



**TRAUMA INFORMED VIBE &
FLOW YOGA & MENTAL
HEALTH VINYASA TEACHER
TRAINING**

FALL 2025

#FindYourTribe

404-590-3027

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@seviinyoga

MISSION

Our mission is to meet each student where they are in their practice and help them cultivate confidence in finding their voice as an instructor, deepening their practice and feeling equipped for whatever journey they have after completion of YTT.

In a judgement free environment, we will help our students cultivate the skills necessary to teach a 60-minute vinyasa class with a vibe specific to them. Through vinyasa, technique, ambiance setting and playlist curation our students will receive a YTT experience like no other!

Co Led by LeNaya , a licensed Holistic Psychotherapist and ERYT500, You will learn how to hold space for your students in a Trauma informed way and gain knowledge in ways yoga is beneficial to your students mental health, and regulating the nervous system this will be an unmatched YTT experience.

Co led by Megan an RYT 200 and Sound Healer, You will learn how to confidently cue and adjust your students. Creating a balanced class!

You will learn the skills necessary to confidently lead a Trauma informed yoga class that has your authentic touch!

You will learn to find your vibe and unique style as a yoga teacher. You will gain knowledge and learn tangible skills to confidently market yourself as a yoga teacher.

TOPICS COVERED

- yoga history and philosophy
- how to safely and intelligently sequence a Vinyasa yoga class
- finding your vibe as a yoga teacher
- anatomy
- safely assisting students in poses
- music selection

- the business of yoga
- prenatal yoga
- trauma informed yoga
- mental health benefits
- sound meditation & breathwork facilitating training *****
- and much, much more!

***** you can add on the intro to breathwork and sound meditation certification to your learning experience. You will experience sound meditation and breathwork in your cohort experience regardless of purchasing the add on

DATES

Fall 2025 - October 4th – December 14th , 2025

*We will not meet on November 27th & 29th

Our program was created with busy people in mind, our program is only 10 weeks and takes place on one-week night and the weekend per week

MEETING TIMES

Thursdays 6:30pm-9:30pm

Saturdays 12:00pm-6pm (1 hour lunch break + breaks provided throughout)

Sundays October 4th, & December 14th

Please email lekyra@seviinyoga.com to request payment plan options

INCLUDED IN YOUR TRAINING

Free unlimited yoga at Seviin Yoga throughout the duration of the program(ending December 8th), Seviin Yoga's training materials, a special lifetime discount after training and other goodies!

VIBE & FLOW SKELETON

Centering and breathwork

Core

Sun A

Sun B

Break

Main sequence

Balancing

Cool down/Yin
Savasana

ABOUT SEVIIN

Seviin was born out of a love for three things, yoga, music, and community.

Our formula is simple yet transformative; we take a heated LED lit room, add a power flowin' vinyasa sequence, space to clear your mind and an eclectic playlist you will want to keep on repeat!

We pair breath with movement and movement with music. You will get stronger, more flexible and more present while vibin' to eclectic beats and upbeat sounds.

Leave feeling empowered, refreshed and ready to take on anything life throws your way.

PROGRAM DESCRIPTION

The Seviin Yoga Teacher Training program meets the standards set by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level. Yoga Alliance Requires 180 contact (classroom) hours and 20 non-contact hours. Contact hours are earned through regular attendance and non-contact hours are substantiated by completion of homework and journaling.

SCHOOL LOCATION

Seviin Yoga is located at 1963 Hosea L Williams Drive Ne Atlanta, GA 30317 in Kirkyard Station.

As this training will be held virtually, please refer to your welcome email for Zoom links and technology requirements.

APPLICATION & DEPOSIT

To encourage the entry of trainees who are willing to get through the entire training, an application

deposit of 500.00 dollars is due when applying to Seviin Yoga Teacher Training.

