

# Yoga Teacher Training Connecting Mind, Body, and Spirit

2024/2025 Yoga Teacher Training

- *NEW Hybrid 200-Hour Program October 2024 - June 2025*

APPLY TODAY

LEARN MORE

Level-up your yoga practice with a  
200-Hr Program!

Green Frog Yoga Teacher Training

Let me know if you have any  
questions!

I have a question

No, thanks





## Why Yoga Teacher Training?

Yoga unites the mind, body, and soul to ease tension and promote 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.

[Catalog 24/25 Hybrid Program](#)  
[24/25 Hybrid Application](#)

APPLY TODAY



## Green Frog Programs

[All Services](#) [YTT Application/Interview Q & A](#) [Special Programs and Events](#)



Online Private Yoga Discovery Session  
30 mins | Free

JOIN



200-Hour Hybrid Yoga Teacher Training Program Q&A

30 mins | Free

JOIN

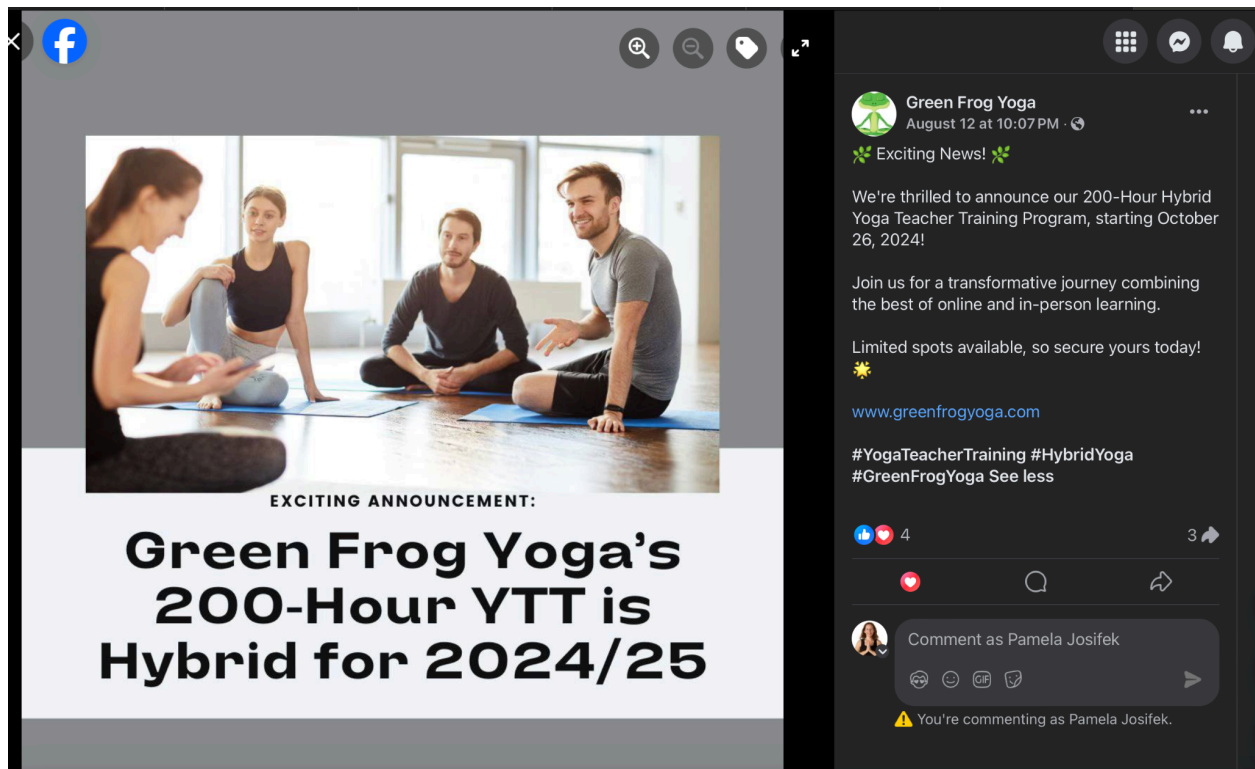
# Frequently Asked Questions

Please reach us at [pam@greenfrogyoga.com](mailto:pam@greenfrogyoga.com) if you cannot find an answer to your question.

Why take a hybrid Yoga Teacher Training? ▾

What if I don't plan to teach when I'm done - can I do this program? ▾

How often do you meet for the Hybrid Program? ▾



The image shows a Facebook post from Green Frog Yoga. On the left is a photo of four people (three women and one man) sitting on yoga mats in a studio, engaged in conversation. Below the photo is the text: "EXCITING ANNOUNCEMENT: Green Frog Yoga's 200-Hour YTT is Hybrid for 2024/25". On the right is the Facebook post interface, showing the profile of Green Frog Yoga, the date "August 12 at 10:07 PM", and the text of the announcement. The announcement includes the text: "Exciting News! We're thrilled to announce our 200-Hour Hybrid Yoga Teacher Training Program, starting October 26, 2024! Join us for a transformative journey combining the best of online and in-person learning. Limited spots available, so secure yours today! www.greenfrogyoga.com #YogaTeacherTraining #HybridYoga #GreenFrogYoga". There are 4 likes and 3 shares shown. A comment box is visible at the bottom, with the text "Comment as Pamela Josifek" and a warning icon that says "You're commenting as Pamela Josifek."