

300 HOUR YOGA TEACHER TRAINING MODULES - PROFESSIONAL UPGRADE TO RYT500 COURSE DESCRIPTIONS

Sacred Words of Power

Discover sacred sounds, Sanskrit, and mantra that can transform your mind, body, and spirit through meditation and ritual.

Karma and Reincarnation

Explore the teachings of karma, reincarnation, and the obstacles to enlightenment while learning tools for energy management and self-care.

Advanced Anatomy - The Physical Body

Gain insight into anatomy, alignment, and variations of yoga poses to safely guide students while deepening your understanding of the body in motion.

Advanced Anatomy - The Subtle Body

Examine the lokas, koshas, chakras, granthis, and more to gain understanding into the subtle layers of the body, nature, life force and the nature of consciousness.

Understanding Trauma, Pain, and Power Dynamics in Teaching

Learn trauma-sensitive approaches, mindful cueing, and how to use voice and presence to create safe, empowering classes.

The Yoga of Business

Develop practical skills for running your yoga career, including marketing, hosting workshops, private sessions, and retreats while protecting your energy.

The Upanishads

Explore the wisdom of the Upanishads and their guidance to nurture health, balance, and deeper self-awareness in your practices and teachings.

The Hatha Yoga Pradipika

Delve into the classical foundations of Hatha Yoga as shared in this classic text, including asana, pranayama, mudras, and bandhas for body-mind harmony.

Advanced Anatomy - Bridging the Subtle and Physical Bodies

Integrate knowledge of the physical body with the subtle body of chakras, nadis, marma, and learn more about Ayurveda for a holistic approach to teaching and practicing yoga.

Advanced Pranayama and Svara Yoga

Refine your mastery of breath, pranayama techniques, and energy flow to support health, balance, and spiritual growth.

Insights into Yoga Lineage

Explore SOYA's unique history, class sequencing from a variety of yoga lineages, and inclusive teaching practices that honor tradition and modern diversity.



