



Topics covered in our curriculum include:

- Alignment principles
- Anatomy
- Asana foundations
- Ashtanga
- Ayurveda
- Back care
- Business and ethics
- Chakras
- Hands-on adjustments
- Hatha Yoga
- History
- Iyengar Yoga
- Jivamukti
- Kids Yoga
- Kundalini
- Meditation
- Nutrition
- Partner Yoga
- Philosophy
- Pranayama
- Prenatal
- Relaxation techniques
- Restorative Yoga
- Seniors/Chair Yoga
- Sequencing classes
- Student teaching
- Viniyoga
- Vinyasa Yoga
- Yin Yoga
- Yoga Nidra...and more!