NON-DISCRIMINATION POLICY

Seviin Yoga Teacher Training Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

STUDENT CONDUCT

Students must adhere to the rules and regulations of Seviin Yoga. Students whose conduct reflects discredit upon themselves or the school may be subject to termination. The student must

adhere to conduct that will not interfere with the learning process of any other students, the studio, presentation by the instructor, presentation by visitors, or the progress of the class or Seviin Yoga in general. LeNaya S Crawford and the training staff of Seviin Yoga reserve the right to terminate a student on any of the following grounds:

- Non-conformity of rules and regulations of Seviin Yoga or Yoga Alliance;
- Excessive tardiness which disrupts other students;
- Conduct that is unsatisfactory to Seviin Yoga, its staff, faculty and its students; ■ Failure to pay fees when due;
- Entering school premises while under the influence of alcohol and drugs;
- Carrying a concealed or potentially dangerous weapon;
- Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of Seviin Yoga; and
- Theft.

ATTENDANCE

To gain maximum benefit from the program attendance to all sessions is required. If you anticipate missing class sessions, please inform Seviin well in advance. Make up assignments will be given. Attendance will be taken for each class. Please arrive 10 minutes early to adequately prepare for the class.

If a student does miss a class, they must meet with the Teacher Training Director to develop and agree on a plan to learn the missed content and fulfill the required hours. It is to the Student's benefit that all missed material is made up prior to the next scheduled meeting. Yoga asana time missed may be made up by attending approved classes.

TARDINESS

Please be on time and arrive at least 10 minutes early to be ready for the start of class. If a student is more than 10 minutes late the student is considered tardy.

STUDENT COMPLAINTS/CONCERNS OR FEEDBACK

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of LeKyra Brown lekyra@seviinyoga.com

CANCELLATION & REFUND POLICY

Students have up until the first night of class to withdraw from the training program. Please note that the deposit is refundable.

CERTIFICATION

To receive a certificate of completion from Seviin Yoga Teacher Training students must pass all exams, complete all journals, attend all required classes and complete teach backs. At that point students are eligible to apply for Yoga Alliance 200 Hour Recognition. See “Graduation Requirements” for definition of successful program completion.

STUDENT RECORDS

Student records are maintained at Seviin files. The records maintained include the application, exam completion, attendance records and a copy of the Certificate of Completion. Records will be stored for a period of 1 year from the date of graduation. Records are private and students must contact Seviin in writing to obtain records or a replacement graduation certificate. Records will only be sent to the participant. There is a \$25 fee for replacement certificates.

GRADUATION REQUIREMENTS

Graduates will meet the program requirements as outlined in this catalog. In order to receive a Certificate of Completion the student is required to have

120 contact learning hours

40 non contact hours (journaling, meditation, OMwork)

35 yoga classes at Seviin

2 hours of observation

3 classes outside of Seviin

Tuition paid in full

PROGRAM GOALS

Mental Health: Students will learn how trauma impacts your students on a mental, physical, spiritual and emotional level.

Trauma: Students will learn how to cue their classes in a trauma informed way. Students will learn how yoga can be beneficial for their students mental health

Postures (Asana): Upon completion of the program the student will be able to perform the asanas or guide a student into the asanas covered in the program. For each posture the student will be able to describe how to enter and exit the posture, the benefits, modifications, the proper alignment of and perform the hands-on adjustments.

Breathe (Pranayamas) 1:1, Ujjayi, Nadi Shodhana, Kapalabhati, Sama Vritti will be covered

Meditation: Upon completion of the program the student will be able to engage in a seated meditation practice and describe the benefits and modifications of these practices.

Philosophy: Upon completion of the program the student will be familiar with the eight limbs of Yoga They will also understand the differences

between Kemeti Yoga and Vinyasa systems; and understand the relationship between Yoga and Ayurveda.

Anatomy and Physiology: Upon completion of the program the student will be able to correctly identify the major bones and muscles of the body, understand movement and how to prevent injuries from occurring during asana practice, understand the primary systems of the body, understand the energetic body (including the Chakras), and understand basic nutrition.

Teaching Methodology: Upon completion of the program the student will be able to properly sequence, construct, and instruct a safe class.

Personal Growth: In addition to the skills directly related to teaching yoga, the student is likely to enhance their own personal yoga practice, improve their communication skills, and understand personal and business ethics.

