

Hello 🙌

Thank you for your interest in our 200HR Yoga Teacher training, we are thrilled to offer comprehensive training led by top industry professionals that are passionate about providing you with the foundations of what makes a successful yoga teacher.

Is this course for you ?

You are seeking personal growth with a strong desire to learn this practice.

You have A clear understanding of your physical health.

Please Note: We do not require a certain level of physical fitness for you to join this program.

Course content

Philosophy

What is yoga ?

The Bhagavad Gita

History & Styles

Patanjali & the yoga sutras

Mudras & Chakras

The Art of Asana

Align asana labs

Body reading & adjustments

Intelligent sequencing

Communication

Functional Anatomy

Physical anatomy

Mobility vs. Flexibility

Injury prevention

Movement patterns

Pranayama

Understanding the foundation of breath work

Faculty

Lead teacher - Jamielee Morin Yoga Educator

Philosophy Teacher - Melissa Goodman Yoga teacher and coach

Anatomy- Ashley Guner Athletic Therapist

Kids & family - Sara Mercer Yoga Teacher

Seniors - Sandy Wickeler accessibility expert Yoga Teacher

Dates:

January 14-16 & 28-30

February 11-13 & 25-27

March 4-6 & 25-27

April 8-10

Times:

Friday - 6-8pm

Saturday - 8am-3pm

Sunday- 8am -3pm

Times may be adjusted to fit our groups needs.

Investment:

3,500.00 +hst

Payment plans are available upon request.

We are yoga alliance certified and upon successful completion of course requirements you will be awarded a 200hr yoga Teacher Training certification and eligible to register with the international yoga alliance as a certified teacher.

Suggested Reading list:

The living Sutras

Science of Yoga

The Bhagavad Gita

Science of Yoga

What's next →

Fill out an application and email to onecommunitywellness@gmail.com