



Yoga Landing

Our 200 Hour Yoga Alliance Certified Teacher Training Program fosters an insightful awareness of the Body, Mind, and Spirit Connection through the ancient Science and Art of Yoga.

Throughout this program we will explore the styles of Vinyasa (Heated and Non-Heated), Ashtanga, Yin, Restorative, Prenatal Yoga, and Yoga for Therapy. These modalities will be accessible for all levels of practitioners and the unique approaches will equip you with a broad range of teaching tools in order to support you with your future student's and client's needs.

In addition to a strong foundation of the Principles and Philosophy of Yoga, this program will prepare you to become a successful Yoga Instructor. No matter what intention brings you to this Yoga Teacher Training, the experience will enrich your journey and bring you closer in touch to your life's passions and purposes!

A free monthly unlimited membership is given to all trainees throughout the duration of the program.

2022 Training Dates

- February 11-13
- March 11-13
- April 22-24
- May 13-15
- June 10-12
- July 15-17

- August 12-14
- September 16-18
- October 7-9

Techniques, Training, & Practice

- Asana
 - Pranayama
 - Mantra
 - Meditation
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Teaching Methodology

- Safety & Alignment Principles
 - Demonstrating
 - Supportive Observation Techniques
 - Assisting
 - Communicating & Cueing Instructions
 - Teaching Styles
 - Qualities of a Teacher
 - The Process of Learning
 - Business Aspects of Teaching Yoga
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Anatomy & Physiology

- Physiology
- Energetic Anatomy
- Chakras
- Benefits of Yoga

- Contraindications

Yoga Philosophy, Lifestyle, and Ethics

- The Yoga Sutras of Patanjali
- The Bhagavad Gita
- Nutrition & Ayurveda

Training Location

Teacher training will be primarily held at our Downtown location at 2414 Sydney Street in Chattanooga!

Required Reading

A Required Reading List will be e-mailed once the application process is complete and a deposit is received.

Weekend Schedule

- Fridays // 5:00pm-9:00pm (**5:00-5:30pm check-in and any payments made*)
- Saturdays // 8:00am-3:00pm // Optional Q&A 3:00-4:00pm (**working lunch*)
- Sundays // 8:00am-2:30pm // Optional Q&A 2:30-3:00pm (**working lunch*)

Payment & Tuition

- *\$2,800 Regular Tuition*
- *\$300 Early Bird Discount (Before November 1st)*
- *\$200 Student discount available*
- *\$275 Non-refundable deposit required*
- *PAYMENT PLAN OPTIONS AVAILABLE. Please [contact Maggie Sparks](#) for more details.*
- *Credit Card, Check, & Money Order Payment options are accepted.*
- *There will be no refunds given after the start of the program.*
- *Tuition does not include the required reading materials.*
- ***A free monthly unlimited membership is given to all trainees throughout the duration of the program.***