



Yin Yang

200 hrs Yoga Teacher Training



"Your body exists in the past and your mind
exists in the future. In yoga, they come
together in the present."

- B.K.S. Iyengar

Welcome!

Congratulations on considering doing the Yin Yang Yoga Teacher Training with me. As they say, every journey begins with a single step, and reading this guide could be the next step on your yoga path; a deeper journey into your body, mind and spirit. Are you ready for a magical experience of inquiry and self-improvement through yoga and meditation? Would you like to understand YIN-YANG philosophy for balancing your life ? Are you interested in discovering and deepening the practice of energy work and a healing path, with Yin Yang Yoga?

In this guide, I'll explain a little further about the practice of Yin-Yang Yoga, you'll learn more about what you can expect from this course. I'll help you decide whether this Yin Yang Yoga Teacher Training is for you. Wherever you choose to do your training, I wish you great success in your practice and encourage you to continue sharing your passion wherever you go.

Sincerely,

Victoria Lovera

Power Vinyasa - Yin Yoga Teacher



International Yoga Certification

What is International 200-Hour Yoga Certifications?

International 200-Hour Yoga Certification is the first step to becoming a yoga instructor. It's a program that gives you all the knowledge and skills to teach yoga with confidence. This certification is recognized world wide so you can teach yoga anywhere.

Why International Yoga Certification?

Global Teaching Opportunities:

International Yoga Certification allows you to teach yoga anywhere in the world. Whether it's in local studios, international retreats or online, this credential opens doors to connect with students from different cultures and share the magic of yoga.

Personal Transformation:

This certification is not just about learning to teach; it's a journey of self discovery. You'll understand more about the philosophy behind yoga, refine your self practice and enhance your mindfulness skills and unlock new levels of personal growth.

Credibility and Recognition:

Programs certified by organizations like Yoga Alliance ensures you meet global standards and receive quality yoga education. This recognition gives you credibility with students and employers and establishes you as a professional yoga teacher.

Comprehensive Skill Development:

You'll learn to design and lead yoga classes for all levels. From alignment and adjustments to pranayama and meditation, the certification gives you the skills to be a versatile and effective teacher.

Build a Global Network:

Joining a certified program connects you with a community of like minded yoga practitioners, instructors and aspiring yoga teachers. This community is a source of support, collaboration and inspiration for your teaching journey.



Yoga Teacher Training

What is a Yoga Teacher Training ?

Yoga Teacher Training (YTT) is so much more than just learning yoga poses. It's an amazing journey that goes deep into everything yoga is — postures, breathing techniques, meditation and the philosophy behind it all. Did you know over 80% of certified yoga teachers are registered with Yoga Alliance? That's how big and recognized YTT is!

So, why do people do YTT?

- To get the skills and confidence to teach yoga professionally.
- To deepen their understanding of yoga's physical, mental and spiritual benefits.
- Whether you want to teach or simply grow in your own yoga practice, YTT is life changing!



Yoga Teacher Training

Who can do Yoga Teacher Training?

Accessibility for All Levels

Yoga Instructor Training is for anyone who loves yoga and wants to learn, no matter where you are in your yoga journey. The best part? It's open to all levels:

- **Beginners:** Even if you have no teaching experience at all, a yoga training helps you learn and know more about the subject.
- **Intermediate Practitioners:** If you've been practicing yoga for a while and want to refine your skills, YTT is the step you need to take.
- **Advanced Practitioners:** This program is perfect for anyone who wants to improve their skills or teach yoga professionally.

Though no prior yoga experience is required, some basic understanding and knowledge of yoga poses and concepts can be helpful.



Why Join Yoga Teacher Training?

This is not just for aspiring yoga teachers. Undergoing any of the yoga teacher training programs is great, even if you:

- Want to grow personally and explore mindfulness.
- Love yoga and want to learn about philosophy, anatomy and benefits.



What's in the Yoga Teacher Training Curriculum?

This YTT program is designed to help you grow in your practice and feel ready to share yoga with others.

1. Physical Practice (Asanas)

You will learn:

- How to do yoga poses correctly, including adjustments and modifications.
- How these asanas benefit your body and mind.
- How to adapt poses for different levels and body types.

2. Anatomy & Physiology

You will learn:

- How the body works and how yoga affects the muscles, joints and organs.
- How to avoid injuries and practice safely.
- How breathing, movement and overall health are connected.

3. Philosophy and Lifestyle

You will:

- Origin Yoga, Yoga definitions, traditional paths of yoga
- Learn the Eight Limbs of Yoga, including ethics and mindfulness practices.
- Yin & Yang philosophy
- Live yoga as a way of life with balance and peace.

