



2025

Highland Yoga 300 Hour Teacher Training

Learn more about Highland Yoga's comprehensive 300 hour teacher training program.



HIGHLAND YOGA

FIND YOUR FLOW



Deepen Your Practice by Learning from Experts.

Highland Yoga's 300-Hour Yoga Teacher Training Program is for serious students of yoga who are ready to deepen their practice. We have created a program led by expert instructors designed to help you explore advanced topics, including:

- Advanced Asana
- History and Philosophy
- Anatomy
- Prenatal yoga
- Sound Training
- And much more!

About Us

Highland Yoga is an Atlanta-based studio founded in 2015, which has grown to 10 locations around Georgia and Tennessee. Highland Yoga strives for excellence in all things yoga, both in service of students and in honor of the tradition of yoga. Its 300-Hour Yoga Teacher Training Program is a true representation of Highland Yoga's values.



Dates

March - November 2025 on specified weekends.

Meeting Times & Location

Saturday and Sunday

12pm-6pm - Highland Yoga Westside

Cost

\$4100 - Entire program + 300 Hour Certification

\$475 - Weekend Pass | \$250 - Day Pass

Included in Your Training

- 15% off any membership or package at Highland Yoga throughout duration of the program
- Training materials



The Program

The Highland Yoga 300-Hour Program is broken down into three modules spaced out over twelve weekends, plus a self-directed 4th module. Participants seeking their 300-Hour Certification must complete nine weekends plus Module 4 (that said, we recommend completing all twelve weekends).

- Module 1 | March - May - Creating Space and Mobility
- Module 2 | June-September - Building Strength and Endurance
- Module 3 | September - November - Refining Stability and Flexibility
- Module 4 | Self-Directed - Practice and Implement



Frequently Asked Questions

- **Do I have to be a yoga teacher to join this program?**
 - Some of our modules are appropriate for students and teachers alike! Please check the syllabus--a "*" indicates the content is for teachers only.
- **How many modules do I need to complete to earn my 300-Hour Program?**
 - You must attend at least 9 weekends but we recommend attending all 12.
- **What are the prerequisites to earn my 300-Hour Certification?**
 - You must be a 200-Hour Certified Yoga Teacher.
- **Do you offer payment plans?**
 - We do; you will pay by the module instead of in full. All payments must be made before a module is completed.



Program Syllabus & Instructors

*Indicates for 200-Hour Certified Teachers Only

• WEEKEND 1 - MARCH 1-2

- The Anatomy, Kinesiology of Hips and Legs - Kate Adams
- Yoga Philosophy: Hatha Yoga Pradipika. Upanishads - TJ Mangrum

• WEEKEND 2: APRIL 5-6

- *Alignment and Cueing: Standing Postures, Forward Folds. Practice Teaching - Inna Milko
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• WEEKEND 3: MAY 3-4

- *Creative and Intelligent Sequencing - *Sharon Caplan*
- *Methodology: Holding Space for Everyone: Language, Voice and Performance - *Caron Christison*

• WEEKEND 4: MAY 10-11

- *Creative and Intelligent Sequencing - *Sharon Caplan*
- Yoga Philosophy: Upanishads. Sanskrit. - TJ Mangrum

• WEEKEND 5: JUNE 7-8

- Anatomy: Shoulder and Core - Kate Adams
- Alignment & Advanced Practice: Inversions - Kindall Carpenter

• WEEKEND 6: JUNE 21-22

- The Yoga Sutras of Patanjali, Ramayan & Bhagavad - *Katherine Freeland*
- Philosophy: Kirtan, Mantra and Meditation - *Katherine Freeland*

• WEEKEND 7: JULY 12-13

- Ashtanga & Yoga For Athletes - Jennifer Smith
- *Yin, Nidra & Meditation - Tommasina Marlow

