

Spring Teacher Training 2027

Learn more about Highland Yoga's 200 hour Teacher Training program in Nashville, TN

HIGHLAND YOGA

FIND YOUR FLOW



Deepen Your Practice. Connect with Community. Flexible Program.

Consider earning your 200-hour certification through Highland Yoga's teacher training program. Through our 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
- Introduction to Sculpt
- Ayurvedic nutrition
- Advanced teaching techniques
- And much, much more!

About Highland Yoga

Highland Yoga is an Atlanta-based studio founded in 2015. After expanding with eight locations throughout Atlanta and Athens, we opened our Nashville studio - our flagship location outside of Georgia - in 2024. Our 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. Highland has led over 15 Teacher Trainings in the Atlanta area since 2016, and we would love for you to be a part of our first program in Nashville!



Our YTT Team

HEATHER SPAKE	Teacher
KIRA YOUNG	Teacher
CINDY LUNSFORD	Teacher

AND MORE!

Important Details

LOCATION
Highland Yoga Nashville
827 19th Ave S Ste 1050, Nashville, TN 37203

DATES
Our Spring program meets *about* every other weekend, starting January 9, 2027. See outlined dates on sample syllabus below.
Showcase Dates TBD

MEETING TIMES
Saturdays 1:15pm-6:45pm and Sundays 11:45am-2:45pm/2:30pm-5:30pm (alternating)

COST
$3250 full price paid in full by January 7, 2027
$3150 early bird if paid in full by Dec 1, 2026

INCLUDED IN YOUR TRAINING
Free unlimited yoga at Highland Yoga beginning January 4, 2027 - June 7, 2027. Highland Yoga's comprehensive training materials, and access to the online companion course.



Testimonials

Sandra McGury, 2019:

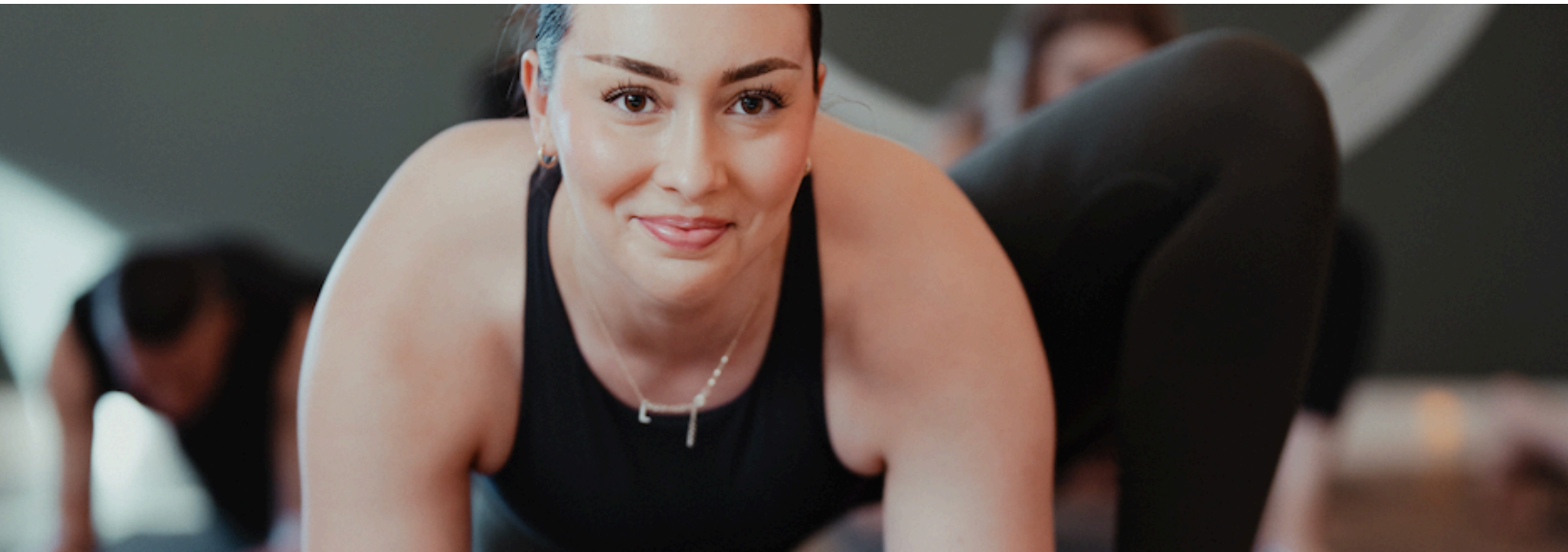
If you are considering becoming a vinyasa yoga teacher, I recommend HY's YTT for an invaluable experience. Of course, the instructors are experts in their fields and do their very best to teach you the foundations you need to become a good teacher yourself, but that's a given. What made my training at 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.



Testimonials

Cari Goldberg, 2025

After years of consideration, I finally decided to pursue Highland Yoga's Teacher Training, and I'm so grateful that I did because it turned out to be one of the most profound and transformative experiences of my life.

I went into the training expecting to gain extensive knowledge of the practice, from history to anatomy to class structure to meditation and teaching best practices from experienced teachers. I gained all of that and more, but what I didn't expect was the personal growth journey that would unfold along the way.

As with any yoga class, the lessons of this training extend far past your practice on the mat. I learned how to embrace vulnerability and discomfort, use my voice, and show up authentically. My instructors genuinely cared about me and equipped me with the tools and confidence I needed to teach, while challenging me to fulfill my highest potential. My fellow trainees and all the Highland Yoga teachers I met along the way supported and encouraged me.

This training requires hard work, dedication, and a willingness to step outside your comfort zone, but every single moment is 100% worth it. This program brought me home to myself and for that I will be forever grateful. Today, as a Highland Yoga teacher, I feel confident in my teaching abilities because of my strong foundation and the space I am given to teach from a place of authenticity.



Sample Syllabus

- **January 9-10**
  - The History of Yoga
  - Yoga Philosophy
  - Breath Cues
  - Sun A and Sun B

- **January 23-24**
  - Pranayama
  - Diversity & Inclusion in Yoga
  - Permissive Language
  - Starting Poses
  - Practice Teaching

- **February 6-7**
  - Introduction to Alignment
  - Anatomy Deep Dive
  - Sequencing - Macro & Micro
  - Standing Poses
  - Practice Teaching

- **February 27-28**
  - Cues Discussion
  - Sequencing - Additional Topics
  - Standing Poses
  - Backbends
  - Practice Teaching

- **March 6-7**
  - Meditation
  - Sequencing - Additional Topics
  - Seated Poses
  - Inversion Workshop
  - Practice Teaching

- **March 20-21**
  - Music
  - Arm Balances
  - Walking Meditation
  - Practice Teaching

- **April 3-4**
  - Blocks to Listening and Holding Space
  - Restorative and Nidra
  - Chakras
  - Closing Poses
  - Practice Teaching

- **April 10-11**
  - Business of Yoga
  - Ayerveda
  - Theming
  - Practice Teaching

- **April 24-25**
  - Advanced Sequencing Workshop
  - Ayurveda
  - Theming
  - Practice Teaching

- **May 8-9**
  - Intro to Sculpt
  - Practice Teaching

- **May 15-16**
  - Hands on Assists
  - Graduation Party



Additional Information

Requirements to Graduate

- Complete Online Companion Resource Course
- Daily meditation and journaling
- Practice 3-4x a week in-studio or online throughout duration of training

Required Reading

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

Ready to Apply?

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

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