



Teacher Training

A variety of yoga styles will be taught from an inclusive perspective. We foster a careful study of human anatomy, subtle body, and traditional postures. This program reaches beyond the House, by bringing qualified yoga instruction to the community.

Danita Nelms 500hr RYT and Craig Woolley 500hr ERYT / Yoga therapist in training
25 years of combined teacher training experience
Registration Open



Our Teacher Training Program is in its 7th year and fully compliant with the new Yoga Alliance requirements.

The program includes:

- 180+ hours of direct instruction
- 30+ hours of anatomy
- A limited class size of 6-12 to maximize your development
- In-depth topics based on interest of the training cohort
- An opportunity to teach a community class at the House

Fall 2024 - 2025 Schedule

- October 8, 2024 (1hr kickoff - Zoom meeting)
- October 12 - 13 and 26 - 27
- November 9 - 10 and 23 - 24
- December 7 - 8 and 21 - 22
- January 4 - 5 and 18 - 19, 2025
- February 1 - 2 and 15 - 16

Educational Objectives

- Learn fundamental poses, functional anatomy, hands-on assists, and effective sequences to teach a safe class that respects all body types
- Improve personal practice including meditation and study of the subtle body
- Introduce the history and variety of practices that encompass yoga
- Instill yoga ethics and values as a way of life to help support others, the community, and facilitate service work

Sample Weekend Agenda

Saturday

9:00 - 10:15 75min Vinyasa Practice

Break

10:45 - 12:00 Lecture - Intro Subtle Body

Lunch

12:45 - 2:00 Topic: Asana, breathwork, pranayama, and