BOOKS, SUPPLIES AND MATERIALS

Supplies may be purchased anywhere. For training students will need a notebook for journaling, pen and pencils, it is recommended that students have their own yoga mat.

Required Reading

Don't Be an Asshole Yoga Teacher - Dr. Lisa Dana Mitchell *essay required

Journey Into Power - Baron Baptiste *essay required

Overcoming trauma through yoga: Reclaiming your body - David Emerson *essay required

Suggested Reading

The Heart of Yoga - T. K. V. Desikachar

Teaching Yoga: Essential Foundations and Techniques - Mark Stephens

Every Body Yoga: Let Go of Fear - Jessamyn Stanley

REQUIRED ESSAYS

You will have four essays due over the course of your training. Essays are 1,000 word minimum.

Essay #1: Overcoming Trauma through yoga: reclaiming your body -David Emerson

Essay #2: Don't Be an Asshole Yoga Teacher - Dr. Lisa Dana Mitchell

Essay #3 Journey Into Power - Baron Baptiste

Essay #4: Finding your vibe as a yoga teacher

All essays are due by the completion of the program, if you require more time please note you will not be able to graduate until all requirements are complete.

SAMPLE JOURNAL

Throughout your training you will be asked to journal about your experience. We believe this is an integral part of the training, being able to reflect on your experience in YTT is invaluable. Please see an example journal entry below.

YOGA JOURNAL #7: SPEAKING IN PUBLIC

January 18, 2020

Tammy's yoga class was such a workout – quite amazing that two yoga classes with essentially the same postures can be so different in the way that they feel. I like them both – but am wondering where my own personal teaching style will fit into along this scale!

We had to teach one posture in class today – to the entire group – it is WAY more complicated than yoga teachers make it look and there is SO much going on and SO much to think about. I had a relatively simple pose to instruct – utkatasana and still felt like I was so nervous and shaky – which is so unusual for me since I'm not a nervous person at all and have LOVED public speaking my whole life – (volunteered myself for ALL the public speaking/debating/get-up-on-stage-things my entire school career!) but maybe it's different when you are so desperate to be amazing at something?

It's also such new things to be instructing and I don't feel confident enough with the wording and instructing yet – (is it an inhale or an exhale?!) – hopefully it will come with time.

Warr cooked us an amazing mushroom “burger” for dinner – substituting the burger buns for Portobello Mushrooms – so yum and low carb and all!

But then I ate half a kilogram of chocolate after that – so I guess healthy eating will have to start tomorrow.

MEET YOUR INSTRUCTORS:

LeNaya S Crawford

LeNaya, is a Licensed Marriage and Family Therapist(MFT) and Holistic Healer. She earned her Bachelor's degree in Psychology from Spelman College and her Master's in Marriage and Family Therapy with a

specialization in Trauma Therapy. In addition to her degrees, she is a Sound Healer, Gottman trained couples therapist, certified yoga, breathwork and meditation guide, media contributor and teacher.

As the Holistic MFT, LeNaya specializes in Holistic Healing, which is the return to wholeness through the blending of practices of the mind, body and soul. LeNaya specializes in blending science and spirituality, bridging holistic wellness practices with traditional psychotherapy, on people's paths to healing and purpose. She is on a mission to help people protect their peace, cultivate joy, improve relationships, and embrace self love.

With over 10 years of experience, LeNaya specializes in working with a variety of challenges including: stress, anxiety, depression, trauma, limiting beliefs, self care, mindfulness, relationships, family dynamics, and identity.

LeNaya is a sought after Mental Health and Wellness Expert and has been featured on several platforms including the New York Times, the Huffington Post and Health line.

LeNaya found yoga while in graduate school earning her Masters in Marriage and family therapy. Yoga was her self-care and her sanity. LeNaya knew she wanted to take her practice deeper and offer yoga as a compliment to her therapy practice with clients. Her love and passion for yoga led her to yoga teacher training, where she earned her RYT 200 in vinyasa from Highland yoga.

