

# Yoga Teacher Training



Start Slide



## Yoga Teacher Training

# Overview

### This slide deck includes:

- About Yoga Trinity
- Training Options: 50-500 hour courses
- Delivery Methods: Online, Virtual, Blended Face-to-Face + Online
- Choosing a Course
- Course Overviews
- Ongoing Learning and Support
- Course Fees and Discounts
- Frequently Asked Questions

For more information please contact [heather@yogatrinity.com](mailto:heather@yogatrinity.com)



## Yoga Teacher Training

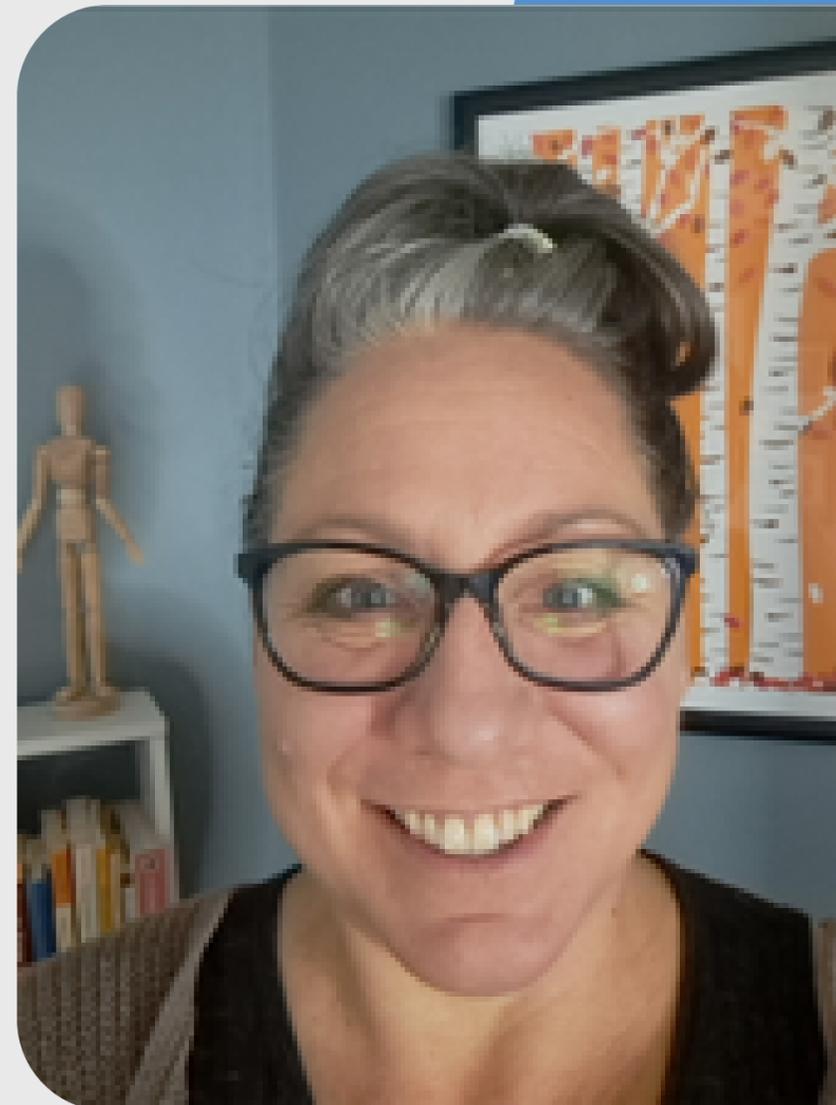
# About Yoga Trinity

Yoga Trinity is an internationally registered yoga training school that offers comprehensive, accessible, adaptable, and inclusive courses in Yoga, Pilates, Massage, and Meditation.

Since 2006 Yoga Trinity has been sharing Yoga Teacher Training in Australia, Canada, and online around the world.

Your lead trainer, Heather Agnew, is an E-RYT 500, Senior Level Yoga Teacher and has taught over 50 yoga teacher training programs.

