


[About](#)
[Classes](#)
[Workshops](#)
[Yoga Retreats](#)
[Teacher Trainings](#)
[Locations](#)
[Store](#)
[Links](#)
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[Yoga Videos](#)

## Advanced Studies / Yoga Teacher Certification Trainings

### Testimonials

Scott Anderson brings Master energy through when he teaches yoga. He combines that energy with his extensive knowledge of anatomy and a sense of humor. As a result his sessions are energizing rather than exhausting or depleting. He is one of the best body readers I know. His attention to strengthening physical bodies is for the physical bodies in front of him, not an ideal in his head. The physical work is just one aspect of the yoga Scott practices. He treats the person .  
-Trice C, St. Paul

It's been an honor and a privilege to watch you grow into your gifts over the years we have known one another. You have a remarkable talent for teaching matched only by your passion for learning.  
-Jennifer B, St. Paul

The Advanced Studies program has been providing students an opportunity to deepen their yoga practice since 2003. If you're looking to enrich your understanding of yoga, would like to begin teaching yoga, or are an experienced teacher seeking certification, we offer several programs for your consideration.

Alignment Yoga, in cooperation with the Yoga Alliance, offers 200-hour and 300-hour training programs that can lead to National Teacher Certification. Upon successful completion of the training, participants will be eligible for registry with the [Yoga Alliance](#). Completing the 200-hour program qualifies teachers to register as RYT-200. Completing the 200- and 300-hour programs qualifies teachers to register as RYT-500.

### The program involves study in the following areas:

- Yoga technique (techniques of asana, pranayama and kriya)
- Anatomy & physiology
- Philosophy & ethics
- Teaching methodology
- Student teaching
- Individually designed electives

### Upcoming 200-hour programs are accepting applications:

[Eugene, OR](#)

begins Oct. 26-28, 2018.

[Eau Claire, WI](#)

begins Jan. 12-13, 2019

Madison, WI begins Jan. 26-27, 2019.

**Upcoming 300-hour Programs are accepting applications:**

Eugene, OR begins Nov. 3-4, 2018.

Blue Mounds, WI begins Jan. 12-20, 2019

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**YTT-500 now called YTT-300:**

Alignment Yoga has revised the name of the Advance Studies/Yoga Teacher Training programs to be compliant with Yoga Alliance Registry. The former "YTT-500" program is now called "YTT-300." This program has always been 300 hours of training, subsequent to the YTT-200 program, to provide teachers the training required to register as RYT-500 with Yoga Alliance.

According to Yoga Alliance, a 500-hour program is one standalone program that constitutes 500 hours of yoga teacher training. Since Alignment Yoga's two YTT programs are distinct, they are now titled "YTT-200" and "YTT-300."

Alignment Yoga, LLC is a registered school with Yoga Alliance at the RYS-200 and RYS-300 levels. Completing the YTT-200 program meets the Yoga Alliance requirements to register as RYT-200; and completing the YTT-200 and YTT-300 programs meets the requirements to register as RYT-500.

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**Existing Students**

To pay your balance by credit card, log in to Mind Body. Then click on "My Info" in the upper right, click "My account" in the sub-menu, and finally click "Make Payment" on the next page under the program you're enrolled in.



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**Alignment Yoga - Box 144, Blue Mounds, WI 53517 - (608) 437-5931 - [info@alignmentyoga.com](mailto:info@alignmentyoga.com)**

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*Scott Anderson's Alignment Yoga*  
**Advanced Studies & Teacher Training**  
beginning January 2019



## **200-hour Advanced Studies & Yoga Teacher Training**

1 weekend a month January - December 2019

at Mound Street Yoga Center in Madison

Whether you desire a deeper understanding of your practice and/or aspire to teach, we have the experience and expertise to facilitate your growth. Our exploration of asana, pranayama, bandha and kriya is comprehensive and backed with a rigorous study of anatomy and physiology. You will learn not only the inner workings of these practices, but also an array of techniques to communicate them to your students.

