

Yoga Teacher Training

Comprehensive 500-Hour Teacher Training Program

For the past 20 years, High Desert Yoga has been offering and expanding its teacher training program. The High Desert Yoga teacher training is inspiring, transformational and one of the most comprehensive yoga teacher trainings in the country, featuring an integrated curriculum taught by teachers with decades of experience. Our high-quality program includes experiential sessions, highly structured student teaching, an overview of yoga therapeutics, and training in many specialty areas to deepen and diversify your education. High Desert Yoga also offers several specialty trainings annually in different aspects of yoga—which are taught by advanced teachers—including prenatal, senior, restorative, youth, trauma-informed, and therapeutic yoga.

200-Hour Training Program Self-Study and Deepening the Practice

Students in the 200-hour teacher training program embark on a journey deeper into their practice and themselves. For many, the decision to join the program marks the first time they accept a more rigorous schedule of study and a more comprehensive definition and experience of the practice. By experiencing the system of yoga as a whole, students have the opportunity to discover more subtle dimensions of themselves inside and out. Students will be given a classical yogic framework with which to re-evaluate habits and patterns in mind and body. With these insights, the practitioner may more easily examine the relevance of these habits in the present. This course is highly beneficial for anyone wishing a deeper understanding of the system of yoga, even if teaching is not a goal.

Schedule: Two weekends per month: Friday 6-8 PM, Saturday & Sunday, 1:30-6 PM

Cost: \$2985. Deposit of \$985 required; payment plans available.

Next 200-hour training begins January 5, 2018.

300-Hour Training Program The Decision to Teach

Students of the 300-hour teacher training program refine their practice of asana while continuing the process of becoming teachers. More subtle movement and energy concepts are presented and integrated. New skills are introduced that are unique to teaching. The 300-hour training begins with a brief review of the information from the 200-hour course. The 300-hour training also expands on communication skills, class sequencing, adjustments, therapeutic applications, and philosophy. With completion of this training and 100 hours of practice teaching, the student is qualified to register with Yoga Alliance as a 500-hour Registered Yoga Teacher (RYT 500).

Schedule: Two weekends per month: Friday 6-8 PM, Saturday & Sunday 1:30-6 PM

Cost: \$3895. Deposit of \$985 required; payment plans available.

Next 300-hour training begins January 6, 2017.

High Desert Yoga

