



Alpharetta Immersion August-September 2025

With TJ Mangrum & Marie Bilthouse
2 Week Intensive



HIGHLAND YOGA



Deepen Your Practice. Connect with Community. Flexible Program.

Consider earning your 200-hour certification through Highland Yoga's immersive training program. Through our two week program, you will deepen your understanding of yoga, connect with a supportive community, and learn how to confidently lead an hour-long vinyasa class.

TOPICS COVERED

- Yoga history and philosophy
- How to safely and intelligently sequence a Vinyasa yoga class
- Finding your voice as a yoga teacher
- Anatomy
- Inspiring your students
- Meditation and mindfulness
- The business of yoga
- Prenatal yoga
- Ayurvedic nutrition
- Advanced teaching techniques
- And much, much more!

About Highland Yoga

Highland Yoga is an Atlanta-based studio founded in 2015.

Highland Yoga's unique breath-to-movement style incorporates exercise science-based sequencing, breath/pranayama practices, and meditation techniques designed to bring students a transformative experience in each class. Since 2015, Highland Yoga has led numerous teacher training programs.



Our Alpharetta YTT Team

TJ MANGRUM

Lead Teacher

MARIE BILTHOUSE

Lead Teacher

DATES

August 18-24 + September 8-14, 2025

MEETING TIMES/LOCATION

M-F for the full two weeks, 10:30am - 5pm

Saturday - 12-6pm

Sunday - 12-4pm

All sessions take place at Highland Yoga Alpharetta.

COST

\$3250 full price / \$3100 early bird if paid in full by June 1.

INCLUDED IN YOUR TRAINING

Free unlimited yoga at all Highland Yoga locations from June-September 2025. Additionally, you will have access to Highland Yoga's comprehensive training materials and online companion course.



TESTIMONIALS

Sandra McGury, 2019:

If you are considering becoming a vinyasa yoga teacher, I recommend HY's YTT for an invaluable experience. Of course, the instructors are experts in their fields and do their very best to teach you the foundations you need to become a good teacher yourself, but that's a given. What made my training at HY so memorable is much more than the certificate at the end of the semester. After the first two sessions, the cohort was a family, a safe space, and the training became a shared journey with nobody left behind. Without the strength of my fellow trainees, I would not have been able to pull through. We all came out of this training better, more considerate, patient and understanding people than we were at the beginning.

Grace Hennessy, 2019:

After over 4 years of practicing yoga as a student, I decided to take Highland Yoga's training to become a teacher. The training gave me invaluable knowledge about alignment, breath, and how to effectively and safely guide students through a yoga class. In addition, I learned lots of bonus content in anatomy, prenatal yoga, meditation, and many other interesting and relevant topics.

Highland yoga's teacher training taught this perfectionist to embrace imperfections, be comfortable in the discomfort, and to shift my focus towards the present moment. On top of it all, I made connections with people with whom I'll be lifelong friends.

The instructors take a genuine interest in developing the trainees into the best yoga teachers they can be and I feel so fortunate to have gone through this training through Highland Yoga with them.



Sample Syllabus

- DAY 1
 - The History of Yoga
 - Yoga Philosophy
 - Breath Cues - Upward/Downward Movement
 - Sun A and Sun B
- DAY 2
 - Pranayama
 - Sequencing - Macro & Micro Sequencing
 - Introduction to Alignment
 - Standing Poses
- DAY 3
 - Cues Discussion
 - Sequencing - Additional Topics
 - Standing Poses
- DAY 4
 - Breath Cues
 - Transitions
 - Backbends
 - Seated Poses
- DAY 5
 - Breath Cues
 - Seated Poses
 - Closing Poses
 - Inversion Workshop
- DAY 6:
 - Music
 - Arm Balances
- DAY 7:
 - Anatomy Deep Dive
 - Permissive Language
 - Blocks to Listening and Holding Space
- DAY 8:
 - Advanced Sequencing
 - Ayurveda
- DAY 9
 - Advanced Teaching Techniques
- DAY 10
 - Diversity & Inclusion in Yoga
 - Theming & Magic Bean
 -
- DAY 11
 - Prenatal Yoga
 - Restorative Yoga
- DAY 12
 - Chakras
 - Meditation
- DAY 13
 - Practice Teaching Bootcamp
- DAY 14
 - Practice Teaching Bootcamp



Additional Information

Requirements to Graduate

- Complete Online Companion Resource Course prior to the end of program
- Daily meditation and journaling
- Practice 4x a week in studio or online throughout duration of training.

Required Reading

- *Teaching Yoga*, by Mark Stephens
- *The Yamas and Niyamas*, by Deborah Adele

Ready to Apply?

Email asia@highland-yoga.com for additional information before or at time of sign up.



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Ready to learn more?

Email ytt@highland-yoga.com



HIGHLAND YOGA
FIND YOUR FLOW

