

Zenya. Yoga



200-Hour Yoga Teacher Training

Whether you aspire to create a meaningful and rewarding career as a yoga teacher, or you simply wish to take your practice to a whole new level, our 200-Hour Yoga Teacher Training will transform your existing practice and introduce you to the art of teaching yoga.

Zenya Yoga® is a registered through internationally recognized Yoga Alliance. After graduating from our training, you will have a clear roadmap to structuring and teaching yoga classes at studios and events around the world.

Our immersive program will take you on a journey of self-discovery through a daily yoga and meditation practice, study of the fundamental principles of yoga, art of teaching, creative sequencing, asana alignment, philosophy, anatomy, and also the business of yoga, branding, and social media.

WWW.ZENYAYOGA.COM

**COURSE BEGINS
MAY 4TH, 2024**

TIME COMMITMENT

6-Month Certification

***Every 3rd Weekend**

Saturdays & Sundays

9:00am - 6:00pm

GRADUATION: NOV 17th

YOUR TEACHERS

-Linda Melochick

ERYT-500, YACEP,

Director

-Muning Hu

ERYT-500, YACEP

-Dr. Valerie Wright

DNP, APRN, CYT-200

-Danielle Orender

RYT-500, RCYT, RPYT

-Jivani Lisa Drago-Bauer

M.S., ERYT-500, YACEP

TRAINING TOPICS

- Vinyasa Yoga practice
- Teaching methodology
- Introduction to pranayama
- Yoga history and philosophy
- Hands-on adjustments for proper alignment
- Science and the art of sequencing
- Principles of anatomy and physiology
- Sanskrit and English names of postures
- Use of props to improve or modify postures
- Posture benefits & potential risks
- Feedback process to grow as a teacher
- Confidence-building through practice teaching
- Introduction to meditation
- Identifying skeletal variances
- Cultivating your teaching voice
- How to be a badass teacher :)
- Professionalism & ethics
- Intro to Prenatal Yoga
- Intro To Children's Yoga
- Chakra Theory
- Intro to Ayurveda

ZENYAYOGA.COM
(757) 675-9077

Immerse yourself.

Deepen your practice.

Transform your life.

Free your soul.

APPLY HERE



Immerse yourself in a joyous, soulful, and transformational Yoga Teacher Training. Come and embrace the journey with us!

LEARN IT ~ LIVE IT ~ GIVE IT