spring
2022

YOGA TEACHER TRAINING

Learn more about becoming a yoga teacher with Highland Yoga.

HIGHLAND YOGA

Deepen Your Practice. Connect with Community. Teach Yoga.

Consider earning your 200-hour Yoga Alliance Certification through Highland Yoga's comprehensive training program. Through our five month program, you will deepen your understanding of yoga, connect with a support 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
- Safely assisting students in poses
- Inspiring your students
- Meditation and mindfulness
- The business of yoga
- Prenatal yoga
- Ayurvedic nutrition
- Advanced teaching techniques
- And much, much more!

About Us

Highland Yoga is an Atlanta-based studio founded in 2015. With five locations around the Atlanta area, Highland Yoga is Atlanta's home for heated 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 9 teacher training programs.

Our Team

ELSPETH BROTHERTON	Founder and Lead Teacher
KATIE NASSIFF	Lead Teacher
TJ MANGRUM	Guest Teacher
SAMANTHA BERGQUIST	Guest Teacher
EMILY CHILDS	Guest Teacher
CARON CHRISTISON	Guest Teacher

AND MORE!

DATES

Spring 2022 Weekend Intensive - January 22 - May 15.
Meetings every other weekend, with a few exceptions (see syllabus below).

MEETING TIMES/LOCATION

Saturdays and Sundays 12pm-6pm - Westside Studio.

COST

$3300 full price / $3100 early bird if paid in full by December 15.

INCLUDED IN YOUR TRAINING

Free unlimited yoga at Highland Yoga throughout the duration of the program, Highland Yoga's comprehensive training materials, and other fun surprises!

TESTIMONIALS

Sandra McGury, 2019:

If you are considering becoming a vinyasa yoga teacher, I recommend HY's YTT for an invaluable experience. Of course, the instructors are experts in their fields and do their very best to teach you the foundations you need to become a good teacher yourself, but that's a given. What made my training at HY so memorable is much more than the certificate at the end of the semester. After the first two sessions, the cohort was a family, a safe space, and the training became a shared journey with nobody left behind. Without the strength of my fellow yogis, I would not have been able to pull through. We all came out of this training better, more considerate, patient and understanding people than we were at the beginning.

Grace Hennessy, 2019:

A*fter 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.

SYLLABUS

- **WEEK ONE: 1/22 - 1/23**
  - Saturday
    - Meet & Greet
    - Review Course
    - Vinyasa Lineage
    - Surya A and B
  - Sunday
    - The Eight Limb Path
    - Koshas
    - History of Yoga DVD
    - Practice Teaching Surya A and B

- **WEEK TWO: 1/29 - 1/30**
  - Saturday
    - Pranayama
    - Intro to Sequencing
    - Surya A & B Alignment
    - Practice Teaching
  - Sunday
    - Group Meditation
    - Yama & Niyama Discussion
    - Practice Teaching
    - Start Standing Poses
    - Yoga Nidra

- **WEEK THREE: 2/12 - 2/13**
  - Saturday
    - Continue Standing Poses
    - Introduction to Internal/External Rotation
  - Sunday
    - Group Meditation (check in)
    - Yama & Niyama Discussion
    - Finish Standing Poses
    - Practice Teaching
    - Anatomy

- **WEEK FOUR: 2/26 - 2/27**
  - Saturday
    - Practice Teaching
    - Seated Poses
    - Inversion Workshop
  - Sunday
    - Group Meditation (check-in)
    - Yama & Niyama Discussion
    - Practice Teaching

- **WEEK FIVE: 3/5 - 3/6**
  - Saturday
    - Arm Balance Workshop
    - Practice Teaching
  - Sunday
    - Group Meditation (check-in)
    - Yamas & Niyamas Discussion
    - Practice Teaching
    - Anatomy

- **WEEK SIX: 3/19 - 3/20**
  - Saturday
    - Practice Teaching
    - Backbend Workshop
    - Verbal assisting and Demoing
    - Practice Teaching
  - Sunday
    - Group Meditation (check-in)
    - Yama & Niyama Discussion
    - Music, Intonation, Theming
    - Advanced Teaching Techniques
    - Chakras

SYLLABUS CONT'D

- **WEEK SEVEN: 4/2 - 4/3**
  - Saturday
    - Active Listening | Holding Space Workshop
    - Practice Teaching
    - Midterm Due (Review together)
  - Sunday
    - Group Meditation (Check-in)
    - Magic Bean and Mission Statements
    - Yoga Sutras

- **WEEK EIGHT: 4/9 - 4/10**
  - Saturday
    - Anti-Racist Diversity Training (ZOOM)
    - Practice Teaching
  - Sunday
    - Practice Teaching
    - Business of Yoga
    - Prenatal Workshop
    - Park Meditation / Day of Silence

- **WEEK NINE: 4/23 - 4/24**
  - Saturday
    - Practice Teaching
  - Sunday
    - Ayurveda Workshop
    - Restorative WS
    - Questions for Final and Test Out Class

- **WEEK TEN - 5/7-5/8**
  - Saturday
    - Test Out Classes
  - Sunday
    - Test Out Classes

- **WEEK ELEVEN: 5/14-5/15**
  - Saturday
    - Test Out Classes
  - Sunday
    - Test Out Classes
    - Graduation celebration

ADDITIONAL INFORMATION

Requirements to Graduate

- Complete all assignments on time
- Attend all lectures (please note, you may miss three days total)
- Pass midterm and final exams—written and practicum
- Daily meditation and journaling
- Teach a one hour yoga class (test out)
- Practice 4x a week in studio

Required Reading

- *The Wisdom of Yoga*, Stephen Cope
- *Functional Anatomy of Yoga*, David Keil
- *The Goddess Pose: The Audacious Life of Indra Devi, the Woman Who Helped Bring Yoga to the West*, Michelle Goldberg

Ready to Apply?

Email elsie@highland-yoga.com for application information.

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