



2023

VIRTUAL YOGA TEACHER TRAINING

Learn more about Highland Yoga's
fully virtual 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 comprehensive training program. Through our 10 month 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
- Ayurvedic nutrition
- Advanced teaching techniques
- And much, much more!

About Us

Highland Yoga is an Atlanta-based studio founded in 2015. With seven 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 13 teacher training programs.



Our Team

ELSIE BROTHERTON	Founder and Lead Teacher
KATIE NASSIFF	Lead Teacher
TJ MANGRUM	Guest Teacher
SHANNON JACKSON	Guest Teacher
EMILY CHILDS	Guest Teacher
CARON CHRISTISON	Guest Teacher

AND MORE!

DATES

Recommended schedule: January-October 2023

Start anytime; complete within 24 months.

MEETING TIMES/LOCATION

Self-guided. Live lecture available every other Thursday (see Live Schedule) - 5:30-8:30pm EST via Zoom. Recordings available after lecture.

COST

\$1200

INCLUDED IN YOUR TRAINING

Free unlimited yoga via [Highland Yoga Online](#) throughout the duration of the program, Highland Yoga's comprehensive training materials, and access to its online course.

LIVE SCHEDULE

- January 5, 19
- February 2, 16
- March 2, 23
- April 6, 20
- May 11, 25
- June 8, 22
- July 13, 27
- August 10, 24
- September 14, 28
- October 12, 26



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 trainees, 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:

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

- MODULE 1:
 - 1.1 The History of Yoga
 - 1.2 Yoga Philosophy
 - 1.3 Koshas and Pranayama
 - 1.4 Sequencing - The Big Picture
 - 1.5 Introduction to Alignment
 - 1.6 Sun A and Sun B
 - 1.7 Breath Cues - Upward/Downward Movement
- MODULE 2:
 - 2.1 Microsequencing: How to connect poses
 - 2.2 Anatomy Lesson 1
 - 2.3 Cues: General Rules/Phrasing
 - 2.4 Cues: Alignment
 - 2.5 Standing Poses
- MODULE 3:
 - 3.1 Anatomy Lesson 2
 - 3.2 Sequencing: Intelligent Sequencing
 - 3.3 Breath Cues: Functional Breath Cues
 - 3.4 Breath Cues: General Rules for Breath Cues and Transitions
 - 3.5 Standing Poses
- MODULE 4:
 - 4.1 Sequencing: Key Movements in Each Class
 - 4.2 Sequencing: Efficient Sequencing and Avoiding Redundancy
 - 4.3 Cues: Getting “Back in the River” with Breath Cues
 - 4.4 Standing Poses/Seated Poses
- MODULE 5:
 - 5.1 Meditation
 - 5.2 Yoga Injuries
 - 5.3 Cues: Complex Transitional Cues
 - 5.4 Seated Poses
 - 5.5 Closing Poses
- MODULE 6:
 - 6.1 Voice: Intonation
 - 6.2 Voice: Cadence
 - 6.3 Arm Balances
 - 6.4 Voice: Projection/Volume
 - 6.5 Breath Cues: Variation
 - 6.6 Inversions
- MODULE 7:
 - 7.1 Backbends
 - 7.2 Assisting and Consent Issues
 - 7.3 Permissive Language
 - 7.4 Blocks to Listening and Holding Space
- MODULE 8:
 - 8.1 Chakras
 - 8.2 Setting the Tone: Music
 - 8.3 Setting the Tone: Lighting
 - 8.4 Ayurveda
 - 8.5 Setting the Tone: Opening and Closing, Theming, Magic Bean
- MODULE 9
 - 9.1 Restorative Yoga
 - 9.2 Advanced Sequencing Workshop
 - 9.3 Prenatal Yoga
- MODULE 10
 - 10.1 Diversity and Inclusion in Yoga
 - 10.2 The Business of Yoga
 - 10.3 Preparing for Showcase
 - 10.4 Final Exam
 - Optional Showcase Class



ADDITIONAL INFORMATION

Requirements to Graduate

- Complete all assignments on time
- Daily meditation and journaling
- Practice 4x a week in studio or online

Required Reading

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

Ready to Apply?

[Sign up online here.](#)

Email elsie@highland-yoga.com for additional information before or at time of sign up.



HIGHLAND YOGA