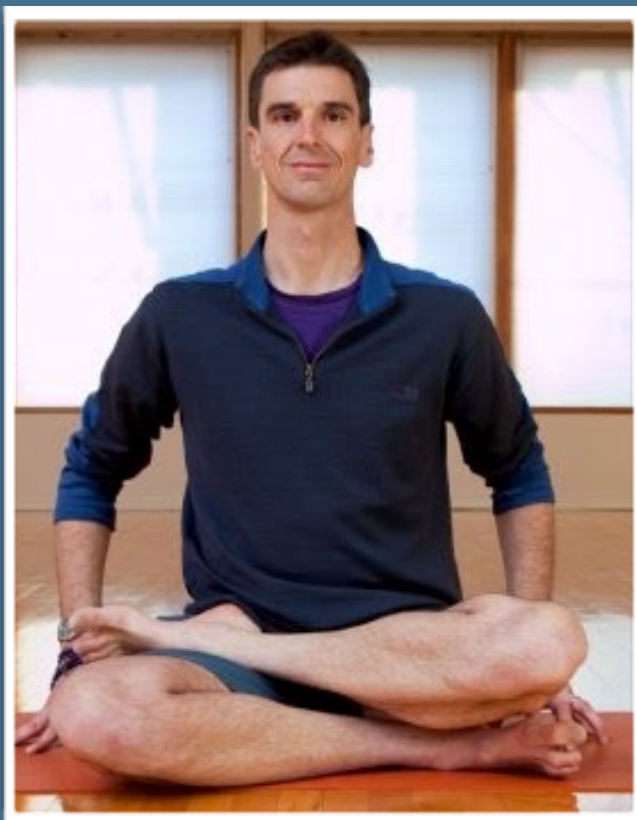
Alignment Yoga is Madison's original yoga training school, and in 2003, was among the first in Wisconsin to receive approval from the Yoga Alliance and the Wisconsin Educational Approval Board.

Scott Anderson, the founder of Alignment Yoga, will serve as the lead instructor. He has been teaching yoga for 28 years, and training teachers for 23 years. Instructors Megan Bjella and Jasen Hum will assist during the course.

[www.AlignmentYoga.com/ytt](http://www.AlignmentYoga.com/ytt)

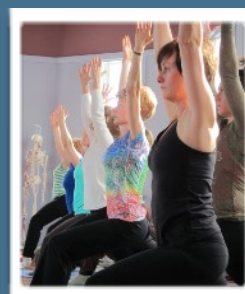
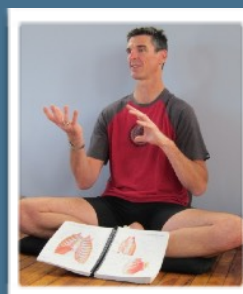
# Alignment Yoga

## 200 & 300-HOUR ADVANCE STUDIES/ YOGA TEACHER TRAINING



**Alignment Yoga** has been providing students an opportunity to deepen their yoga practice since 2003. If you're looking to enrich your understanding of yoga, would like to begin teaching yoga, or are an experienced teacher seeking certification, our Advanced Studies programs can help you get there.

Yoga is a study of body, mind and spirit, and the Advanced Studies program provides a well-rounded exploration of all aspects. Interactive instruction through lecture, demonstration, discussion, asana practice and group work ensure successful learning.



**Experience.** This program has been offered for over a decade, and is the culmination of Scott Anderson's 30-year yoga career —more than 30,000 hours— and continues to be shaped by his graduate studies in Kinesiology at the University of Wisconsin.

**Anatomy, Physiology and Philosophy.** Many programs teach put your knee here, put your foot there, etc. We take the time with anatomy and yogic philosophy, so you can make informed, intelligent decisions about what you practice and teach.

**Home Practice.** When you learn how to roll your mat out, without the need to be led through a practice, you might be surprised at how fast your practice and understanding evolve.

**Communication Skills.** A yoga teacher is basically a communicator, and we spend a good deal of time talking about how you communicate to people of various learning styles.

**Reaching Out.** We go beyond mainstream yoga. One of the projects in our program is to consider a population not currently served by yoga, and design a program for them.



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