We look forward to sharing an in-depth, inclusive, and heart-centered training with you



## HEATHER AGNEW

(she/her)

ERYT-500  
Senior Yoga Teacher

Lead Trainer, Yoga Trinity  
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[www.yogatrinity.com](http://www.yogatrinity.com)



# Training Options: 50-500 Hour Courses

### Choosing a training option:

Whether you wish to begin to explore more yoga philosophy and practice than you have learned in your yoga classes, or you wish to explore professional certification or postgraduate training, Yoga Trinity offers a variety of training options and delivery methods including:

- Online: online, self-paced study
- Virtual: live Zoom sessions + online study
- Blended: face-to-face + online study



## Yoga Teacher Training

# Online Courses:

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
- Begin your study units upon registration
- Choose what to study and when
- Weekly virtual coaching to connect with other teachers
- One to One mentoring with lead trainer Heather Agnew

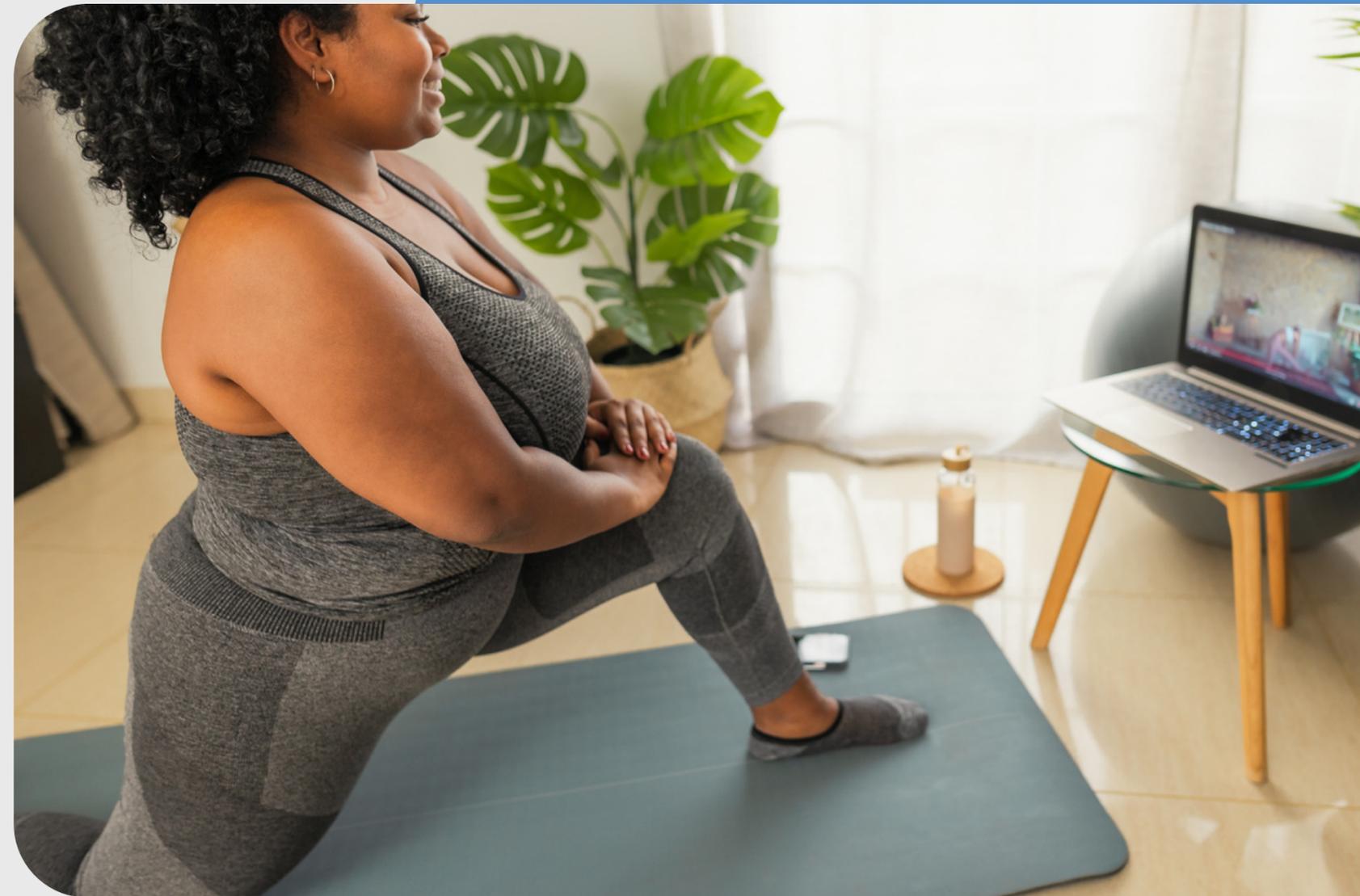


## Yoga Teacher Training

# Virtual Courses:

Suits those who succeed in guided study with more teacher-student contact. With live Zoom studies held over a series of weekends, you might find that the structure helps you to stay on track with your practice and studies. You might also enjoy the additional opportunity to ask questions, open discussions, and hear from other teachers.

- Live Zoom Intensives with lead trainer Heather Agnew
- Deeper study in Vinyasa Flow and anatomy for yoga
- 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 trainer Heather Agnew



## Yoga Teacher Training

# Blended: Face-to-Face + Online

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
- Begin self-paced study units upon registration
- Being part of a community of yoga teachers-in-training
- Practice teaching with fellow teachers
- One to One mentoring with lead teacher Heather Agnew



## Yoga Teacher Training

# Choosing a Course

Want to dive deeper into your yoga practice and studies, but you aren't looking to become a teacher right now? Consider:

- 50-hr Foundations 'Taster'
