Watch the Info sessions and Enjoy a 1 hr complimentary Yin Yang Yoga class afterward

Why take Yogaaah's 200 hr teacher training?

***200 hours of training is the minimum required to gain the title of Registered Yoga Teacher with the Yoga Alliance, which we are approved by, and this allows you to obtain insurance from providers. You may then take the 300 hour training to attain your 500 hour level standing and gain more knowledge to share with students.**

This comprehensive, therapeutically based yoga teacher training, exposes you to the many aspects of the subject of yoga. Starting from the warm-ups and therapeutic exercises to the basic poses and concepts, all the way to more advanced postures, you'll learn to teach how to help your students progress safely. Of course, you'll learn breath-work and meditation as well as the more energetic aspects of the practice, and the overall philosophy of yoga to give a well-rounded experience. Included is Teaching methodology and practicum (practice teaching). All of the above you will learn to teach to others.

We will discover how the practice affects our energy flow and overall well-being. This training offers a practical education that gives you a strong foundation to build on and take out into the world confidently. When new teachers start teaching yoga they mostly concerned with teaching a successful asana class. It is a good place to start, but eventually as the teacher develops experience they will want to offer more to their students. Teachers will want to talk about anatomy, chakras, and philosophy.

Much attention is paid to the physical postures and structure of the class but you will likely want to share more spiritual aspects of yoga to heighten your intention and bring powerful teachings into your classes. The greatest outcome I hope for you in this journey of our training is to help lift out of the darkness and the heaviness of the past so you can come out shining like a bright light that ignites the fire of spirit and others. With that you can easily attract and keep students that will want to learn from you so they too can shine brightly.

Those who carry and share the light are healers in the world and we need to keep spreading the light and love into all humanity to heal the world we live in.

And as we have heard many times before, in order to change the world we must first change ourselves. In order to inspire others we must be inspired ourselves. We all affect one another. The way we vibrate influences the way others around us will vibrate. We have the power to influence and create lighter energy in human beings. Whether you teach yoga or not you will already be doing this without any effort at all just by being more light, more evolved, being yourself.

In this training we will cover healthy alignment in poses, the energy chakras, Kundalini, the types of energy flow through the body, the Ayurveda Doshas, the three qualities of nature, and more. We'll study theory and philosophy of karma and dharma. We'll practice many meditation styles and learn about the body in Anatomy and Physiology. But mostly will learn about ourselves. Gaining insight into your world/universe which mirrors the entire universe gives us knowledge that can guide us forward with faith in ourselves, our purpose and in life.

In this training you will learn about:

- Practicing safely and organically in the body and the mind
- Allowing creativity to inspire your practice
- Different Styles of practice
- Gain new perspectives on yoga even if you are already a teacher
- Therapeutic warm-ups for beginners, injured and the aged
- Healthy Alignment in postures
- Breath-work/Pranayama and Meditation
- Intermediate and Advanced Yoga Postures
- Functional Movement
- Anatomy and Physiology (Systems of the body and how they work)
- Energetic Theory and Practices (Kundalini, Chakras, Prana)
- Class Sequencing for certain outcomes and Self-guided practice
- Yin/ Yang Yoga (blend of heat and cooling practices)
- Yin Yoga (The yoga of easing into the edge with stillness)

- Prenatal yoga (teaching safely and effectively)
- Yoga Philosophy (History, Yoga Sutras, Lifestyle, Spiritual practice)
- Teaching Methodology (verbal cueing, adjustments, creative sequencing, business of yoga)
- Practice teaching in the practicum
- Teaching Yoga Online

You will gain:

- Awareness of misalignment in your body
- Strength and Flexibility in the body and in the mind
- Experience with yoga postures of different levels of difficulty
- Knowledge of the poses and their Sanskrit names
- The ability to put classes together on the spot and plan workshops
- Knowledge of ways to earn a living as a yoga teacher
- Insights into the Business of Yoga
- A better understanding of your weakness and strengths and how to balance them
- To be able to assess bodies in Asana and how to guide them better
- The knowledge of how to use yoga props
- How to guide Pregnant, Beginners or injured Students
- The ability to teach Yin/Yang yoga (Hatha)classes
- At the ability to teach purely Yin yoga classes
- A community of like-minded people
- Knowledge on how to teach online classes

Ways to take the Training?

It's an Online course that will be recorded. As long as you have access to the internet, a smart phone, iPad or computer you and a space to practice yoga in you are good to go. You can sign up for the whole training and get the live interactive version of the training or do it in parts and complete it as you are able to, but it will be more cost effective to sign up for the whole training.

