

Yoga teacher training

April 2026

The Core Yoga 200-Hour Teacher Training with Debbie Cohen was an eye-opening experience. I had already been teaching yoga for several years and thought I had it all figured out. While the poses are only one part of yoga, the deeper study of philosophy, the language of teaching, ethics, and the holistic practices beyond the mat elevated both my personal practice and my teaching in profound ways.

Each module felt thoughtfully designed, offering space not just to learn, but to practice and truly integrate the teachings into a yogic lifestyle. I'm so grateful to have learned the art of living with intention and clarity alongside Debbie and a group of students I'm still connected with today—more than 20 years later.

Since completing the training, I've continued to practice and teach through all of life's ups and downs. It has remained a steady source of wisdom and strength that I deeply cherish. Debbie's attention to detail and her genuine, personal investment made me feel truly seen and supported, guiding me to grow not just as a teacher, but as a reflective seeker—someone committed to seeing life with greater clarity.

Chrissy Widhson

April 2026

Recommendation for Debbie Cohen's Yoga Teacher Training Program

In 2003–2004, I completed Debbie Cohen's nine-month yoga teacher training program. The training was exceptionally comprehensive and extended far beyond simply learning how to teach yoga classes.

The program included in-depth study of yoga philosophy, including the Bhagavad Gita and Patanjali's Yoga Sutras. Debbie provided a strong foundation in both the philosophy and history of yoga, complemented by a detailed exploration of human anatomy as it relates to yoga practice.

We learned not only how to teach general yoga classes, but also how to adapt yoga for students with specific needs or conditions. As part of the training, we assisted Debbie in her classes, observed other experienced yoga teachers, and taught practice classes to our fellow students. These experiences were invaluable in building both confidence and teaching skill.

In addition, Debbie addressed many practical aspects of becoming a yoga teacher, including obtaining insurance and applying for teaching positions. This guidance was extremely helpful in preparing us for professional teaching.

Through this program, I significantly deepened my own yoga practice. By the end of the training, I felt thoroughly prepared to teach independently. I began teaching my own yoga classes soon afterward and have continued ever since.

I still have fond memories of Debbie's training and continue to value the strong foundation it provided. I recommend Debbie Cohen's Yoga Teacher Training Program without reservation.

Ruth Lieberherr, PhD

E-RYT 200

Certified Yoga Teacher

Debbie was my yoga teacher for several years when I decided to take the YTT course she offered. The classes were once a month for the entire year. I was concerned that I would long for my outdoor activities during the yoga weekend. On those yoga weekends I was so immersed in Deb's thoughtful training there was no other place I would rather be. Deb is patient, intuitive, knowledgeable, and her training includes all the important aspects of yoga, and then some. You can expect laughter, personal insights, developing deep friendships, and a well rounded yoga education.

-Katherine Bicer

I wholeheartedly recommend Debbie Cohen's 200-hour yoga teacher training. Debbie has a gift for transforming practitioners into confident, thoughtful teachers while equipping them with the knowledge to lead safe classes, adapt in the moment, and build sequences that keep students coming back. Debbie's approach is unique in its inclusivity. Rather than following a single playbook or style, Debbie welcomes students from Iyengar, Vinyasa, Kundalini, Hatha, and other traditions, creating a richly cross-pollinated learning environment. The techniques I learned from my classmates continue to inform my teaching to this day. Through Debbie I developed an interest in teaching yoga in schools and community spaces, which shaped my 20 years of teaching. Debbie's 200-hour training will give you an excellent foundation for building a fulfilling career in yoga.

-Laura Hanson

I first began taking yoga classes with Debbie quite some time ago when she was guest teaching at The Marsh Wellness Center, where I was a member. From the very first class, I was deeply impressed by her knowledge, presence, and thoughtful guidance. Over the years, I have taken many classes with Debbie and have continued to follow her teaching wherever she offers classes.

Debbie inspired me to sign up for a yoga teacher training she was planning to lead, but unfortunately COVID had other plans. Since that time, I have done the next best thing—continuing to take Debbie's classes wherever she is teaching.