- 100-hr Vinyasa Flow Fundamentals
- 200-hr Vinyasa Flow Yoga Teacher Training



# Choosing a Course

Want a comprehensive education in yoga philosophy, practice, and teaching skills to begin your professional teaching practice? Consider:

- 200-hr Vinyasa Flow Yoga Teacher Training
- 350-hr Vinyasa Flow Yoga Teacher Training
- 500-hr Multidisciplinary Yoga Teacher Training



# Choosing a Course

Are you a yoga teacher looking to explore a multidisciplinary approach to yoga, including Vinyasa Flow, Core Yoga, Mind Body Meditation, and Ayurveda?

Consider:

- 150-hr Postgraduate Vinyasa Flow Yoga TT
- 300-hr Postgraduate Multidisciplinary Yoga TT



# Introductory Training Options:

## 50-Hour Foundations 'Taster'

- Online only
- Self-paced, begin anytime
- Study of warmups and Sun Salutations
- Yoga philosophy in daily life
- Opportunity to upgrade to 200 or 350-hour
- No pre-requisites
- [See the full curriculum here](#)



## Yoga Teacher Training

# Introductory Training Options:

### 100-Hour Fundamentals

- Virtual or Blended
- Study of the full Vinyasa Flow sequence
- Accessible yoga labs
- Ayurveda & Yoga Basics
- Yoga philosophy in daily life
- Opportunity to upgrade to 200 or 350-hour
- No pre-requisites
- [See the full curriculum here](#)



## Yoga Teacher Training

# Graduate Training Options:

## 200-Hour Yoga Teacher Training

- Online only
- Self-paced, begin anytime
- Study of the full Vinyasa Flow sequence
- Breathwork study
- Anatomy Basics
- Energetic Anatomy
- Yoga Philosophy
- Teaching Skills & Ethics
- Practice Teaching
- Pre-requisite: min 2 years yoga practice
- Yoga Alliance RYS-200, Yoga Australia 200-hr, AUSactive 200-hr + 15 CECs
- [See the full curriculum here](#)



## Yoga Teacher Training

# Graduate Training Options:

### 350-Hour Yoga Teacher Training

- Virtual, Blended, or Online
- Study of the full Vinyasa Flow sequence
- Breathwork study
- Anatomy Basics
- Energetic Anatomy
- Yoga Philosophy
- Teaching Skills & Ethics
- Practice Teaching
- Yoga Business
- Pre-requisite: min. 2 years yoga practice
- Yoga Alliance RYS-200, Level 1 Yoga Australia, Level 1 AUSactive + 15 CECs
- [See the full curriculum here](#)