Life can be busy and it can be hard advance yourself while working. This format allows you to keep up with your life as well as grow exponentially into a more evolved version.

Yogaaah 200 hr Teacher Training & Immersion Modules ONLINE

This training is therapeutically oriented and builds progressively. Sign up for any or all of the following immersion courses for an in-depth study of the many aspects of Yoga. All students welcome to take courses. Yoga Alliance CEU's available.
Do all courses and receive your RYT 200 Yoga teacher certification approved by Yoga Alliance. Yoga teachers can take courses to refresh knowledge and skills and receive CEU's. See below about scholarships and discounts full training.

Yogaaah Immersion Courses ONLINE (Part 1) Receive CEU's. (Priced separately for those not in the whole 200hr training)
1.Therapeutic Yoga Teacher Training **14 hrs - $160**
2. Healthy Alignments/Breakdown of Poses **14 hrs $160**
3. Yoga Sequencing & Exploring Self-guided practice **10 hours -$120**
4. Energetic Theory (Kundalini, Chakras, Prana) **5 hrs- $60**
5. Energetic Practices (Pranayama, Meditation) **20 hrs - $225**
6. Anatomy and Physiology relating to yoga **20 hrs - $225**
7. Intermediate and Advanced Yoga postures 7 **hrs - $100**
8. Functional Movement **8 hours - $120**
9. Yin Yoga Teacher Training **12 hours - $**225
10. Prenatal Yoga Teacher Training **12 hours - $160**

These Immersion modules provide the base for our entire 200 hr Yogaaah Teacher training course. You will receive in-depth i and foundational instruction. Prices are in USD, for Canadians it is the same in CAD.

200hr Yogaaah Teacher Training (Part 2): Includes all courses above. Plus
1. 30-hours Yogic Philosophy (History, Yoga Sutras, Lifestyle, Spiritual practice)
2. 30-hours of Teaching Methodology (verbal cueing, adjustments, creative sequencing, business of yoga), as well as the Practicum.
3. Additional Asana practice hours

In the Practicum you will be creating class sequences, practice teaching one-on-one and in small groups online with feedback and discussion of methodology, adjustments, ethics, challenges, use of props, cueing, sequencing and the opportunities of teaching yoga. There will be both in and out of classroom assignments and practice teaching opportunities.

***Financial Scholarships for 200 hr course applicants, email to inquire.**
(BIPOC, Single Parents, Covid income loss, or other challenges)
****Bring a friend and you both save 25% on your tuitions.**

*****Certified yoga teachers can register for courses at 50% off and get CEU's**

Fees for the Online Recorded 200 hour Teacher Training is $995 USD

Immersion Modules courses and parts of the 200 hr TTC

Therapeutic Yoga Teacher Training 14 hrs

The course teaches the foundations of yoga postures, breathing and practices so students may be able to gain mobility and strength. It is especially important for students who have never practiced yoga or have not developed body awareness through physical activity as injuries happen often with those who jump in unprepared for yoga classes.

This set of practices focused on small dynamic movements until the whole body is systematically warmed up and joints that are normally underused are prepared for weight bearing and other postures. Certain movements influence blood flow, loosen tense muscles and connective tissue, others strengthen the small muscles to prepare for bigger movements.

These therapeutic sequences aim to loosen up the joints of the body eliminating energy blockages in the joints of the body, improve coordination, self-awareness

and self-confidence. The exercises and movements are done slowly and consciously in order to build up concentration and awareness of what is happening in their body. People suffering from rheumatism, arthritis, high blood pressure, heart problems or other ailments who are advised not to involve in any vigorous/strenuous physical exercise can practice this group of asanas.

This series of warm-ups practiced 2 to 3x a week for 3 months regularly will develop the following:

- Awareness of the body in movement
- Ability to synchronize the breath with movements
- Awareness of the Life force (Prana)
- Strengthen the small muscles around the joints
- Ability to isolate muscle movements and contractions
- How to protect vulnerable areas in the body while developing strength
- Prepare the body for weight bearing exercises
- Decrease pain in joints
- Gain energy and stamina
- Learn how to relax deeply

Awareness of the body in physical movement – Awareness is developed through interactions between various components of the body
by paying close attention to the sensations in the body and also keeping record of each completed movement. It is also performed slowly and simply enough to remain aware of thoughts arising in the mind. This method of practice induces a state of peace, balance and one-pointedness concentration and helps the student to stay mentally and physically present. Even when pain is experienced in movements or positions, students can notice to decrease of discomfort with repeated practice.