LeNaya's classes are playful yet challenging. She brings an athletic and therapeutic element to her classes designed to help you go inward, gain strength, flexibility and overall have fun!

Music plays a big role in her classes, she wants her students to "Vibe" while they flow. Pairing breath with movement and movement to music because that's the Seviin way!

LeNaya and her husband Branden are the owners of Seviin Yoga. When she isn't in session seeing clients or on the mat, you can find her going on random food adventures with her husband Branden.

Megan Williams

is a certified yoga teacher (200-hour YTT through Highland Yoga) and the founder of Mystikal Yogini, with additional certifications in sound meditation and breathwork. She began her yoga journey in 2018, completing her teacher training in 2020, and is currently pursuing her 300-hour certification through The Holistic Academy. Megan has deepened her practice by studying breath and sound as powerful tools for nervous system regulation and mind-body connection.

Specializing in Vinyasa, her teaching emphasizes fluid movement, mindful transitions, and the cultivation of strength, flexibility, and balance.

As a facilitator in yoga teacher training, Megan is passionate about supporting trainees in refining their practice, building confidence, and discovering their unique voice. She is dedicated to guiding future teachers in exploring yoga's transformative potential for self-awareness and well-being.

Alyson Meadows

Alyson is a Board-Certified Health & Wellness Coach with 10 years of teaching, group fitness training, and Yoga + Pilates experience who enjoys integrating strength building and breath-work into her sequences while exploring how the mind and body connect while moving through different shapes. She is extremely passionate about sharing movement with anyone that is open to growth, alignment and self exploration!

Janee Douglas

"On her own unique path discovering, Janee curates a sojourn infused with love and light which embraces unapologetic being and eccentric expression. Although she is a certified teacher of yoga, meditation and sound healing, she is a forever student who is a discerning advocate for cultivating joy by empowering others to be the pioneers of their bodies. With Ashtanga as her foundational practice, she helps students optimize their infinite potential through a liberating and fun vinyasa flow centered around mindfulness and controlled breathing because she understands that these are the foundation for progression both on and off the mat."

Daphanie

I consider myself a movement practitioner. I endeavor to introduce any willing student to identify with and explore all ways in which they can move. As a former professional dancer, fitness instructor and an RYT 200, I am dedicated to the practice of movement and the many ways it can create safety and freedom. As a public servant by day, it is a natural transition to serve students and guide them through movement which fuels their souls.

Alessandra

Alessandra Poroj is the owner of WOWD (Women of Worth & Destiny) Center for Wellness. She is a Self-Care Architect and Holistic Practitioner.

Alessandra is a graduate of Xavier University of Louisiana College of Pharmacy and Howard University School of Divinity. She has practiced pharmacy for over 20 years. She had experienced burn out

several times and watched other women constantly running on empty, with a complete absence of consistent self-care. These experiences, along with a deep knowing that she wasn't walking fully in her divine destiny, lead to a career pivot and an exploration of transformative self-care practices. This amazing journey has resulted in her becoming a certified 200-hr yoga instructor, pre-/postnatal yoga instructor, Reiki practitioner, Thai foot massage and yoga massage practitioner, yoga nidra guide, and holistic fertility doula. She is also a trained ritual facilitator. Alessandra created WOWD Center for Wellness to be a sacred space for restorative, energetic self-care practices that allow for transformative shifts in the body, mind and spirit that strengthen, heal and empower women. She partners with women, tapping into the magical and restorative power of self-care practices to support them on their journey to remember and reclaim their authentic self, reconnect with and re-know their worth so that they may walk fully and boldly in their divine destiny. Alessandra stays busy with her roles as wife, daughter, sister, mother and godmother. She loves to travel, cook and, of course, practice self-care.

