



Pre-Certification

Yoga for beginning practitioners or people curious about a +200 hour YTT



Flexibility

Yoga sequences involve dynamic stretching and static holds, which lengthen and strengthen muscles, enhancing flexibility over time.

Relaxation

Yoga integrates poses, deep breathing, and meditation to activate the parasympathetic nervous system, inducing relaxation and reducing stress.



Emotional connection

Yoga combines mindful movement, deep breathing, and meditation, fostering self-awareness, calming the mind, and regulating emotional responses.

70%

Leading U.S. mental health research indicates that over 70% could benefit from support due to socio-emotional challenges.



Pre-Certification

Introduction to Yoga and its Roots (5 hours)

An overview of yoga's history, its evolution, and its place in modern Western culture.

The Yamas (10 hours)

Exploration of the Yamas, the ethical standards in yoga, focusing on non-violence, truthfulness, non-stealing, continence, and non-covetousness.

The Niyamas (10 hours)

Detailed study of the Niyamas, the self-disciplines in yoga, emphasizing purity, contentment, austerity, self-study, and surrender to a higher power.

Introduction to Pada 1 of the Yoga Sutras (10 hours)

Dive into the first chapter of Patanjali's Yoga Sutras, emphasizing contemplation and meditation as a means to achieve Samadhi or enlightenment.

Building a Daily Yoga Practice (10 hours)

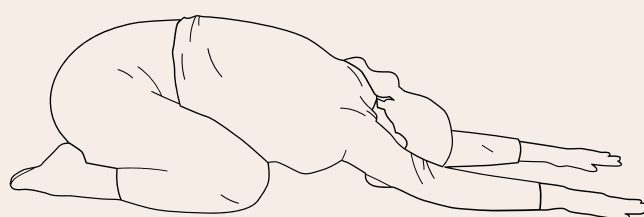
Tools and techniques for building a daily yoga practice. Basic asanas, pranayama, and meditation techniques.

Yoga Sequences for Beginners

Learn how to build basic sequences for a personal practice.

Foundations of Yogic Nutrition (5 hours)

An overview of a diet that emphasizes pure, clean, and wholesome foods.





Cost

A pre-certification is right for you if:

You seek foundational yoga knowledge before a deeper commitment. Or want to get a taste of training without an initial lengthy commitment.

\$500

Must be paid in full. Zelle™, CashApp, Venmo, & PayPal accepted

Preparation and Skill Acquisition:

The 50-hour course offers a foundational overview, preparing students for deeper studies in the 200-hour program.

Assessment:

As a student you can evaluate if yoga teaching aligns with your passion and purpose without the commitment of the longer 200+ course.

Psychological and Social Benefits:

Confidence: Beginners might feel less overwhelmed starting with a shorter course.

Networking:

Engaging in two separate trainings provides more opportunities to connect with different cohorts.

Time Commitment:

The 50-hour course is shorter and might be more manageable for those with tight schedules.