Awareness synchronized with breathing – Synchronizing the breath with the physical movements helps your movements slow down, this in turn slows the brain waves further enhancing relaxation and awareness. This synchronization revitalizes the body and improves functioning of internal organs with a greater

influence at the physical and pranic level and effectively stimulates and balances the pranic energy flowing through the nadis.

Awareness of the movement of prana - Prana may be experienced as a tingling sensation in the body to which one becomes sensitized with practice. Mentally, one may feel light, yet one-pointed, emotionally fresh and receptive. Periodic rest is crucial and it is recommended to sit quietly in the base position for a minute or so with the eyes closed after every two or three practices. While doing this, you develop awareness of the internal energy patterns, and the mental and emotional processes. Importance of the rest period is equal to the asanas you perform in The Therapeutic exercises.

Healthy Alignment /Breakdown of the Main Yoga Poses 14 hrs

Pose By Pose transform your practice by deepening your awareness of alignment and intention within the poses. Learn about safety precautions, modifications, muscle engagement and many of the points of alignment that can be applied to other yoga poses you come across in classes.
Alignment in yoga asana to describes the ideal way to do any given pose in order to maximize its benefits and minimize the risk of injury. We also need to listen to our bodies and prioritize what our inner guide is telling us while doing what we can to understand what the teacher is asking of us. Alignment is a flexible structure that offers options for practitioners of all levels, shapes and sizes, no matter what restrictions or imbalances one may have. It encourages the use of props, modifications, and good old common sense in the service of finding the safest and most beneficial way for each body to fully experience each pose. When you understand alignment, you have the tools to make almost any yoga pose work for your body.

In this course learn:

- How alignment is intended to create a stable foundation for a safe practice
- To allow the body to open in new ways, and to reduce the risk of injury
- Break old habits to re-align in healthier ways to save their bodies from strain
- When to use props to help establish a safely aligned pose

- Get more out of their yoga practice by engaging muscles that support them in poses

WHY IS YOGA ALIGNMENT SO IMPORTANT?
While you might not feel a sudden, sharp pain from doing a pose out of alignment, many yoga injuries are cumulative, accruing little by little. Wear and tear on joints and supporting tissues happens over time, so many yoga students find themselves with repetitive use ailments years into their practices and have to break long-established patterns to relearn their poses in healthier ways. That's why it's important to establish optimal alignment (for your own body) as early in your practice as possible, which can often mean using props liberally.
Using the right props, like a grippy supportive mat in addition to blocks and straps, is not in any way a signal of inadequacy. These props are intended to help yoga students practice with good alignment right from their very first day instead of compromising their form. For instance, in a standing forward fold, you might not be able to touch the ground with your hands while relaxing through the spine. Using blocks under your hands allows you to hit every note of the pose in the safest way.

Yoga Sequencing & Exploring Self-guided practices 10 hours

To create a yoga sequence is to create a work of art. It's not easily accomplished on a whim. Selecting each element with thoughtful and mindful consideration is a great place to start and the *approach* you take is crucial to the success of your class. The purpose of this course is to share with you ways to intelligently sequence a yoga class and it is directed towards yoga teachers, but yoga students looking for inspiration in their home practice will also benefit.
Learn to easily integrate what you've learned into your own class all in a safe and effective manner. Learn to:

- Create a sequence with a peak pose in mind
- Balance the Yin and the Yang
- Aim at a particular targeted body area
- Sequence to create heat and energy

- Create a relaxing class
- Be ready to create on the spot
- Gradually develop from easier to more challenging variations in the sequence
- Develop a signature sequence based on your clientele
- Shuffle variation options in a flow (keep them on their toes)

The Benefits of Self-Guided Practice

Swami Kripalu said, “To practice even a little is of the utmost importance. The profound meaning of yoga is only understood by those who study it systematically through personal practice.”
A personal practice supports experiencing the postures at your own pace and not your teacher’s. Learn for yourself what works in your body and what doesn’t, what’s open and what needs more coaxing. Without a teacher moving the class along, you may be inclined to find new ways to explore and feel a posture. You can pause and slow down where you need to, and learn to follow or direct prana.

In the process, you strengthen the muscle of svadhyaya, self-study.
When you do find yourself in a yoga class after establishing a personal practice, it usually changes the way you show up. Having your own practice allows you to be more confident and at ease in class, to feel less pressure and competitiveness. The teacher becomes a guide offering an invitation, rather than an authority who knows you better than you do.