TRAUMA-INFORMED VIBE & FLOW YOGA TEACHER TRAINING

Spring 2026 Schedule
April 23rd – July 11th, 2026

Weekly Class Times

- **Thursdays:** 6:30 PM – 9:30 PM
- **Saturdays:** 12:00 PM – 6:00 PM
 - 1-hour lunch break
 - Breaks provided throughout the day

Sunday: We will meet only one Sunday May 31st from 11:00-2:00pm

WEEK 1

Thursday, April 23rd | 6:30 PM – 9:30 PM (VIRTUAL ONLY)

Instructor: LeNaya Crawford

- Opening & Introductions
- Orientation: What to Expect in Training & Program Overview
- What Is Yoga?
- What Is Vinyasa?
- Ethics of Yoga Teaching

Saturday, April 25th | 12:00 PM – 3:00 PM

Instructor: Megan Williams

- Introduction to Posture Clinics
 - Fundamental Teaching Formula
 - Q&A
 - Full Class Practice Together
-

WEEK 2

Thursday, April 30 | 6:30 PM – 9:30 PM

Instructor: Janee

- Yoga Philosophy & The Eight-Limbed Path Lecture

Saturday, May 2 | 12:00 PM – 6:00 PM

Instructor: Megan Williams

- Posture Clinic: Sun A + Vinyasa
 - Chaturanga & Modifications
 - Practice Teach
-

WEEK 3

Thursday, May 7 | 6:30 PM – 9:30 PM

Instructor: Daphanie

- Sanskrit

Saturday, May 9 | 12:00 PM – 6:00 PM

Instructor: Megan Williams

- Posture Clinic: Core / Warm-Up
 - Review: Sun A + Vinyasa
 - Practice Teach
-

WEEK 4

Thursday, May 14 | 6:30 PM – 9:30 PM

Instructor: LeNaya

- Group Check-In
- Introduction to Chakras

Saturday, May 16 | 12:00 PM – 6:00 PM

Instructor: Megan

- Posture Clinic: Sun B
 - Review: Sun B, Sun A, Core / Warm-Up
 - Practice Teach
-

WEEK 5

Thursday, May 21 | 6:30 PM – 9:30 PM

- Anatomy Lecture
- Review
- Practice Teach

WEEK 6

Holiday Break (Memorial Weekend)

WEEK 7

Saturday, May 30 | 12:00 PM – 6:00 PM

Instructor: Megan Williams

- Posture Clinic: Main Sequence
- Review: Sun B, Sun A, Core / Warm-Up
- Practice Teach

Sunday, May 31 | 11:00 AM – 2:00 PM

Instructor: Alessandra

- Prenatal Yoga Lecture
-

WEEK 8

Thursday, June 4 | 6:30 PM – 9:30 PM

Self Paced Complete on your own

- Practice Teach
- Watch *Trauma-Informed Facilitation + Intro to Meditation*

Saturday, June 6 | 12:00 PM – 6:00 PM

Instructor: Megan Williams

- Posture Clinic: Cool Down
 - Review Full Sequence:
 - Sun A
 - Core / Warm-Up
 - Sun B
 - Main Sequence
 - Cool Down
 - Practice Teach
-

WEEK 9

Thursday, June 11 | 6:30 PM – 9:30 PM

Instructor: LeNaya Crawford

Trauma-Informed Facilitation should be completed by this time

- Trauma-Informed Care & Mental Health Discussion
- Group Check-In

Saturday, June 13 | 12:00 PM – 6:00 PM

Instructor: Branden Crawford

- Finding Your Vibe Lecture
 - Theming, Music & Ambiance (*Essay Required*)
-

WEEK 10

Thursday, June 18 | 6:30 PM – 9:30 PM

Instructor: LeNaya Crawford

Intro to Meditation should be completed prior

- Meditation & Breathwork
- Opening & Closing Your Class

Saturday, June 20 | 12:00 PM – 3:00 PM

Instructor: Megan

- Adjustments Lecture (physical + verbal demo)
 - Teach full class + adjustments
-

WEEK 11

Thursday, June 25 | 6:30 PM – 9:30 PM

Instructor: LeNaya Crawford

- Business of Yoga
 - Group Check-In
 - Final Exam Review
 - Group Practice Teach
 - Final Questions: Submissions & Test Outs
-

WEEK 12

Holiday Break (Independence weekend)

WEEK 13

Saturday, July 11 | 12:00 PM – 6:00 PM

- Test Out – Part 1 (In Person)