



2024

YOGA TEACHER TRAINING IMMERSION

Learn more about Highland Yoga's
Summer Immersion teacher training
program.



HIGHLAND YOGA
FIND YOUR FLOW



Deepen Your Practice. Connect with Community. Flexible Program.

Consider earning your 200-hour certification through Highland Yoga's immersive training program. Through our two week program, you will deepen your understanding of yoga, connect with a supportive community, and learn how to confidently lead an hour-long vinyasa class.

TOPICS COVERED

- Yoga history and philosophy
- How to safely and intelligently sequence a Vinyasa yoga class
- Finding your voice as a yoga teacher
- Anatomy
- Inspiring your students
- Meditation and mindfulness
- The business of yoga
- Prenatal yoga
- Advanced teaching techniques
- And much, much more!

About Us

Highland Yoga was founded in 2015. With eight locations around the Atlanta area, and one in Athens, Highland Yoga is best known for heated power vinyasa. Highland Yoga's unique breath-to-movement style incorporates exercise science-based sequencing, breath/pranayama practices, and meditation techniques designed to bring students a transformative experience in each class. Since 2015, Highland Yoga has led over 20 teacher training programs.



Our Team

ELSIE BROTHERTON

Founder and Lead Teacher

KATIE NASSIFF

Lead Teacher

SHANNON JACKSON

Guest Teacher

ALLY LAFOREST

Guest Teacher

INNA MILKO

Guest Teacher

LISA WOLFF

Guest Teacher

AND MORE!

DATES

Summer 2024 Immersion - May 13 - 17 and May 20-24

Teacher showcases: will be scheduled separately

MEETING TIMES

Monday-Friday, 8am - 5pm

COST

\$3250 full price / \$3100 early bird if paid in full by April 15

INCLUDED IN YOUR TRAINING

Free unlimited yoga at all Highland Yoga locations May 1-August 1, Highland Yoga's comprehensive training materials, and access to its online companion course.



TESTIMONIALS

Heather Spake, 2023:

I cannot express how grateful I am for this teacher training program. Each instructor is kind and genuinely wants to help you learn by sharing their extensive knowledge of the practice. This program will provide you with the foundation of teaching a yoga class, of course, but it will also give you a safe space to explore your personal strengths and learning styles. Along with all of the details about poses, breath, and alignment, they gave us the opportunity to hear from specialists regarding prenatal yoga, anatomy and preventing injuries, chakras, meditation, etc. I truly believe that Highland Yoga's YTT is one of the best, most well-rounded certifications around. While I might still not love public speaking, YTT taught me so much about sitting in the heat of being uncomfortable, exploring my truth, and focusing my energy. The entire experience was nothing short of life-changing and something I would pick again and again.

Grace Hennessy, 2019:

After over 4 years of practicing yoga as a student, I decided to take Highland Yoga's training to become a teacher. The training gave me invaluable knowledge about alignment, breath, and how to effectively and safely guide students through a yoga class. In addition, I learned lots of bonus content in anatomy, prenatal yoga, meditation, and many other interesting and relevant topics.

Highland yoga's teacher training taught this perfectionist to embrace imperfections, be comfortable in the discomfort, and to shift my focus towards the present moment. On top of it all, I made connections with people with whom I'll be lifelong friends.

The instructors take a genuine interest in developing the trainees into the best yoga teachers they can be and I feel so fortunate to have gone through this training through Highland Yoga with them.



Sample Syllabus

- DAY 1:
 - The History of Yoga
 - Yoga Philosophy
 - Breath Cues - Upward/Downward Movement
 - Sun A and Sun B
- DAY 2:
 - Pranayama
 - Sequencing - Macro & Micro Sequencing
 - Introduction to Alignment
 - Standing Poses
- DAY 3:
 - Cues Discussion
 - Sequencing - Additional Topics
 - Standing Poses
- DAY 4:
 - Cues: Getting “Back in the River” with Breath Cues
 - Transitions
 - Backbends
 - Seated Poses
 - Chakras
- DAY 5:
 - Breath Cues
 - Seated Poses
 - Closing Poses
 - Inversion Workshop
 - Meditation
- DAY 6:
 - Advanced Teaching Techniques
 - Music
 - Arm Balances
- DAY 7:
 - Anatomy Deep Dive
 - Permissive Language
 - Blocks to Listening and Holding Space
- DAY 8:
 - Advanced Sequencing Workshop
 - Ayurveda
- DAY 9:
 - Diversity & Inclusion in Yoga
 - Theming & Magic Bean
- DAY 10:
 - Prenatal Yoga
 - Practice Teaching Bootcamp
- Teacher showcases the weekend following training.



ADDITIONAL INFORMATION

Requirements to Graduate

- Complete Online Companion Resource Course prior to start of program
- Daily meditation and journaling
- Practice 4x a week in studio or online May 1-August 1

Required Reading

- Teaching Yoga, by Mark Stephens
- The Yamas and Niyamas, by Deborah Adele

Ready to Apply?

Email lisa@highland-yoga.com for additional information.



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