## Yoga Teacher Training

# Graduate Training Options:

### 500-Hour Yoga Teacher Training

- Virtual, Blended, or Online
- Vinyasa Flow, Core Yoga, Mind Body Meditation
- Breathwork study
- Anatomy Basics
- Energetic Anatomy
- Yoga Philosophy
- Teaching Skills & Ethics
- Practice Teaching
- Yoga Business
- Pre-requisite: min. 2 years yoga practice
- Yoga Alliance RYS-500, Level 1+ Yoga Australia, Level 1+ AUSactive + 15 CECs
- [See the full curriculum here](#)



## Yoga Teacher Training

# Postgraduate Training Options:

### 150-Hour Yoga Teacher Training

- Virtual or Blended
- Vinyasa Flow
- Breathwork study
- Anatomy Basics
- Mental Anatomy
- Yoga Philosophy
- Teaching Skills & Ethics
- Yoga Business
- Pre-requisite: min 200-hr yoga teacher training
- 150-hours Yoga Australia, 150-hours YACEP, AUSactive 15 CECs
- [See the full curriculum here](#)



## Yoga Teacher Training

# Postgraduate Training Options:

## 300-Hour Yoga Teacher Training

- Virtual, Blended, or Online
- Vinyasa Flow
- Core Yoga
- Mind Body Meditation
- Breathwork study
- Anatomy Basics
- Yoga Philosophy
- Teaching Skills & Ethics
- Yoga Business
- Pre-requisite: min 200-hr yoga teacher training
- Yoga Alliance RYS-300, 300-hrs Yoga Australia, AUSactive 22 CECs
- [See the full curriculum here](#)



Yoga Teacher Training

# Locations, Dates, Times:

[Find all upcoming events here](#)

[Find Canberra Courses here](#)

[Find Adelaide Courses here](#)

[Find Virtual Courses here](#)

[Find Online Courses here](#)



## Yoga Teacher Training

# When you register:

You'll receive a welcome pack with all the details you need to access your training portal and begin your online practice and studies.

You'll also receive a weekly email with any updates, and invitations to weekly virtual events like Group Coaching,

## 350 Hour Yoga Teacher Training

Currently completed 0 lessons of 57 in total

0%

 In Progress

[CONTACT COURSE TEACHER](#)

### Welcome to 350-Hour Vinyasa Flow Yoga Teacher Training

Below find all the details on your 350-hour study program, as well as some ideas on what to start with when planning your study flow.

You can begin your studies anytime in advance of our face-to-face or adapted online immersion, and continue your studies before, during, or after our group sessions.



## Yoga Teacher Training

# Online Courses:

With online courses you'll be able to access your studies immediately upon registration, work at your own pace through your study units, and join us for optional weekly virtual coaching with your lead trainer to connect with fellow yoga teacher trainees, ask questions, share ideas, and receive all the support you need.

