

## Course

### Teacher Training/ In-Depth Yoga Studies Program 200-hour Program September 2025-June 2026

Mind Body Zone is proud to offer a 200-hour Yoga Teacher Training / In Depth Yoga Studies Program. Whether your intention is to deepen your personal practice or obtain the skills and knowledge to become an effective instructor, this program is diverse and non-denominational, covering all aspects of Hatha Yoga. Upon successful completion of the program, one is eligible to register with Yoga Alliance as a Registered Yoga Teacher (RYT-200). The program includes:

#### Techniques- 100 hours

- In-depth study of asana/yoga postures
- Different styles of Hatha yoga
- Meditation
- Pranayama
- Chanting
- Prenatal Yoga

#### Teaching Methods- 35 hours

- Asana modification and use of props
- Demonstration and cueing principles
- Designing and sequencing a class
- Hands-on and verbal adjustments
- Business aspects of teaching yoga
- Process of learning styles
- Yoga Therapy
- Effective public speaking
- Teaching Beginners and Mixed Levels

#### Anatomy & Physiology- 20 hours

- Musculoskeletal
- Joint Mobility
- Respiration and Breath
- Preventing Yoga injuries
- Working with injuries & illness
- Chakras and the Energetic Body
- Bandhas

#### Philosophy, Lifestyle & Ethics- 30 hours

- 8 Limbs of Yoga
- Yoga Sutras of Patanjali
- Sanskrit
- Cultural Appropriation in Yoga
- Bhagavad Gita
- Ayurveda
- Ethics

#### Teaching and Assisting-15+ hours

## Requirements for Application and Certification:

- Minimum of 2 years personal practice of Hatha Yoga or approval from Director of Teacher Training
- Commitment and openness to continuing practice and spiritual growth
- Completed Program Application with letter of referral from a Yoga Teacher
- On-time payment of tuition and deposit
- Attendance (or make-up) of all Teacher Training sessions
- Successful and on-time completion of assignments, practices, and exam

## Primary Faculty

**Lynn Cheng** L.Ac, Dipl. OM, E-RYT  
Techniques, Teaching Methodology  
Director of Yoga Teacher Training  
[www.LynnChengHolisticHealing.com](http://www.LynnChengHolisticHealing.com)

**Kavita Patel** E-RYT  
Philosophy, Ethics, Sanskrit  
[www.yogawithkavita.com](http://www.yogawithkavita.com)

**Dr. Ram Rao** CAS,RYT, Ph.D  
Ayurveda, Philosophy, Meditation  
[www.kaivalyawellness.com](http://www.kaivalyawellness.com)

**Linea McPherson** E-RYT  
Techniques, Teaching Methodology

**Amanda Montoro** E-RYT  
Anatomy, Techniques

Plus, many more guest instructors!

## Tuition

- A non-refundable deposit of \$200 is due upon acceptance to the program.
- Early Bird tuition: \$2,200 paid in full by July 28, 2025 (total \$2,400)
- Regular tuition: \$2,400 paid in full by September 27, 2025 (total \$2,600)
- Payment schedule: \$2,625 (total \$2,825). Three \$875 payments due 9/27/25, 11/15/25 and 2/21/26
- Tuition Refunds-10% service charge, no refunds after September 26, 2025

Tuition does not cover the cost of a small number of required reading books or teaching practicum fees (if any). It does include all listed training sessions, hand-outs and 48 yoga classes at MBZ during the teacher training time period.

## Testimonials

"This program allowed me to explore the abundant facets of yoga at a steady and practical pace. The support and insight I received thoroughly prepared me to pursue this profession." –*Laura*

"I have taught yoga for many years, and this program has broadened my teaching skills enormously" – *Julie*

"Meeting one weekend/month provided a perfectly balanced pace; we absorbed lots of information during class time, and then had time to reflect, incorporate it into our live, and be excited again when the next weekend of training approached. Retention of the material was easier this way, and there was no feeling of burn-out or being rushed." –*Michele*

"This training introduced me to the heart of yoga and changed not only my career path, but the path of my life." –*Audrey*

"extremely organized, well thought out and exposes you to the whole spectrum of yoga knowledge. The things I learned just continue to unfold every day with new and deeper meaning in my life." –*Molly*

"teacher training has completely changed my life. I watched myself transform more in the last ten months than I had in 20 years in the Western mental health care system. My eyes and mind have been opened to more than I could have hoped for and it's given me a renewed zest for life." –*F.R.*

"The post training support has also been so amazing and extends beyond the 10 months of training. I always know I can contact any of the faculty if I have an idea or question." –*Carole*

"...best learning experience by blending lecture, hands on, self-practice, instructor critiques, and lots of optional reading and practice opportunities." – *Caron*

## Session Dates\*

**Saturdays 11:00am-6:00pm**

**Sundays 11:30am-5:45pm**

(\*Dates/Times subject to change)

- September 27-28, 2025
- October 25-26, 2025
- November 15-16, 2025
- December 13-14, 2025
- January 24-25, 2026
- February 21-22, 2026
- March 21-22, 2026
- April 18-19, 2026
- May 16-17, 2026
- June 13-14, 2026

In addition, 48 hours of Hatha Yoga practice are required. Classes and dates are determined by the trainee.

## Online Option

The weekend sessions are held in-person\* and online via Zoom simultaneously. Therefore, it is possible to participate in the training entirely online, should one choose to do so. (\*with the possibility of a few lectures being held online)

## Location

**Mind Body Zone**

(510) 252-1193

[www.MindBody-Zone.com](http://www.MindBody-Zone.com)

[teachertraining@mindbody-zone.com](mailto:teachertraining@mindbody-zone.com)



mindbodyzone

YOGA

PILATES

SPA

## 200 Hour Yoga Teacher Training & In-depth Studies Program

(ONLINE OPTION available)

September 2025-  
June 2026

