

Yoga Teacher Training Connecting Mind, Body, and Spirit

2023 Yoga Teacher Training Programs:

- *Virtual (Summer/Fall 2023)*

APPLY TODAY

LEARN MORE

Take your yoga practice to the next level
with a 200 Hour Yoga Certification!



Why Yoga Teacher Training?

Yoga unites the mind, body, and soul in a way
that eases tension and promotes health.

Yoga Teacher Training takes your yoga to the
next level.

The 200 hour program is an experience of self-
discovery, deepening your practice, and
learning to share yoga on and off your mat.

[Program Catalog 2023](#)

[2023 YTT Application](#)

APPLY TODAY

200 Hour Teacher Training Program Options

[All Services](#) [Discovery Call](#) [2023 In Person YTT Programs](#) [2023 Virtual YTT Program](#)



2023 Virtual Teacher Training
Interview/Q&A with Pam

30 mins | Free

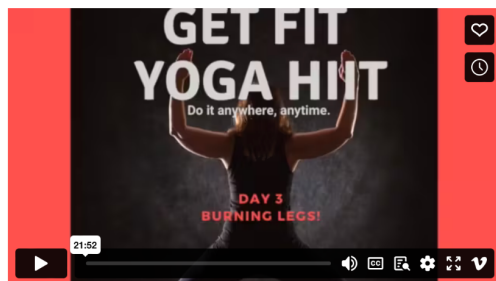
[JOIN](#)

Sample Classes with Pamela Josifek - Lead Trainer



20 Minute Class—focus on Camel Pose

A short energizing vinyasa flow with pranayama that takes time to guide you through the transitions and help you find the way the asana best fits your body.



Sample Yoga HIIT Class

Bringing a High Intensity Focus to your practice.



Relax and Restore Your Body

Slow down after a busy day with my favorite restorative yoga.