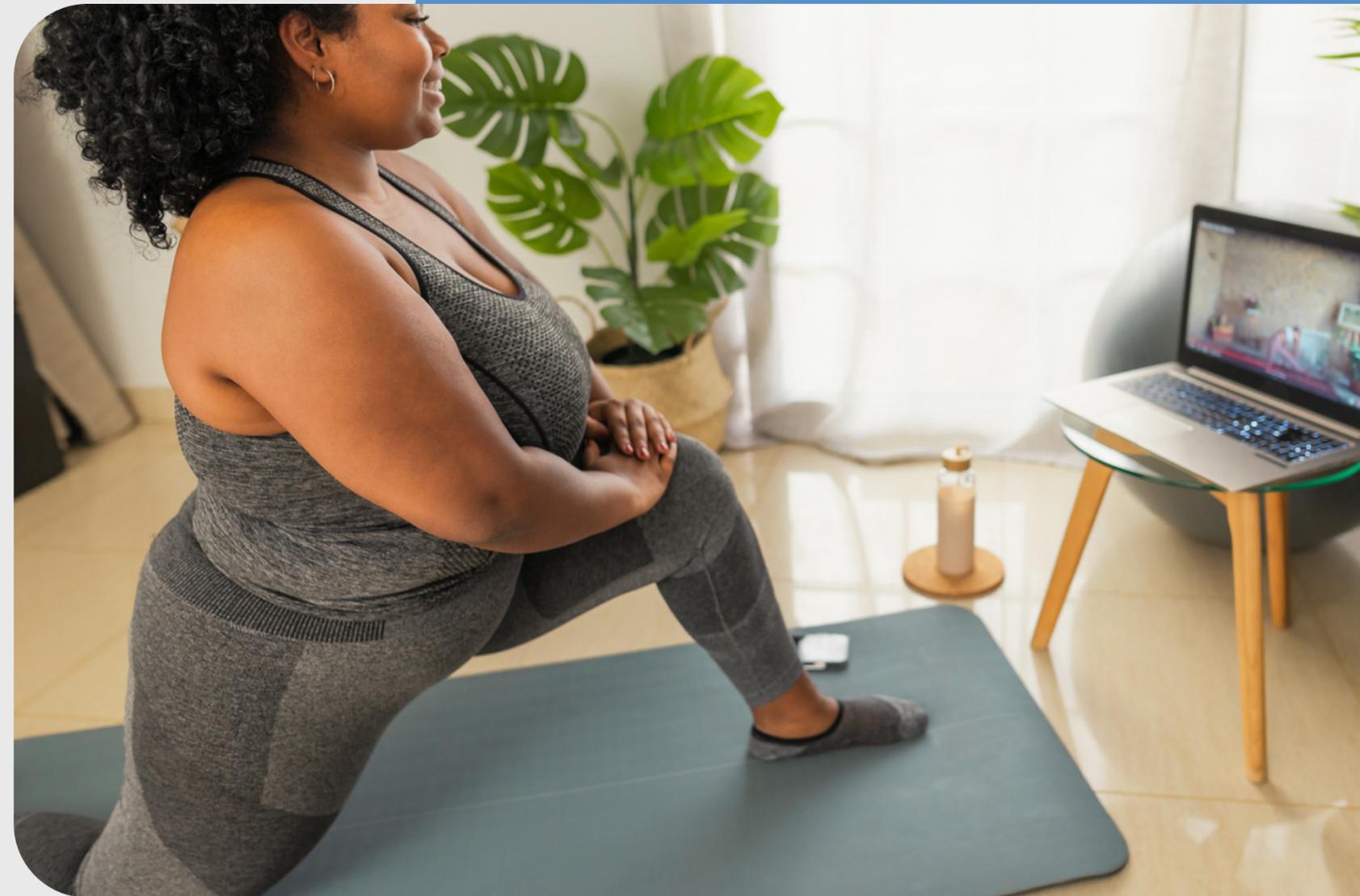


## Yoga Teacher Training

# Virtual Courses:

With virtual courses you'll be able to access your self-paced online studies upon registration, you can begin your practice and studies right away, and then you will join together on the Zoom platform with your lead trainer and teacher training group to move through your virtual studies together.

Before, during, and after your Zoom sessions you can join weekly virtual coaching with your lead trainer to connect with fellow yoga teacher trainees, ask questions, share ideas, and receive all the support you need.



## Yoga Teacher Training

# Blended: Face-to-Face + Online

With blended courses you'll have both your self-paced online studies which you can begin upon registration, and then you will join together face-to-face with your associate trainer and teacher training group to move through your studies together.

Before, during and after your face-to-face sessions you can join weekly virtual coaching with your lead trainer to connect with fellow yoga teacher trainees, ask questions, share ideas, and receive all the support you need.



## Yoga Teacher Training

# Ongoing Learning:

With all of these training options, you'll have access to:

- virtual yoga class library
- group coaching recording library
- philosophy club recording library

Attending weekly virtual coaching live is optional, but helps you to maintain motivation and discipline in your studies, gives you a space to ask questions, dig deeper into areas of study, and chat about all things yoga with a great group of yogis.

You'll have access to your lead trainer anytime you have questions, need support or resources, or just wish to touch base



## Yoga Teacher Training

### FAQs:

What if I have to miss a virtual or F2F session?

