

Over the years I have trained hundreds of folks in the fine art and powerful science of Yoga Teacher Training, which enables them to lead group Yoga classes. I strongly believe that Yoga can be for everyone. However, not all Yoga styles and practices are for everyone. What can heal one person, can harm another. Instead of trying to get all participants to do the Yoga that works for us, we endeavour to find the Yoga that fits each individual participant – even in a group context.

– Mona Warner



01.

### 200 HOUR YTT: PART 1 - DEEP DIVE (60 HOURS)

- Learn the basics of movement, breathing, meditation and mantra
- Establish personal practices
- Introduction to Ayurveda
- Yoga Philosophy Basics



02.

### 200 HOUR YTT: PART 2 - YOGA TEACHER TRAINING (140 HOURS)

- Teaching Methodology
- Sequencing
- Anatomy & Physiology
- Business of Yoga
- Practice Teaching



03.

### 300 HOUR YTT: ADVANCED YOGA TEACHER TRAINING

- Stream 1: 300-Hour Yoga Teacher Training
- Stream 2: 300-Hour Ayurvedic Yoga Teacher Training