Debbie is truly a one-of-a-kind teacher. Her classes are a wonderful blend of flowing movement, clear instruction, and strong anatomical awareness. She explains poses in a way that makes them accessible while also encouraging students to deepen their understanding of their bodies. Each class leaves me feeling rejuvenated, balanced, and healthier in both body and mind.

I cannot overestimate her inspiration as a human being. She is a warm, sincere, and generous person whose goal is to help her students feel better physically, emotionally, and spiritually.

What truly sets Debbie apart is her dedication to the deeper aspects of yoga. She is clearly committed to lifelong learning and brings a deep respect for yoga philosophy, ethics, and proper anatomical alignment into her teaching. Her passion for the practice is evident, and she shares that passion generously with her students.

Since I began taking Debbie's classes, my body feels significantly better. Her extensive knowledge of how the body works, and her ability to clearly convey that knowledge, has helped me stay active, manage old injuries, and live largely free of pain as I age. I have also experienced meaningful improvements in my mental well-being. Her classes help me quiet the stressful noise of everyday life and give me tools to manage stress and maintain better mental balance.

As a long-time student, I can confidently say that Debbie embodies the qualities of an exceptional yoga teacher. She creates a safe and supportive environment where students can grow while maintaining a high level of knowledge, care, and professionalism. Her teaching reflects both deep experience and genuine dedication to the well-being of her students.

-Marina Mirman

I am writing this recommendation on behalf of Debbie Cohen, who my wife and I have studied/practiced yoga with for over six years. Over the many decades that I have attended yoga classes, I have encountered many gifted and talented yoga teachers but none has impacted me as much as Debbie. She is an exceptional teacher and deserves to be recognized by your organization for the highest honors.

Debbie sets the tone for every class by greeting those in attendance by name and if someone is new to the class she makes a point of learning their name. Then she defines the class's objective for the week. This objective is then developed in a well thought out lesson plan that develops and builds on a series of postures to accomplish the goals of the objective. The different postures we practice during the class are reinforced and repeated over the next two classes so each attendee develops an understanding of a posture and its effect on one's body. When appropriate Debbie includes yoga philosophy in the lesson and uses Sanskrit names and their English translation for the postures throughout the class. While leading the class with both visual and verbal clues for each posture, she monitors participants' postures and offers friendly and constructive suggestions so that an attendee can strive to accomplish the correct form of the posture. Because she knows us, she often recognizes and applauds our progress in

perfecting our practice. This happens not only when we have class in person but also during our zoom classes as well.

Many of her classes follow Doug Keller's approach to yoga which have a profound effect on our practice in very concrete physical ways. And if one of the classes is a smashing success, many of us request that it be recorded which she graciously does. Caring, compassionate, and endlessly giving characterize her approach to life and yoga. And she never seems to tire of exploring new ways to enhance her own practice so that she can share more knowledge with her students.

Over the years I have often seen other local yoga teachers in her class. Simply put, she is a teacher's teacher. I know that her students all praise and thank her for the gift she has giving us.

-Lee Snitzer

I have been taking group yoga classes with Debbie Cohen for six years. I take classes three times a week, both in person and virtually on Zoom.

I feel fortunate to have Debbie as my yoga teacher. She is very knowledgeable, caring and dedicated to her students. I am so impressed by how deeply she understands the techniques and how good she is at guiding us through each movement. She is passionate at what she does and pays close attention to each one of us to make sure that we do it correctly. Her feedback, adjustments and modifications are very much appreciated.

Her instructions are detailed, clear and easy to follow. Each week we focus on a different part of the body and learn something new and every time it feels as if this was one of the best classes until the following week when she teaches another great class. I enjoy every one of her classes. Debbie is among the best instructors I had in the past 30 years.

She was very helpful when I had low back pain and later knee pain. Both not only improved but disappeared. Students who are beginners as well as more advanced students benefit from her teachings.

Debbie continues to learn and passes on her knowledge to her students. I am so grateful to her. Since taking classes from her, I progressed faster and improved my strength, as well as my balance and flexibility and I feel great after each class.

Debbie is an outstanding yoga teacher and I highly recommend her.

-Eva Moreimi