- There will be a recording to review and a homework sheet so you are sure to cover all the material.

What if I'm not sure which course is right for me?

- Schedule a chat with lead trainer Heather Agnew to talk through your needs and goals.

How long do I have to complete the coursework?

- 2 years from registration

How do you submit coursework?

- You can complete quizzes online, and email your writing assignments, to your lead trainer



## Yoga Teacher Training

### FAQs:

Do I have to be able to do advanced yoga poses?

- No, in all our trainings we explore a variety of ways to practice each technique, including regressions, progressions, accessible versions, and props. Our idea of 'advanced' is working with the pose versions that are right for your body. We welcome people of all abilities to take part in yoga teacher training.

Can I get RPLs for a course unit that I've already completed?

- Yes, if you have completed a unit of study with Yoga Trinity, you can get RPLs and a discount for that unit when you register



## Yoga Teacher Training

# Course Fees

- Earlybird Savings: Submit your application & deposit prior to the Earlybird date.
- Pay-up-front Discount: Submit full payment upon registration
- Concessions: All concession card holders
- Payment Plans: Deposit + 8 fortnightly payments
- Payable by bank transfer, Paypal (fees may apply) or Wise (domestic or international transfer)

Course	Fees	Discounts	Concession
50-hr Taster	280		
100-hr Fundamentals	1,250		1,100
200-hr YTT	2,000	1,800 Pay-up-front	1,450
350-hr YTT	4,000	3,600 Earlybird 3,800 Pay-up-front Online 2,800	3,200
500-hr YTT	4,780	4,280 Earlybird 4,380 Pay-up-front Online 3,080	
150-hr Postgrad	1,800	1,650 Earlybird	1,450
300-hr Postgrad Virtual/Blended	2,520	2,320 Earlybird	2,120
300-hr Postgrad Online	1,680	1,380 Pay-up-front	1,280

## Yoga Teacher Training

# What Does the Training Portal Look Like?

You'll have a few courses in your training portal, including your core unit, and then additional study units:

### 350 Hour Yoga Teacher Training

*57 Lessons in Teaching Yoga, Vinyasa Flow, Yoga, yoga teacher training 0 of 57 lessons completed*

Welcome to 350-Hour Vinyasa Flow Yoga Teacher Training Below find all the

### 40-Hour Vinyasa Flow Online

*71 Lessons in Teaching Yoga, Vinyasa Flow, Yoga 2 of 71 lessons completed*

Vinyasa Flow Yoga Online Continuing Education Program Vinyasa Flow is a mind-body movement

### Anatomy Basics for Yoga

*18 Lessons in Teaching Yoga, Vinyasa Flow, Yoga, yoga teacher training 0 of 18 lessons completed*

Anatomy Basics for Yoga In this 25-hour online education program explore anatomy, physiology,