Classes provide inspiration, learning, connection, and the gifts of sangha (yoga community). As a teacher you will learn to leave space for students to explore on their own and help them to acknowledge and honor what is arising in their body-mind. People need to be offered an opportunity to check in with themselves, feel what they feel, notice what they notice. Checking in helps us observe the effects of yoga on our bodies ,minds and hearts in the moment.

Energetic Theory (Kundalini, Chakras, Koshas, Prana Nadis) 5 hours

There is consciousness present within our whole body, and it is divided in the upper and lower halves of the body. This divine force or consciousness is called as the *Kundalini Shakti*.

Kundam is the body or pot, and the energy inside that is the *Kundalini* energy. When the energy in the body rises up (*through the chakras*), it has many manifestations. All different emotions are just manifestations of this one beautiful energy. K*undalini* is a unique spiritual-psycho-physiological event that centers in *sushumna nadi*, in connection with the spinal cord.

When this *Kundalini Shakti* is awakened and rises within us, then our entire life becomes a dance of joy and bliss. Then nothing in the world can trouble us, and the entire world becomes an amazement when the power of consciousness gets awakened within you. Learn about the ways to open your energy centers to allow the flow of prana to energize and awaken you.

Learn:

- Develop an understanding of how balancing the mind awakens the Spirit.
- About awakening Kundalini Energy can help you grow into your full potential.
- About the chakras (energy centre), how they function and how to awaken them.
- Grow in awareness, let go of psychic knots, and deepen your spiritual understanding and loving-kindness.

Energetic Practices (Pranayama, Meditation) 20 hours

Breathwork, also known as Pranayama, is the formal practice of cleansing the body and controlling the breath which leads to better control of the mind helping us to harness its power.
In this course we will explore the theory and practices of various breathing techniques, which balance, clear and calm your nervous system, preparing the body and mind for meditation. Once the mind settles, we will practice meditation

techniques such as, observation of thoughts, single point focus meditation and Emptiness meditation to provide a variety of entry points to the bliss found in the silence within. Feel centered, restored and less reactive. This class is open to everyone. No experience is required.

You will learn:

- The importance of good posture and deep breathing
- The affects of deep breathing on the mind
- How to practice 10 different Pranayama exercises
- How to be mindful
- Practice meditation in several different styles
- Grow in the ability to find calm amidst the chaos of thoughts
- Be more at peace with yourself and the world

Anatomy and Physiology relating to yoga 20 hours

Interested Practitioners and certified yoga teachers who want to continue their education & earn Yoga Alliance continuing education credits are welcome. Training teacher Claire Lucht, massage therapist and acupuncturist, and Yoga enthusiast.

Yogaaah teachers take our Anatomy and Physiology seriously. This includes knowledge that translates into how we teach yoga postures. Claire will lead our Anatomy module with workshop style training that correlates her experience & knowledge to the Yoga practice we teach.
It is important to know the inner structure and functioning of the body. As a yoga teacher or practitioner, its good to know the limitations of your body and each body type and its level of experience. Learning about the basics of anatomy and physiology will help you to understand what's happening in the body and assist in achieving the full benefits of yoga.

Anatomy is a medical term and it deals with the study of basic structures of the body. It's teaching includes the study of bones, muscles, joints and other internal organs of the body.

Physiology is the science that deals with the functioning of the body parts and their specific roles. It's teaching includes the study of the function of different systems in the body such as respiration, reproduction, digestion… and how they are affected by doing yoga postures.

In this course you will learn about:
The main bones, joints, muscles, tissues and the systems in the body such as the cardiovascular, circulatory, respiratory, muscular, skeletal, endocrine, nervous, digestive and more. All Yoga teachers need to understand the structure of the human body to increase the effectiveness of asanas and protect the body from injuries. With this anatomical awareness you will be prepared to deal with injuries in an effective, yet protected manner.

Intermediate and Advanced Yoga postures 10 hours

During this 10 hour module we will explore, attempt and hopefully execute some or more of the intermediate and advanced poses in yoga. These pose do take time to accomplish and one must have a regular yoga practice to be strong enough to do them safely. Whether you feel ready or not at least having an idea of how to enter, key points and exit will put you in a position to practice them further. We will be working on preparing for Inversions, Arm balances, Back bends, and advanced Yin poses.

