

VILLAGE YOGA

200-Hour Power Vinyasa Teacher Training

Tequesta, Florida · Launching November 2026



Welcome! Below are some brief details about our new training that will launch this fall. It's six months of practice, study, and self-reflection that will change the way you move, the way you teach, and the way you show up in the world.

Too many teachers graduate from 200-hour programs with the certificate but not the confidence, they know the poses but don't know how to hold a room. This training is built differently. By the end, my goal is that you walk out **prepared to be hired**, ready to lead a powerful, intelligently sequenced class with presence, clarity, and authority.

What You'll Study

- Foundations of Power Vinyasa — class architecture, Surya Namaskar A & B, intelligent sequencing
- Breathwork & meditation — pranayama, the nervous system, and meditation practice
- Functional anatomy & physiology — how the body actually moves, loads, and breathes
- Teaching methodology — cueing, language, timing, and building real presence at the front of the room
- Yoga philosophy & ethics — the 8 limbs, the Yamas & Niyamas, and living the practice off the mat
- Hands-on Asana Lab every training weekend — alignment, cueing, and live teaching practice

The Schedule at a Glance

Six months · two weekends per month · roughly 26 hours each month · 200 hours total

Session	Focus	Hours
Monday · Zoom, 7–9pm	Philosophy, ethics & anatomy discussion	2 hrs
Tuesday · Zoom, 7–9pm	Lecture, discussion & coursework	2 hrs
Saturday · Studio, 1–6pm	Asana Lab, practice teaching & immersion	5 hrs
Sunday · Studio, 1–5pm	Technique, sequencing & integration	4 hrs

Plus independent work: an online anatomy course and logged observation/practice hours you complete on your own time.

Investment

Deposit to secure your spot	\$500 (applied toward your tuition)
Early-bird tuition	\$3,200 — locked in when you reserve early (available until 9/15/26)
Standard tuition	\$3,500

Reserve early and save \$300. Your deposit holds your place at the early-bird rate before pricing increases.

Dates & Next Steps

Please fill out this application here to apply:

Village Yoga YTT Applicants - Google Forms

Reach out to claim your spot or ask any questions — I'd love to tell you more.

Village Yoga · Tequesta, FL · villageoftequestayoga@gmail.com

OUR SCHEDULE NOVEMBER 2026 TO APRIL 2027

NOVEMBER 2026 - Sat, Nov 7 — 1:00–6:00 PM (In person) - Sun, Nov 8 — 1:00–5:00 PM (In person) - Mon, Nov 9 — 7:00–9:00 PM (Zoom) - Tue, Nov 10 — 7:00–9:00 PM (Zoom) - Sat, Nov 14 — 1:00–6:00 PM (In person) - Sun, Nov 15 — 1:00–5:00 PM (In person) - Mon, Nov 16 — 7:00–9:00 PM (Zoom) - Tue, Nov 17 — 7:00–9:00 PM (Zoom)	DECEMBER 2026 - Sat, Dec 5 — 1:00–6:00 PM (In person) - Sun, Dec 6 — 1:00–5:00 PM (In person) - Mon, Dec 7 — 7:00–9:00 PM (Zoom) - Tue, Dec 8 — 7:00–9:00 PM (Zoom) - Sat, Dec 12 — 1:00–6:00 PM (In person) - Sun, Dec 13 — 1:00–5:00 PM (In person) - Mon, Dec 14 — 7:00–9:00 PM (Zoom) - Tue, Dec 15 — 7:00–9:00 PM (Zoom)
JANUARY 2027 - Sat, Jan 9 — 1:00–6:00 PM (In person) - Sun, Jan 10 — 1:00–5:00 PM (In person) - Mon, Jan 11 — 7:00–9:00 PM (Zoom) - Tue, Jan 12 — 7:00–9:00 PM (Zoom) - Sat, Jan 23 — 1:00–6:00 PM (In person) - Sun, Jan 24 — 1:00–5:00 PM (In person) - Mon, Jan 25 — 7:00–9:00 PM (Zoom) - Tue, Jan 26 — 7:00–9:00 PM (Zoom)	FEBRUARY 2027 - Sat, Feb 6 — 1:00–6:00 PM (In person) - Sun, Feb 7 — 1:00–5:00 PM (In person) - Mon, Feb 8 — 7:00–9:00 PM (Zoom) - Tue, Feb 9 — 7:00–9:00 PM (Zoom) - Sat, Feb 27 — 1:00–6:00 PM (In person) - Sun, Feb 28 — 1:00–5:00 PM (In person) - Mon, Mar 1 — 7:00–9:00 PM (Zoom) - Tue, Mar 2 — 7:00–9:00 PM (Zoom)
MARCH 2027 - Sat, Mar 6 — 1:00–6:00 PM (In person) - Sun, Mar 7 — 1:00–5:00 PM (In person) - Mon, Mar 8 — 7:00–9:00 PM (Zoom) - Tue, Mar 9 — 7:00–9:00 PM (Zoom) - Sat, Mar 20 — 1:00–6:00 PM (In person) - Sun, Mar 21 — 1:00–5:00 PM (In person) - Mon, Mar 22 — 7:00–9:00 PM (Zoom) - Tue, Mar 23 — 7:00–9:00 PM (Zoom)	APRIL 2027 - Sat, Apr 3 — 1:00–6:00 PM (In person) - Sun, Apr 4 — 1:00–5:00 PM (In person) - Mon, Apr 5 — 7:00–9:00 PM (Zoom) - Tue, Apr 6 — 7:00–9:00 PM (Zoom) - Sat, Apr 24 — 1:00–6:00 PM (In person) - Sun, Apr 25 — 1:00–5:00 PM (In person)

Required Reading

- Functional Anatomy of Yoga*, David Keil
- The Yoga Sutras of Patanjali*, Satchidananda
- The Hatha Yoga Pradipika*, Pancham Sinh (free online)
(chapter 1 available [here](#))
- The Art of Vinyasa*, Richard Freeman and Mary Taylor
- Yoga of the Subtle Body*, Tias Little

Recommended (optional): *The Untethered Soul*, *Light on Yoga*, *The Heart of Yoga*, *The Upanishads*, *The Bhagavad Gita*, and *Breath: The New Science of a Lost Art*, James Nestor.