

# YOGA TEACHER TRAINING PROGRAM

INTENSIVE ONE-MONTH OR 11-CONSECUTIVE WEEKENDS COURSE



YOGA ALLIANCE CERTIFIED

EXPERIENCED & PASSIONATE FACULTY

IN-STUDIO / VIRTUAL / HYBRID

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# INTRODUCTION





## Yoga Tree's Philosophy & Practice of Yoga

We believe that your practice and experience are the foundation for creative teaching. Whether practicing for a year or 25 years, we are always learning through our own personal experiences. At Yoga Tree, we believe teaching is a way to continue our yoga journey and bring our love of the practice to others.

With more than 500 certified graduates since 2007, Yoga Tree is one of the top ranked studios in Toronto. Our Teacher Training program delivers on the highest standards of education, ensuring quality, professionalism, and integrity, and exceeds the training standards set forth by Yoga Alliance. Our team of specialized instructors are part of the Yoga Tree community and have more than 18 years of teaching experience, combined.

Yoga Tree's Teacher Training Program is an intensive 250-hour commitment offered over one month or 11 consecutive weekends. Our unique program is specifically designed to provide you with the right tools to teach the practice of yoga, and also to learn more about your own personal practice.





Yoga Tree's teaching philosophy brings together the insights and wisdom of many different traditions and is based on three disciplinary lineages – Classical Hatha, Ashtanga, and Hot Yoga. In our program, you will get a more scientific understanding of the body, and study functional anatomy, physical adjustments, as well as the physiology of yoga. Uniquely, we focus on how to structure your own class sequences so that you are prepared to build a program for any skill level.

Graduates of the Yoga Tree Teacher Training Program receive a Yoga Alliance compliant diploma and receive a tax certificate to claim the tuition tax credit. The diploma can be used to apply to the Yoga Alliance at the RYT-200 level. Additionally, select graduates from each class will be given the opportunity to gain real-life experience by teaching a few of Yoga Tree's community classes.

[Watch Introduction Video](#) 





# Teacher-in-Training Program

We have curated an intensive yoga teacher training program designed to deepen and build your personal practice and embark on a transformational journey.

Grounded in the science of body movement and spiritual connection, Yoga Tree’s teaching philosophy is based on three disciplinary lineages – Classical Hatha, Ashtanga, and Hot Yoga. Our Teachers-in-Training study from the Yoga Sutras of Patanjali, and begin to learn the fundamentals of meditation and Pranayama.

In our program, you will also receive an introduction to more specialized yoga programs including restorative yoga, prenatal yoga, and yoga for kids.

At Yoga Tree, we are proud of the community that is created among our Instructors, Trainees, and Graduates. Our Teacher-in-Training cohorts are diverse in language, nationality, career paths, and backgrounds, which makes for incredible sharing of experiences and stories. It enriches the study of yoga beyond the course material.

Our Teacher Training is an intensive one-month or 11-consecutive weekend program of **250 hours**, offered through in-studio, virtual, or hybrid classes. The curriculum includes:

**The Art of Alignment** | 125 hours

**Anatomy for the Yoga Mat** | 20 hours

**The Art of Teaching & Introduction to Specialized Practices** | 45 hours

**Yoga Philosophy & Ethics** | 30 hours

**The Art of Breath** | 10 hours

**Practice Makes Perfect** | 15 hours

**Self Development** | 35 hours

You will be equipped to teach in both heated and non-heated environments.





# Training Flexibility

## IN-STUDIO

Join us at our Bay and Dundas location for an in-person experience. This is our most popular and recommended program option.

## VIRTUAL

Whether from Toronto, the West, or out East, our program is available to you by taking our classes online. Please note, participation is key! All Teachers-in-Training attending virtually must do so with camera on so the instructors can see you.

## HYBRID

We know some of us need a bit of flexibility (not just literally) to fit our schedules. We now offer an in-studio and virtual hybrid option for our Teacher Training program.

\*All classes will be streamed live and recorded. Teachers-in-Training will have access to the recordings to be used for study purposes or for the lesson if a class is missed.  
\*Yoga Alliance guidelines indicate only two classes can be missed.



## Master the Art of Teaching

At Yoga Tree, we seek to develop teachers who encourage, inspire, and demonstrate sensitivity to those who are seeking balance and harmony through the practice of yoga.

Studying yoga and being able to support individuals in their journey of self-discovery, mindfulness, and wellbeing can bring us incredible joy, balance, and confidence. By creating a strong foundation, Teachers-in-Training will be able to discover their own unique voice and style.

### As a yoga teacher you will:

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Deepen their practice and understanding of yoga.

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Provide and implement corrections for your students using voice, touch, and body language.

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Create a cohesive, well-rounded class sequence that works best for you and your desired style of teaching.

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Have the confidence to begin teaching yoga to various levels of students and with different yoga lineages.

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Introduction to teaching classes such as prenatal, HITT Yoga, Restorative and Yin yoga.

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# Build a Career Around Your Passion

Whether you want to instruct yoga full-time, supplement your current lifestyle, or learn more about your own practice, becoming a certified yoga teacher can offer you flexible and rewarding opportunities.

Upon completion of our teacher training program, you will unlock new career opportunities including:

Teach yoga classes at a professional studio.

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Conduct private yoga classes or workshops.

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Become a teacher trainer or studio director.

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Open your very own studio.

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"Joining Yoga Tree's Teacher Training has been hands down the best decision I have ever made. Jason and his team of expert Yoga Teachers provided a challenging, fun, and inclusive environment that made both in-studio and online learning a great experience. For anyone looking to take their practice further, or become a well-rounded yoga teacher, Yoga Tree is for you. Jason was an excellent teacher, and brought so much insight into the studio from his own experiences. I feel confident and well-equipped to step out into the world and start teaching right away. From the Business of Yoga, Asanas, and Philosophy to Breathwork, and Anatomy, this course teaches you exactly what you need to know and more. Thank you to the Yoga Tree team, you were all amazing!"

**- Siobhan Llewellyn**

# PROGRAM CURRICULUM







## The Art of Alignment | Asanas (Yoga Poses)

125 HOURS

Asana is one of the eight limbs of Classical Yoga. These poses should be steady and comfortable, firm yet relaxed, and gently encourage us to become more aware of our body, mind, and environment. They are much more than stretching; they open our body's energy pathways and increase flexibility, strengthen our bones, stimulate our circulation, and support our immune system. The Asana component provides a detailed breakdown of over 100 fundamental yoga poses.

### You will learn:

Benefits and contraindications of each Asana.

Variations and modifications, including use of props.

Physical alignment of each pose within your own body, as well as recognizing it in your students.

Learn both hands-on and verbal adjustments.

Design classes and understand principles of sequencing yoga postures.

Instruct students on entering and exiting the posture safely, precisely, and with clear instruction.

Teaching principles of various styles including Hatha, Hot Yoga, and Vinyasa (Power).



## Anatomy for the Yoga Mat

### 20 HOURS

A basic working knowledge of anatomy is not only essential for any Yoga instructor, it is also a profoundly spiritual pursuit. Yoga is not just an ideology, but a complex creation in the universe. It is finding harmony between body and mind.

This course covers the basic anatomy and bio-mechanics of the human body and how it is directly applied to yoga Asana and practices. Various anatomy models, props, and tools are used to make the study of anatomy interactive and inspiring.

## The Art of Teaching & Introduction to Specialized Practices

### 45 HOURS

In this portion of the program, we will focus on the principles of assisting, demonstrating, observing, correcting, instructions, teaching styles, and the qualities needed in a yoga teacher, as well as the process of learning. We will explore the ethical aspects of teaching yoga and the components that create the “Yoga Lifestyle”. We also cover specialized yoga program methodology.

Many people practice yoga for different reasons, and there is a style for all people. In your introduction to specialized programs, you will increase your knowledge of prenatal, restorative, Yin, and HITT yoga.

You will learn the tools to welcome expecting mothers into your class, apply different methods of both teaching and practicing restorative yoga adjustments for those in need, the physiological impacts of Restorative Yoga, and how to substitute teach specialty classes such as HITT yoga, and Yin yoga.

## Yoga Philosophy & Ethics

### 30 HOURS

Understanding our yoga philosophy as well as the ethics of yoga is important foundational work for our Teachers-in-Training. This course uses the Bhagavad Gita and the Yoga Sutras of Patanjali to study the ethical guidelines of yoga. Both Yama (restraints) and Niyamas (observances) together form the moral code of conduct and each is made up of five behaviours. Bhagavad Gita is a resource to help you find answers to issues that may arise during your practice, and the Yoga Sutras of Patanjali helps guide your journey of self-discovery.





## The Art of Breath

### 10 HOURS

Breathing is vital to living. In this course, you will learn about Pranayama - the study of breath control. Prana is Sanskrit meaning life force and Ayama means extending or stretching.

Learn to teach various pranayama breathing techniques such as Ujjayi breath, including their contraindications and benefits. Bandas (energy blocks) and their use in Asana practice will also be covered.

## Practice Makes Perfect

### 15 HOURS

Put all of your skills to work. Teachers-in-Training are provided the opportunity to apply your learning in classes at Yoga Tree Studios. You will observe classes, provide instructional assistance, and teach your own class.

Teaching a class is an important element of the overall program. The class will have a minimum of eight people and each participant will fill out an evaluation form. These will be assessed as part of your overall performance in the program.

## Personal Practice & Self Development

### 35 HOURS

Ninety-nine percent yoga practice and 1% theory. Personal practice is essential to your continual learning and to successfully completing the program. A minimum of 35 hours of personal yoga practice is required in addition to the above courses. The benefits of your own practice will help you to remember and review the knowledge and skills you gain throughout the program.

We recommend our Teachers-in-Training take advantage of the diverse styles offered at Yoga Tree to further grow and learn. All program candidates receive an unlimited class pass valid at all Yoga Tree locations.

# APPLICATION PROCESS







# Tuition & Application Process

**To be a Teacher-in-Training at Yoga Tree, you must:**

- Be at least 18 years of age.
- Have been practicing yoga for at least six months.
- Want to deepen your knowledge and love of yoga.

**The program takes place in three convenient class options:**

- In-studio at Yoga Tree Bay & Dundas
- Virtual
- Hybrid

**Sessions run in the following seasons:**

- Summer
- Fall
- Winter

**Program Tuition Fee | \$3,700**

\*The Yoga Tree program is registered with the Government of Canada which allows us to provide our Teachers-in-Training with an education tax credit. Tuition costs subject to change.



## Step One

### Apply

Applications can be submitted at any Yoga Tree studio location or online.

Registrations are processed on a first-come, first serve basis and we recommend early submission to reserve your spot.

[Apply Online](#)

## Step Two

### Application Deposit

A **\$300** deposit is due upon submission of your application. Once accepted, the deposit will be used towards your tuition fees. Deposits are refundable if you are not admitted into the program. The deposit can be made directly online.

A payment plan can also be arranged upon admission to the program. Please e-mail us at [teachertraining@yogatree.ca](mailto:teachertraining@yogatree.ca) for more details.

[Make Payment Online](#)

## Step Three

### Interview

Application to the program does not guarantee acceptance. All candidates must participate in an interview with the Program Director and be evaluated for academic and physical ability, personal character, motivation, ability to manage time, and the ability to meet the financial obligations for tuition.

\*Fees include a five-month unlimited pass. This Teacher Training membership can be used as early as one month prior to your session start date. All passes will be activated on your session start date if the request for early activation is not received.

\*Yoga Tree's teacher training courses are registered with The Minister of Employment and Social Development Canada (ESDC). We provide our Teachers-in-Training with T2202A certificates to claim education-related tax credits, such as the tuition tax credit, upon completion of the program. The purpose of the tuition tax credit is to allow you to reduce their income taxes by taking into account the total tuition fees paid for education. Check with your accountant or tax preparer for additional information.



## Requirements for Certification

**Teachers-in-training must fulfill the following requirements to achieve certification:**

Completion of class course work.

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Completion of all readings and homework.

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Completion of at least 25 hours of personal practice.

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Teach at least three classes with a minimum of three people.

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Successfully pass final written and practical exams.

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Attend all scheduled class lecture dates either in person or with cameras on via Zoom.\*

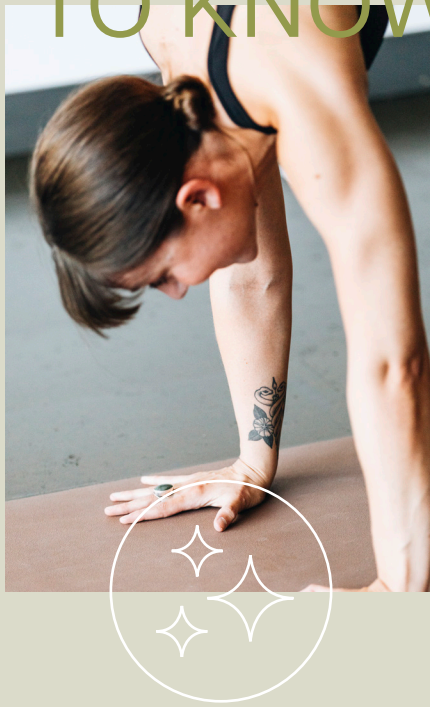
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Graduates of the Yoga Tree Teacher Training Program are certified at 250 hours and receive a diploma which is Yoga Alliance compliant. The diploma can be used to apply to the Yoga Alliance at the RYT-200 level upon graduation.

\*Students can only be absent a maximum of 2 days from the scheduled class lectures in order to qualify for Yoga Alliance compliance certification.



# GET TO KNOW US







## Jason Lu

PROGRAM DIRECTOR

As the principal instructor, Jason is best known for his authentic and no-nonsense approach to yoga. Combining his 18 years of training certified as 200 and 500 RYT level with his Bachelors of Science, Jason offers unique seamless sequencing, challenging his students to reach their full potential in each yoga practice. Jason is also an ambassador for Lululemon Athletica promoting yoga benefits to the greater community.



# Elysia Baldassarra

## FACULTY MEMBER

Dr. Elysia Baldassarra combines her medical knowledge with the physical and mental rejuvenation of yoga practice. As a Certified Yoga Instructor, Doctor of Chiropractic, and associate professor with the Faculty of Pre-Health Sciences at George Brown College, Dr. Baldassarra gives her students the unique opportunity to work towards optimal health.

Elysia has the unique ability to teach at a level understood by all. She aspires to motivate and educate her students to achieve their personal health goals while attaining the benefits of mind and body awareness.

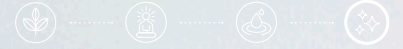




## Ali Alexander

### FACULTY MEMBER

Having first encountered yoga as a child, Ali returned to the practice in 2002 and sampled various styles including Iyengar, Viniyoga and traditional Hatha before finding Jivamukti Yoga. Ali completed her Jivamukti Yoga Teacher training and apprenticeship in 2005 and began teaching in Toronto. In late 2007, Ali spent the next two years travelling, studying, teaching and practicing yoga in Australia and New Zealand. She studied all aspects of yoga -- including Sanskrit, meditation and yoga philosophy -- and has additional certifications in both Restorative and Yin Yoga.



# Cheri Johnson

## GUEST LECTURER

Cheri was drawn to yoga in 2008 by the beauty of the creative and artistic postures, and was captured by the many benefits she received to the mind, body and soul. She is a graduate of the Yoga Tree teacher training program, and incorporates a fun and positive energy into her classes.

Life is too short to be taken so seriously, and she aims to instill joy into people's lives by leading them through their practice with a smile. You will find an eclectic mix of music from most genres in her classes, all set in a pattern to help inspire your mood and movement.





## Laura MacKinnon

GUEST LECTURER

Laura is a Registered Early Childhood Educator and Certified Yoga Instructor based in Toronto. She began practicing yoga in 2012, as a way to explore movement and deepen her connection to body and mind. Laura graduated from Yoga Tree's Teacher Training Program in 2017 and has been teaching since. Her style is focused on building strong foundational postures, proper and safe alignment, and creative sequencing that encourages students to be focused and present. Inspired by the children that she's worked with, Laura loves bringing playfulness and exploration to her classes. Students can expect a fresh and fun take on traditional poses in a warm and exciting environment. Be ready to sweat, laugh, breathe, and flow!



## Kim Hasselfeldt

### GUEST LECTURER

Kim has been practicing yoga since 2004. She has an extensive background in dance, and was seeking an alternative form of exercise when she discovered yoga. What started out as a quest for a fitness activity has evolved into something much deeper and more meaningful. Kim has training in many styles of yoga, but specializes in Ashtanga, Vinyasa, and Yin. Witnessing and being involved in the practice of others everyday fuels her passion for the depths and many aspects of her own practice.







"I had such a great time doing the first-ever online teacher training at YogaTree! Online learning is typically not my favorite way to learn, however, the online teacher training was incredibly engaging and I loved it. I really enjoyed the in-depth knowledge we gained in a variety of subject areas (anatomy, philosophy, and of course, the asanas). I would highly recommend YogaTree's teacher training!"

**- Kristina**

"I've wanted to do my yoga teacher training for some time now and the online experience was a great way to finally get it in! Jason is incredibly knowledgeable and I would recommend this to anyone who is interested in learning how to teach yoga or simply deepen their practice."

**- Avery**



"I truly loved this program. Top to bottom, the knowledge was comprehensive and practical. It delved into the necessary information, setting us up for success in teaching and gave us a good taste of what paths we might want to take afterwards. I feel so ready and excited to teach, and completely supported by the faculty we step into the next chapter. So grateful for this training, and everything to come!"

**- Madison**

"Yoga Tree's teacher training program is a well-rounded program that I highly recommend. In addition to learning technical and philosophical approaches to yoga from world-class teachers, I also learned so much about myself along the way. It is more than I could have anticipated and way more than I can convey in a simple testimonial! Thank you to Yoga Tree and all the teachers who taught me so much on this journey."

**- Mariam**





Apply Online

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[yogatree.ca](#)

[teachertraining@yogatree.ca](mailto:teachertraining@yogatree.ca)