

SCHOOL OBJECTIVES

To provide students with an in depth and comprehensive understanding in the basic theory and practices used to guide yoga in a safe and effective manner. This extends far beyond teaching a class, it also includes being able to hold the seat of the teacher, to communicate effectively, to be inquisitive, to practice witness consciousness techniques and to never stop learning. Teachers with this education grow, evolve and provide a truly amazing experience, as opposed to "just a workout."

200 HOUR VINYASA YOGA TEACHER TRAINING

Embark on a voyage that will transform your body, mind, and heart through the Integrated Transformation 200-hour Vinyasa Yoga Teacher Training.

ABOUT OUR TEACHER TRAINING PROGRAM

The Integrated Transformation 200-hour Teacher Training Program has been designed for students who want to become certified yoga teachers, as well as those with a desire to dive deeper into the art and science of yoga, grow in their practice, deepen in self-understanding and gain a greater knowledge of body alignment, anatomy and yoga philosophy. Participants will learn and develop the key elements necessary to teach a fun, safe and effective yoga class as well as important skills that will positively serve all aspects of one's life.

This Teacher Training Program offers an empowering approach to education, teaching and what it means to craft an experience that supports the students for success. As a participant in our program you will receive a well-rounded education that meets the curriculum standards criteria in 6 key categories as defined by Yoga Alliance, including:

TECHNIQUES: INSTRUCTION IN YOGA ASANA, PRANAYAMA, AND MEDITATION **100 HOURS**

Postures and breathing techniques with a clear focus on alignment, body benefits, contraindications, and special population adaptations

30 HOURS

TEACHING METHODOLOGY

Practical and subtle aspects of teaching, including class sequencing, hands on assists, use of voice and body language, and reading the room and attunement.

20 HOURS

ANATOMY AND PHYSIOLOGY

A comprehensive overview of the physical body, bones, muscles, bodily systems and organs, and the subtleties of the energetic body.

30 HOURS

PHILOSOPHY/ETHICS/LIFESTYLE

An exploration of history of yoga, pre-Vedic age to the classical era, and the evolution of the tantra and its applications to daily life.

15 HOURS

PRACTICUM

Leading peers in practice and a class experience, the art of giving and receiving feedback, and assisting and observing others teach.

5 HOURS

BUSINESS OF YOGA

Review industry trends and develop an understanding of studio operations, scheduling classes, marketing and managing private clients.

TOTAL**200 HOURS**

INSTRUCTOR ACCREDITATION

Successful graduates of this 200-hour Vinyasa Yoga Teacher Training Program, are certified to teach hatha, vinyasa and hot yoga styles and have the opportunity to become registered Yoga teachers (RYT) through Yoga Alliance, the organization responsible for maintaining the integrity and consistency of yoga trainings throughout the world. Most studios require teachers to hold a minimum of 200-hour certificate in order to teach.

TRAINING PROGRAM ACCREDITATION

Integrated Transformation is a registered Yoga Alliance accredited school and operates as an affiliate school of The Yoga Professional™. Lead instructors have been trained by Katie Brauer, industry leader and creator of The Yoga Professional™. Our training program curriculum is provided by The Yoga Professional™, and not only meets the pre-determined criteria set forth by Yoga Alliance but also holds a 5-star rating. Participants in our program can rest assured that the training they receive is of the highest quality, and the result of participation will equip them to lead a safe, effective yoga class with confidence and great skill.