

Trinity Yoga Teacher Training

Compare 50 to 500-hour Face-to-Face and Online Training Options

Training Options	50-hr	100-hr	200-hr	350-hr	500-hr
Face-to-Face Option		8 sessions	15 sessions	15 sessions	15 sessions
Online Only Option	Yes		Yes	Yes	Yes
Study Units	50-hr	100-hr	200-hr	350-hr	500-hr
Pose-by-Pose Study	Intro	Full	Full	Full	Full
Accessible Asana		Yes	Yes	Yes	Yes
Anatomy Basics			Basics 3	Basics 3	Basics 3
Ayurveda Basics		Basics 1		Basics 1	Basics 3
Breathwork Mudra Bandha	Intro	Yes	Yes	Yes	Yes
Business Basics			Basics 1	Basics 2	Basics 3
Core Yoga					Yes
Energetic Anatomy			Yes	Yes	Yes
Mind Body Meditation					Yes
Practice Teaching			Yes	Yes	Yes
Reading & Writing Assignments			Yes	Yes	Yes
Sequencing			Basics 1	Basics 1	Basics 3
Teaching Skills		Yes	Yes	Yes	Yes
Yoga Philosophy Foundations	Life skills	Life skills	F2F- no Online - yes	Professional	Professional
Audio Discussions	Yes	Yes	Yes	Yes	Yes
Weekly Group Coaching	Yes	Yes	Yes	Yes	Yes
Monthly Philosophy Club	Yes	Yes	Yes	Yes	Yes
Virtual Yoga Class Library	Yes	Yes	Yes	Yes	Yes
One-to-One Mentoring			2	4	4
Registration	50-hr	100-hr	200-hr	350-hr	500-hr
Yoga Australia	-	-	200-hr Provisional	Level 1 Teacher	Level 1 Teacher +
Yoga Alliance	-	-	RYT-200	RYT-200	RYT-500
AUSactive	-	-	200-hr 20 CEC	350-hr L1 20 CEC	Level 1 Teacher +

Blended – Face-to-Face + Online:

Blended trainings include both face-to-face and self-paced online study, plus weekly virtual events like group coaching and philosophy club.

Suits those who prefer more face-to-face contact with a teacher and a student community. The blended program gives you the best of face-to-face and self-paced online study, with flexible online study you can explore at your own pace, and face-to-face study where you can ask questions, open discussions, and hear from other teachers.

- Face-to-Face sessions with Associate Trainer
- Deeper study in Vinyasa Flow and anatomy for yoga
- 2 unique electives
- Access your training portal and begin self-paced study units upon registration
- Being part of a community of yoga teachers and teachers in training
- Practice teaching with fellow teachers
- One to One mentoring with lead teacher Heather Agnew

Online programs:

Suits those who succeed in self-paced study. You can organize your own study schedule, work at your own pace, and reach out if you have questions or need support, and join in with weekly virtual coaching sessions to ask questions, open discussions, and hear from other teachers.

- Completely self-paced
- Access your training portal and begin your study units upon registration
- Explore a wide variety of study units, choose what to study and when
- Weekly virtual coaching to connect with other teachers
- One to One mentoring with lead trainer Heather Agnew

Professional Registration:

See registration requirements for professional yoga bodies below.

- Yoga Alliance: https://www.yogaalliance.org/Credentialing/Credentials_for_Teachers
- Yoga Australia : <https://yogaaustralia.org.au/become-a-member/>
- AUSactive: <https://ausactive.org.au/members/yoga-professional/>

If you have any questions, concerns, or wish to further discuss your interest, contact us anytime at:

email heather@yogatrinity.com or web www.yogatrinity.com