We will explore:
Headstand, Candle, King Pigeon, Wild thing, Bird of paradise, Side plank, Starfish, Crow/ Crane, Side crow, Reverse Plank, Camel, Half Camel from lunge, Compass Pose, Half bound standing forward bend, Lotus pose, Swing pose, Flying splits, Pendant, center splits, one legged insect pose, one legged wheel, Half Feathered peacock, Cock pose, Eight angle pose, Flying pigeon, Shoulder press pose, Upward facing staff, King, Dancer, Full bow, Firefly pose,Twisted one legged arm balance (Koundinyasana 1), Sage pose, Splits, Celibate pose, Peacock pose, Turtle pose, Bound Half moon, Side plank raised knee, Flying Lizard, Embryo, Garland, Visvamitrasana, Psychic Union, Grasshopper and more.

Functional Movement in Yoga 8 hours

Understanding how the body moves and what muscles are moving it in each pose will help make it stronger, keep it safer from injuries and much more balanced. Learn how the planes of movement work and be able to determine in which one is required in each movement. As a yoga teacher, this understanding will help you include poses that will take your students through these planes of movement safely and allows them to do works the best for them.
As you move your body into yoga poses the muscles of the moving joints are working irrespective of the length they're at. Learning about the muscular structure in association with the body movements will help you focus on the effectiveness of asanas for targeting and healing specific groups of muscles.An understanding of the types of joints in the body helps you determine the set of movements that are safe for the body to perform and prevents injuries to the joints.
Based on this functional anatomy, you will learn how to move their body and maintain proper alignment during the yoga poses to prevent you from causing injuries due to lack of awareness of correct body posture.

Yin Yoga Training 12 hours

Whether you want to teach yin yoga or deepen your personal practice this Yin Yoga Online training will provide a solid framework and guidance for your yin yoga journey.
This 12 hour certificate course is taught by Nora Benian E-RYT500, an experienced yin yoga teacher trainer having taught dozens of trainings. Our yoga school is also a Registered Yoga School (RYS®) with Yoga Alliance and a continuing education YACEP provider.
During this brief but in-depth training program you'll learn about many aspects of yin yoga including modifications, how to teach yin yoga, breathing techniques, and the various benefits of yin yoga. The many practice sessions will help you fully integrate the material, and the continuing education hours can be used with the Yoga Alliance and other organizations.
Yin Yoga is a beautiful system of yoga practice!

Yin yoga can be described as a stabilizing, de-stressing, feminine and contemplative practice. This practice is also known as yin yoga and is based on the Taoist concepts of balancing the Yin and the Yang, the opposite and

complementary principles in nature. Yin yoga postures give an opportunity for deeper tissues such as connective and fascia to release long-held tensions allowing for the Prana/life force to flow more easily through previously blocked areas increasing overall energy and well-being. It can help us slow down, nourish and heal us emotionally and energetically, and creates more mobility and resilience in our bodies and in our lives.

Benefits:

- Calming and balancing to the mind and body
- Regulating energy, balancing hormones, deepening relaxation
- Increases mobility in the body, especially the joints and hips
- Lowers stress levels, reduces anxiety, tmp and migraines
- Greater stamina, better ability to sit through a meditation
- Better lubrication, protection, and flexibility of joints and connective tissue
- The release of fascia throughout the body

As a teacher you will learn how to:

- Help students ease agitation and promote relaxation
- Explain organic and emotional/energetic benefits of postures
- Suggest specific postures therapeutically
- Assess comfort of your students
- Develop an understanding of the healing process
- Offer verbal cues and hands-on adjustments
- Re-align and restore the root of imbalances in the body
- Guide students through several series of yin yoga postures

Total Hours for Credit: 12 counts towards Continued Education with the Yoga Alliance.

Prenatal Yoga Teacher Training 12 Hours $

This training module focuses on developing your ability to provide pregnant women with safe, effective, and fun yoga practices throughout every stage of their pregnancy. The program emphasizes positive teaching techniques, proper sequencing, safety considerations, and easy modifications to make each class a fun and rewarding experience for everyone. Finally, you will learn not only how to create safe programs, but how to make those yoga practices transformative for your students or yourself during this special time in a woman's life.

This module is suitable for:

- Yoga teachers who want to add prenatal yoga classes to their teaching schedule.
- Yoga teachers who want to be prepared for prenatal students who may attend classes.
- Pregnant women who have practiced yoga and want to continue their practice during their pregnancy.
- Medical and health professionals or childbirth educators who work with pregnant women (physicians, nurses, midwives, doulas, etc).

The Benefits of Yoga For Pregnant Women

- Improved strength, flexibility, and endurance
- Reduced back pain and sciatica
- Relieving stress and anxiety
- Improved sleep
- Improved breathing and lung capacity
- Better digestion
- Help in maintaining and improving posture

These are just a few of the many benefits for pregnant women when they learn yoga from you.
This training offers 12 Continued Education credits with Yoga Alliance.