• WEEKEND 8: AUGUST 16-17

- Pranayama and Kriya Practice Techniques - *Katherine Freeland*
- *Trauma Informed Yoga, Pre- & Post-Natal Yoga - *Leigh Mercer*

• WEEKEND 9: SEPTEMBER 13-14

- The Anatomy of Spine & Chakras - Inna Milko & Cheryl Crawford
- Alignment Workshop - Backbends and Twists - *Emily Childs*

• WEEKEND 10: OCTOBER 4-5

- Dharma, Karma, and Ayurveda - Megan Kier
- *The Art of Assisting and Demonstration - *Asshlee Ramsey*

• WEEKEND 11: OCTOBER 18-19

- Dharma, Karma, and Ayurveda - *Megan Kier*
- Kundalini Yoga - *Cheryl Crawford*

• WEEKEND 11: NOVEMBER 8-9

- *Sound Healing - Malinie Feeney
- *The Business of Yoga: Marketing/Branding and Best Business Practices - *Elsie Brotherton*

Meet the Instructors

Inna Milko, 500 Hour E-RYT

Inna is a very passionate yoga teacher. She started her yoga journey in 2012 while working as a fashion designer in Kiev and struggling with maintaining good physical health. Yoga practice helped Inna through a lot of hard times and big life changes. She finds yoga very therapeutic and empowering. After exploring different modern yoga practices around Europe, from Hot, Hatha to Ashtanga practices, Inna got her traditional 500 E-RYT training here in Atlanta. With her love for people, Inna finds teaching yoga very rewarding. Bright smiles and small wins of her students are her biggest inspiration. During this teacher training program, Inna will help you find your own voice as a leader. She will teach you how to use authentic yoga practices in a fresh and creative way.



TJ Mangrum

TJ has been teaching yoga asana, pranayama, and meditation since 2012. Her sharing of the practice is deeply rooted in observance of the lineage, history, and the importance of practice. Studied in alignment focused asana, her offerings offer athletic inspired practice with safety and lineage focus. She believes in the power of choosing to breathe. And she practices and believes in the power of a good physical practice that invites the practitioner to get uncomfortable with staying comfortable and more comfortable with being uncomfortable. She encourages and appreciates a good sweat to play with stilling one's mind and opening oneself to the possibility of seeing the things that we may try so hard not to see.



Meet the Instructors

Sharon Caplan

After a successful career as a professional dancer in both ballet and theatre, Sharon found her next path and another way to express her love and joy of movement when she stepped into her first yoga class back in 2000. The style of yoga was Ashtanga, a very classical lineage, which she studied for 10 years. In 2005, Sharon moved to Colorado where she taught for 9 years. She was formerly co-owner of Telluride Yoga Center and studio manager for O2 Aspen. Then in 2014, Sharon moved back to Atlanta and rejoined the yoga community teaching throughout the city. With her passion to inspire others through movement and music and from her previous training, teachers and experiences, Sharon's unique style of yoga is an uplifting moving meditation focusing on fluid, dynamic and intelligent sequencing designed to create heat as well as help us get out of our heads and into our bodies.



Kate March

Kate began practicing yoga in 2009, receiving her 200hr RYT in 2018 through Infinity Yoga, Atlanta. Although the postural yoga practice is only a small part of the lifelong spiritual practice of yoga, Kate understands it is an essential somatic tool in the journey toward a more mindful and purposeful life. A believer in the sentiment that how we do one thing is how we do everything, she implores her students to engage in their practice with grit, curiosity, humility, and, above all else, joy. Kate is also a certified personal trainer, which informs her emphasis on mobility rather than flexibility in her classes, highlighting modifications, structural alignment, and use of props to ensure her students feel strong, stable, and confident in their asana work.



