

WHAT GRADUATES SAY

"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

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

— Audrey

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

— Caron

"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 lives, 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."

— Michelle

SESSION DATES

Saturdays 11:00am–6:00pm

Sundays 11:30am–5:45pm

- February 27-28, 2027
- March 20-21, 2027
- April 24-25, 2027
- May 22-23, 2027
- June 26-27, 2027
- July 24-25, 2027
- August 28-29, 2027
- September 25-26, 2027
- October 23-24, 2027
- November 20-21, 2027

Dates/times subject to change. 48 hours of Hatha Yoga practice also required; classes and dates determined by the trainee.

ONLINE OPTION

Weekend sessions are held in-person and online via Zoom simultaneously — join entirely online if you prefer, with the possibility of a few lectures held online only.

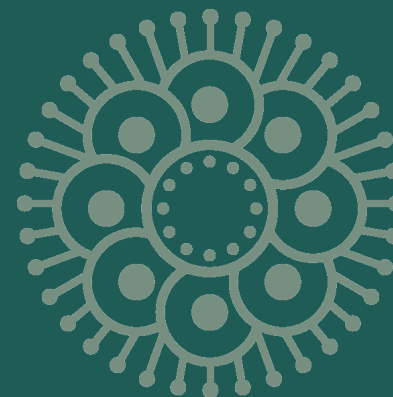
LOCATION & CONTACT

Mind Body Zone

(510) 252-1193

www.MindBody-Zone.com/ytt-2

mbz.ytt@gmail.com



200-HOUR YOGA TEACHER TRAINING

& In-Depth Studies Program

FEBRUARY-NOVEMBER 2027

Online option available



Registered Yoga School • RYS 200

THE PROGRAM

Whether you want to deepen your personal practice or gain the skills to teach, this diverse, non-denominational program covers all aspects of Hatha Yoga. Graduates are eligible to register with Yoga Alliance as a Registered Yoga Teacher (RYT-200).

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
- Effective public speaking
- Teaching beginners & mixed levels

Anatomy and Physiology — 20 hours

- Musculoskeletal system & joint mobility
- Respiration and breath
- Preventing & working with yoga injuries
- Chakras and the energetic body
- Bandhas

Philosophy and Lifestyle — 30 hours

- Eight Limbs of Yoga
- Yoga Sutras of Patanjali
- Sanskrit
- Bhagavad Gita
- Ayurveda
- Cultural appropriation in yoga
- Ethics

Practicum/Mentorship — 15 hours

- Guided teaching and assisting with experienced mentor

REQUIREMENTS

- Minimum 2 years personal Hatha Yoga practice, or Director approval
- Commitment to continuing practice and spiritual growth
- On-time payment of tuition and deposit
- Attendance (or make-up) of all sessions
- Successful, on-time completion of assignments and exam



PRIMARY FACULTY

Lynn Cheng *L.Ac, Dipl. OM, E-RYT*

Director of Yoga Teacher Training
Techniques, Teaching Methodology, Anatomy
www.LynnChengHolisticHealing.com

Kavita Patel *E-RYT*

Philosophy, Ethics, Sanskrit
www.YogaWithKavita.com

Dr. Ram Rao *CAS, RYT, Ph.D*

Ayurveda, Philosophy
www.kaivalyawellness.com

Linea McPherson *E-RYT*

Techniques, Teaching Methodology

Amanda Montoro *E-RYT*

Anatomy, Techniques

Plus guest instructors!

TUITION

- Non-refundable \$200 application deposit due upon acceptance
- Early Bird: \$2,200 by 1/8/27 (total \$2,400)
- Regular: \$2,400 by 2/27/27 (total \$2,600)
- Payment Plan: \$2,625 in 3 installments of \$875 — due 2/27/27, 5/22/27, and 8/28/27 (total \$2,825)
- Refunds: 10% service charge; none after 2/27/27

Includes all sessions, handouts, and 48 yoga classes at MBZ during the training period.

Does not include required books or practicum fees, if any.