



**FALL  
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**

Fall 2022 Weekend Intensive – August 6 – December 10.

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:**

*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.*



# SYLLABUS

- **WEEK ONE: 08/10 - 08/11**

- 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: 08/13 - 08/14**

- 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: 08/27 - 08/28**

- 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: 09/10 - 09/11**

- Saturday
  - Practice Teaching
  - Seated Poses
  - Inversion Workshop
- Sunday
  - Group Meditation (check-in)
  - Yama & Niyama Discussion
  - Practice Teaching

- **WEEK FIVE: 09/24 - 09/25**

- Saturday
  - Arm Balance Workshop
  - Practice Teaching
- Sunday
  - Group Meditation (check-in)
  - Yamas & Niyamas Discussion
  - Practice Teaching
  - Anatomy

- **WEEK SIX: 10/08 - 10/09**

- 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: 10/22 - 10/23**

- 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: 11/05 - 11/06**

- Saturday
  - Anti-Racist Diversity Training (ZOOM)
  - Practice Teaching
- Sunday
  - Practice Teaching
  - Business of Yoga
  - Prenatal Workshop
  - Park Meditation / Day of Silence

- **WEEK NINE: 11/12 - 11/13**

- Saturday
  - Practice Teaching
- Sunday
  - Ayurveda Workshop
  - Restorative WS
  - Questions for Final and Showcase Class

- **WEEK TEN - 12/03 - 12/04**

- Saturday
  - Showcase Classes
- Sunday
  - Showcase Classes

- **WEEK ELEVEN: 12/10 - 12/11**

- Saturday
  - Showcase Classes
- Sunday
  - Showcase 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 (showcase class)
- 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](mailto:elsie@highland-yoga.com) for application information.



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