4. Pranayama and Meditation

You will:

- Master breathing techniques like Nadi Shodhana and Kapalabhati.
- Meditate to improve focus and reduce stress.
- Learn how breathwork supports yoga poses.

5. Teaching Skills and Methodology

You will:

- Feel confident to lead yoga classes.
- Know how to create sequences and classes safely.
- Learn how to communicate, give adjustments and make everyone feel welcome.

6. Practicum

You will:

- Practice teaching and conducting a YIN and a VINYASA class.
- Get feedback to improve your teaching style.
- Practice with peers to build confidence.



Program Structure

How is Yoga Teacher Training Structured?

Yoga Teacher Training (YTT) programs are designed to fit different lifestyles, whether you prefer the hands-on experience of in-person training or the flexibility of online learning. Let's get into it:

In-Person Training

- Immersive Experience: Spend your days at yoga studios, retreats or training centers, fully focused on your practice and studies.
- Flexible Schedules: Some programs are super intensive, all day for a few weeks, others part-time over months to fit your routine.
- Face-to-Face Connections: You'll work closely with instructors and fellow trainees, learn hands-on and build a strong sense of community.

Online Training

- Convenient and Flexible: This mode of training lets you learn at your own pace, and it is perfect if you're juggling work, family or other commitments.
- Live and Recorded Classes: Join live sessions to interact with teachers or catch up on recorded lessons whenever you like.
- Train from Anywhere: No need to travel — you can study from home while connecting with people from all over the world.
- Loads of Resources: You'll get access to videos, manuals, forums and more to make learning easier.



Program Structure

What's a Day in YTT Like?

A typical day as a trainee in YTT programs looks like –

- Morning Practice: Start the day with yoga poses, pranayama and meditation.
- Learning Sessions: Study yoga philosophy,, anatomy and teaching methods.
- Group Discussions: Share your thoughts with other trainees.
- Evening Classes: Practice teaching, techniques and reflect on what you've learned.



Assessments and Practicum

Assignments and Quizzes: To test the theory side of yoga.

Teaching Practice: Lead classes, get feedback and become a yoga teacher.

Whether you choose in-person or online training, YTT is designed to give you the skills and confidence to teach yoga and grow as a person. It's a journey that fits around your life and helps you achieve your goals!



Certification

How does Certification Work?

Certifying in yoga is a great way to acknowledge all the work you've put into your training. Here's how:

1. Complete a Certified Yoga Teacher Training (YTT)

You'll need to enroll into a Yoga Alliance certified program, like the 200 hour yoga teacher training course. And it would be quite helpful if you enroll with a Registered Yoga School, like Tapas Yoga. The training programs cover everything from postures and anatomy to breathing techniques and philosophy. The good news is you have the option to choose from in-person training, online mode or hybrid model to fit your lifestyle.

2. Meet Graduation Requirements

To get certified, you'll need to:

- Complete all required training hours (200, 300 or 500).
- Finish assignments, quizzes, and any practical assessments.
- Participate in hands-on yoga related sessions to show what you've learned.

3. Get Your Certificate

Once you've completed all the requirements you'll get your certificate. This isn't just a piece of paper—it's proof you've gained a deeper understanding of yoga and completed a program that meets high standards.

4. Optional: Register with Yoga Alliance

If your training is Yoga Alliance certified, you can register with them for extra credibility and global recognition.

With that certificate in hand, you can now step into the world as a yoga teacher and start sharing your passion. It's a great feeling knowing you can inspire others while doing something you love!



After the Course

What Happens After Completing Yoga Teacher Training?

Completing your Yoga Teacher Training (YTT) is an exciting milestone, and it opens up so many possibilities! Here's what you can do next:

Exploring New Opportunities

- In-Studio Teaching: You can start teaching at yoga studios, gyms or wellness retreats.
- Private Classes: Create one-on-one yoga sessions to suit individual needs.
- Online Platforms: With online yoga becoming so popular you can teach on platforms like YouTube or your own virtual studio.

Continuing Your Education

- Advanced Certifications: Take your practice to the next level with 300 hour Yoga Teacher training or 500 Hour Yoga Teacher Training programs.
- Specialized Courses: Dive into areas like prenatal yoga therapy or restorative to gain more depth in specific styles.

Finding Your Unique Style

- You can teach yoga to specific groups, like seniors, athletes or kids.
- Develop a teaching style that reflects your interests and strengths so your classes are uniquely yours.

Your yoga journey doesn't end with YTT – it's just the beginning of many paths!





"Yoga inspired me to be me."

Namaste
Victoria

