 8	6:00–9:00 PM
	Saturday	August 9	12:00–7:30 PM
	Sunday	August 10	10:30–5:00 PM
Weekend 3	Friday	August 22	6:00–9:00 PM
	Saturday	August 23	12:00–7:30 PM
	Sunday	August 24	10:30–5:00 PM

Weekend 4	Friday	September 5	6:00–9:00 PM
	Saturday	September 6	12:00–7:30 PM
	Sunday	September 7	10:30–5:00 PM
Weekend 5	Friday	September 12	6:00–9:00 PM
	Saturday	September 13	12:00–7:30 PM
	Sunday	September 14	10:30–5:00 PM
Weekend 6	Friday	September 26	6:00–9:00 PM
	Saturday	September 27	12:00–7:30 PM
	Sunday	September 28	10:30–5:00 PM

200-Hour Yoga Teacher Training Dates

Weekend 7	Friday	October 3	6:00–9:00 PM
	Saturday	October 4	12:00–7:30 PM
	Sunday	October 5	10:30–5:00 PM
Weekend 8	Friday	October 10	6:00–9:00 PM
	Saturday	October 11	12:00–7:30 PM
	Sunday	October 12	10:30–5:00 PM
Weekend 9	Friday	October 24	6:00–9:00 PM
	Saturday	October 25	12:00–7:30 PM
	Sunday	October 26	10:30–5:00 PM

Weekend 10	Friday	November 7	6:00–9:00 PM
	Saturday	November 8	12:00–7:30 PM
	Sunday	November 9	10:30–5:00 PM
Weekend 11	Friday	November 14	6:00–9:00 PM
	Saturday	November 15	12:00–7:30 PM
	Sunday	November 16	10:30–5:00 PM