### Core Yoga Online



# What Does the Training Portal Look Like?

Within in course, you'll see modules and lessons

## Modules

Study Overview YTT350

### Lessons

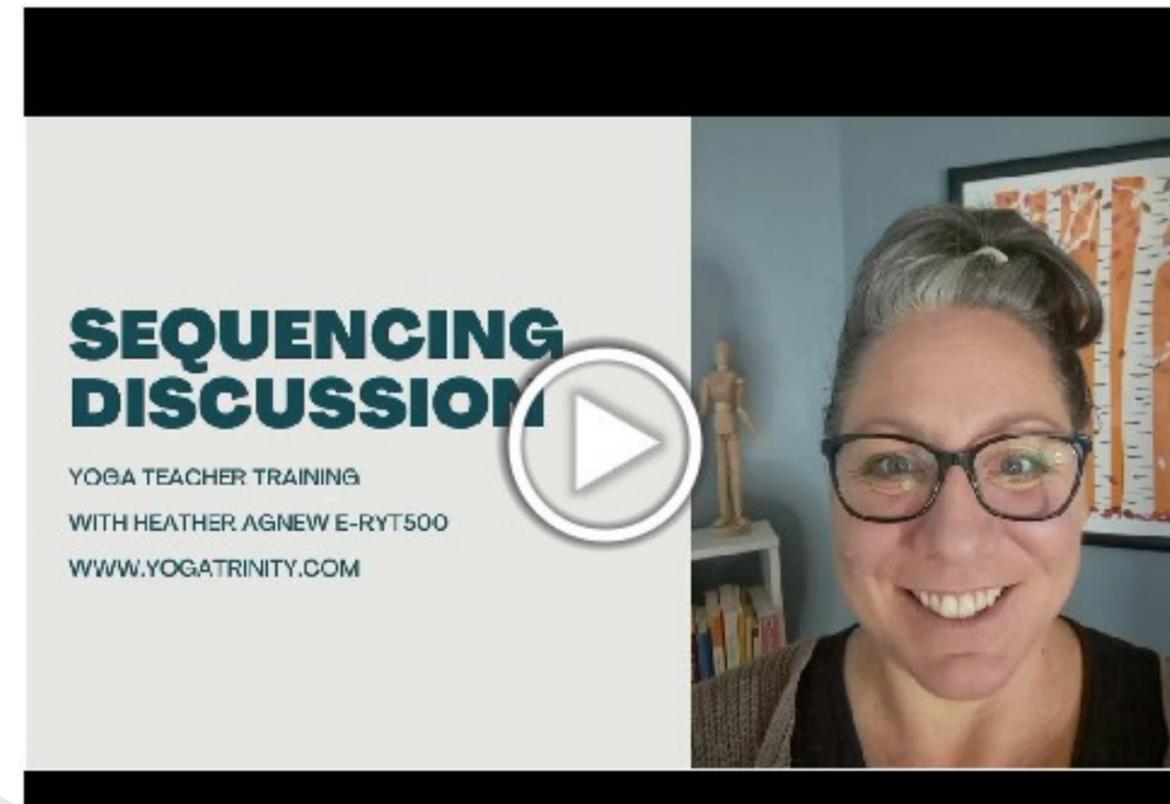
- Introduction and Program Outline
- Essential Downloads YTT350
- Study and Organization Tips
- Yoga Teacher Training Guidelines

# What Does the Training Portal Look Like?

Lessons might include reading, listening to an audio discussion, or watching a video

CONTACT LESSON TEACHER

## Sequencing Basics 1



# What Does the Training Portal Look Like?

If you prefer to study offline, or wish to download and save all your study resources, you'll be able to download your workbooks, videos, essential forms, and audio discussions

## Essential Downloads YTT350

[CONTACT LESSON TEACHER](#)

### Essential Downloads

Download and save your essential materials to your devices:

- > [Download Training Manual](#)
- > [Download How to Begin your YTT350](#)
- > [Download Study Checklist and Overview](#)
- > [Download Training Overview](#)
- > [Download Practice Log](#)
- > [Download Ongoing Learning Log](#)
- > [Download Teaching Flow Study](#)
- > [Download Practice Teaching Log](#)



# How Are Courses Assessed

Depending on your course, your assessments will include quizzes, writing assignments, journals, and practice logs.

Graduate and Postgraduate courses will include practice teaching journals and submission of a teaching video



## Yoga Teacher Training

# How Do I Register?

You can use the online tool to register, which you can find in each course page. If you prefer to register offline, we can email you a registration form in Word.

Register Here: <http://yogatrinity.com/course-registration-form/>

### Yoga Trinity Registration Form

I would like to register for: \*

350-hr Yoga Teacher Training

Course Location \*

Virtual/Adapted Online

Start Date, Module/Level of Study, Further Details: \*

Name \*

Address \*

Suburb \*



Yoga Teacher Training

# Where Can I Get More Information?

email: [heather@yogatrinity.com](mailto:heather@yogatrinity.com)

Use this [Contact Us](#) form  
or visit:

[www.yogatrinity.com](http://www.yogatrinity.com)



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## Yoga Teacher Training

50-500 Hour Yoga Teacher Training Options, Virtual or Online

200-Hour or 350-Hour Level Level 1 Vinyasa Flow Yoga Teacher Tra

300-hour Level 2 Postgraduate Yoga Teacher Training

Accessible, Inclusive, Adaptable, Yoga for All.

[Learn more](#)