Meet the Instructors

Cheryl Crawford

Cheryl began practicing yoga shortly after the birth of her triplet girls in 1998 and fell head over heels in love with bringing the light of breath into sacred geometric rhythm. Since 2003, she has been sharing the treasures of yoga's transforming transmissions. Cheryl has trained with many of the greats and finds alignment based teacher and visionary John Friend, as well as her deeply energetic inspirations Gurmukh and Guru Jagat, to be her most influential teachers. Yoga has significantly helped her be and breathe at a profound level and it has brought her to such heights, with so much energy! She feels deeply guided to share its gifts. Cheryl's gifts are infusing the cosmic correlation of celestial codes, breath gems, and movement designed to invite physical, mental and energetic shifts in perspective and performance. You'll learn, you'll laugh, and you'll grow. Expect to leave feeling more true, more alive, and more You-er than You! Expect to make cosmic (and comic) sense out of the absurdity that life can offer. When she's not teaching yoga or practicing alongside you, Cheryl enjoys cosmically consulting in her astrologically aligned home she shares with her husband Bruce, her cats-Logic and Reason and her dog, Braveheart.



Meet the Instructors

Emily Childs

Emily spent much of her time dancing when growing up where she was drawn to the beauty and grace of ballet. While feeling stressed in college, she took a yoga class believing the movements to be familiar. She was surprised to realize how much strength was needed for yoga and it was not merely stretching. Desiring to deepen her practice and share the positive influence of yoga on her life, Emily completed her 200 hour training with Highland in April 2018. Since earning her 200 hour training, Emily has consistently been teaching since 2018 at Highland at 8 different locations in the past 5 years. Emily has led workshops on backbends, arm balances, and inversions. Additionally, Emily has been a guest teacher in five different 200 YTT with Highland Yoga since her training. Sharing her passion for teaching and postures is one of Emily's greatest joys!



Megan Kier

Megan began practicing asana in 2019 and quickly fell in love with yoga on and off the mat. She received her 200 hour teaching certification from Highland Yoga, and her 300 hour in Yoga Philosophy (Koshas, Ayurveda, Tantra lineage) from Virabhava Yoga. A need for healing in her own life led to interest in Ayurveda, and after finishing her 300 hour, she enrolled in Ayurveda Wellness Coach training with the Shakti School (300 hours, graduating Dec 2025). Megan was a carpenter in the film and theater industries and greatly understands the toll physical and mental stress can take on our lives and vitality. Our bodies and our minds are capable of incredible healing, and Megan is excited to lead students on this journey.



Meet the Instructors

Katherine Freeland

Katherine practices and teaches yoga and meditation with an emphasis on becoming fit, as her beloved teacher Sharon Gannon puts it, to be an instrument of the divine. Katherine started to practice at the gym in summer 2013 then quickly found and fell in love with Jivamukti Yoga when she moved to New York City that fall. In the past decade she has studied extensively with her teachers in New York, Europe, and India, accumulating more than 1000 hours of teacher training and immersion experiences. She feels blessed to teach the transformative Jivamukti method, which gives the practitioner a roadmap to integrated yoga lifestyle through vigorous vinyasa flows, plus five tenets of ahimsa (compassion), bhakti (devotion), nada (yoga of sound/mantra), dhyana (meditation), and sastra (scripture study). In class, you can expect supportive experiences of precise alignment and breath to eclectic, high vibe playlists, weaving in hands on assists, classical yoga philosophy, personal stories and examples, plus if you're lucky, bad jokes. She plays harmonium and is a joyful kirtan singer. She is kind, humble, humorous, and relatable as a teacher. Learn more at katherinefreeland.com.



Meet the Instructors

Tommasina Marlow

Tommasina Marlow is a Yoga Alliance registered 500 E-RYT who trained extensively with Andrey Lappa, one of the most influential yoga masters to have emerged from the post-Soviet era. She creatively weaves in elements of his Universal Yoga system into the flow of her offerings. She engages the physical body fully creating with breath a gateway to dive deeper into the energetic body where true transformation takes place. Tommasina has also trained in Tantric Meditation, