



# 200hr Yoga Teacher Training Course Syllabus

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Yoga Alliance (RYS-200)

**YB** | PRACTICE IS  
EVERYTHING

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# Why Teach Yoga?

Yoga teaching offers you the opportunity to build a life of meaning and purpose. On a typical day, yoga teachers help students achieve strength and balance, relieve stress, and restore their health using the amazing power of yoga.

As a leader in your community, you'll play a pivotal role in the lives of your students, guiding them toward change and transformation.

Since the 1990s, yoga has steadily grown in popularity worldwide. The demand for classes has outpaced the supply of teachers, and it's not just studios that are hiring. Yoga classes now happen everywhere. This means that savvy, well-trained yoga teachers are able to craft a life on their own terms, set their schedule, and enjoy the autonomy and freedom that only a yoga teaching career can provide. Right now is truly the best time in history to teach yoga, and you'll be excited to learn just how many opportunities are available.

## "A super professional course"

"A super professional system of teaching. Very experienced coaches who love what they are doing. The right balance of challenges and accessible tasks. Very motivating!" - Armin R





# Why Choose YOGABODY?

At YOGABODY Teachers College®, we focus on science-based, mind-body fitness for everyone. All ages, all body types, all levels.

Since our school's inception in 2006, our focus has been on professionally-oriented, client-ready training. We turn passionate yoga students into professional, paid teachers.

Our curriculum stands out as one of only a handful of courses worldwide that has been reviewed and approved for university-level credits (American Council on Education). Everything from our session plans and evaluations, to our class structure and exam process is designed with optimal learning in mind. While there is no shortage of information available today, there is a huge shortage in effective, engaging learning environments, and this is where YOGABODY Teachers College® stands out.

Successful graduates receive the following credentials: Yoga Alliance, Yoga Alliance International, American Council on Exercise, and American Council on Education (endorsed for university-level credits).

With graduates teaching in 41 countries, the success of our course speaks for itself. Essential to the training journey, the 200hr curriculum includes practical business training that enables even brand new teachers to stand out in the top five percent in their market, with access to proprietary online marketing tools, promotional and business resources available to all trainees and graduates.

## **"Amazing instructors, exceptional value"**

"Amazing instructors, an exceptional value, highly organized program that delivers far more than expected. I walked away from my training with the knowledge and confidence to teach, as well as the ability to run a business." - Ana C



# Exciting Opportunities

As a yoga teacher, you'll build your work life on your own terms. This means your schedule, your income, and even where you live and work are entirely up to you.

We have graduates teaching in the most popular studios in London and New York, and we have even more alumni teaching from home, working online in rural areas. Additionally, there are growing opportunities in schools, medical facilities, businesses, and sports clubs.

If travel and adventure interest you, teaching yoga provides a unique opportunity to see the world. YOGABODY graduates teach on cruise ships and yachts, in health resorts, and five-star hotels. Many teachers book seasonal work in resort towns and use their teaching gigs as an excuse to see the world.



# The Training Experience

Our school trained exclusively in person for 14 years, but our online education programs are even better. This course offers a unique opportunity, combining the best of in-person and online teaching and learning.

Unlike most schools, we use the online training environment to offer more personal attention, more trainers, lower costs, an expanded curriculum, and a more natural timeline for certification.

During the first two weeks, we offer live, interactive classes with verbal and written feedback daily, real-time community chat groups, and ongoing assessments. While you've no doubt taken online courses before, your perspective will completely change after you train with YOGABODY.

- Fast-paced, highly engaged, multimedia learning environment
- Verbal and written feedback from trainers on your practice and teaching
- Small group and private tutoring as needed
- Personalized evaluations of exam materials
- Daily breakout rooms for practice teaching
- Interactive video classes, illustrated graphs, and animations
- In-person learning and access to teachers and peers during the final week
- Adequate time and space to learn and grow



**2-Week Intensive Virtual Sessions (Mon-Fri).** Each week includes a two-hour live class (60 min yoga practice, 60 min workshop-style posture clinic) plus 30 minutes self-scheduled practice with a partner. Can't make it to live class? No problem. Replays are available the same day, and every question is answered each day by your trainers.



**1-Week In-Person Immersion.** During the final week we'll come together to focus on applied anatomy, hands-on adjustments, sequencing, public speaking, and preparation before you take your final exams.



**eLearning Platform and App.** You'll be issued a login and password for our official elearning platform where you'll find pose-by-pose tutorials, checklists, flashcards, and more. This new and updated platform has five times the number of resources offered on any other course, and you'll get lifetime access so you can continue your learning journey.



**Class Discussions.** Our private Telegram group and chat is where most of the discussions happen. We'll share photos and videos of our practices, answer questions, and explore opportunities together. We are active in the group every single day.



**100 Yoga Classes Logged.** You can start logging classes immediately after you register on the elearning platform. Take classes with our graduates online, with local teachers, or with your favorite instructors.



# Course Overview

## 200hr Certification

- Yoga Alliance (all international bodies)
- American Council on Education, ACE
- American Council on Exercise, ACE
- In-depth posture, breathing, public speaking, leadership, applied anatomy, yoga history, business skills and ethics

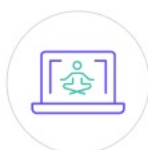
## Course Schedule

- 2 x Weeks x 2hr Live Sessions (Monday - Friday) – 60-min workshop-style, 60-min practice.  
*\*Recordings available same day if you're unable to join live. Private help and bonus sessions available for those with schedule conflicts.*
- Partner Practice (30-min x5 / week)  
*You'll be assigned a practice partner for the week. Together, you'll workshop postures, practice teaching, and support each other for that week's lessons. These are arranged individually based on your schedules.*
- 1 x Week University of Georgia Immersion. In-person learning focused on applied anatomy, hands-on adjustments, sequencing, public speaking, and exam preparation.

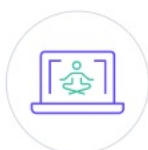
## Course Platform

- Zoom: live online classes for the first two weeks
- eLearning Center: our purpose-built online learning area for lifetime access to all course materials
- Telegram Messenger: free iOS/Android app for real-time communication and connection throughout the course

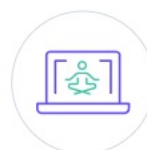
## Tech Requirements & Tuition Fees



Internet connection:  
minimum (20 mbps down  
/ 10 mbps up)



Phone and/or computer  
with a camera



\$499 / month, for 6 months  
or single payment  
of \$2.995\*

*\*Additional costs not included: yoga mat, travel to/from in-person immersion, 6 nights accommodation and meals.*



# Graduation Requirements

YOGABODY prides itself on training industry leaders. Since 2006, we have hired from our own graduating classes and we have dozens of partners around the world who also recruit from our trainings.

Under no circumstances do we sell or guarantee certification. We're a merit-based school with extensive support on offer to help you achieve your goals, so please join with the expectation of full participation.

## Exams

- Foundation Quiz and Teaching Exam (online)
- Applied Anatomy quiz and Teaching Exam (in-person immersion)
- Final Quiz and Teaching Exam (in-person immersion)

## Practical

- All graduates must log 100 yoga classes outside of training hours (online class log provided). All attendees should have at least 50 classes logged before registration, and during the course, you'll log +50 more
- Classes must be at least 45 min in length and can be online or in person, live or recorded. Styles: 80% power, ashtanga, vinyasa, flow, 20% wildcard
- 6-month time frame to complete classes

### "I graduated feeling on top of the world"

"I signed up for a 200hr yoga instructor course and graduated feeling on top of the world. YOGABODY has created a peer-teaching-peer class where one can continue to practice learning as well as teaching. I can't say enough about the quality of the teaching material!" - RK

# Bonus Materials

YOGABODY is a leader in professional education. We offer ongoing support for our alumni at no cost without any additional fees or re-certification requirements. All graduates receive access to our ever-expanding business and teaching resources including:

- Alumni group with book club, live classes, and ongoing support
- Mini website, YOGABODY.bio page
- Digital new student form
- Pricing guides
- Social media promotional art
- Liability waiver
- Contract templates
- Insurance recommendations
- Pose charts and training manuals
- Music playlists
- Educational handouts and animations (GIFs)
- Books: *The Practice Journal*, *Science of Yoga*, and *Yoga Business Mastery: Earn a Great Living Doing What You Love*

## "The format worked so well"

"It was an incredible experience. I was pushed physically and emotionally (in a good way) and the support was incredible. The online format worked so well and the training technique, information/content is so effective and well delivered." - Nathalie W





# Meet the Team



**Lucas Rockwood**

**YOGABODY Master Trainer and Director (E-RYT, YACEP)**

YOGABODY founder, Lucas Rockwood, is an internationally-renowned yoga trainer, TEDx Speaker, podcaster, writer, and entrepreneur. His early yoga and meditation teachers include Sri K. Pattabhi Jois, Paul Dallaghan, Alex Medin, Gabriel Cousens MD, and SN Goenka. Lucas left the USA in 2003 to travel and teach extensively before launching YOGABODY in 2006 and making Barcelona, Spain his home base.

In a previous life, he worked in theater, publishing, and as a plant-based chef and nutritional coach. In 2022, Lucas published the definitive guide to yoga business, *Yoga Business Mastery*. He's the father of three international kids and remains as passionate about yoga as when he first began practicing in 2002.



**Camilo Carreiro**

**YOGABODY Master Trainer (E-RYT, YACEP)**

Camilo enrolled in his first yoga training course to deepen his practice, but fell in love with teaching and quickly made a career change. Camilo joined the Barcelona YOGABODY team in 2015 and immediately became involved in the management of sequence development, course planning, and new teacher mentorship.

Camilo teaches, leads, and co-leads The YOGABODY Teachers College® 200hr program, as well as Trapeze Teacher Training, Science of Stretching Training, and Breath Coach Training courses.



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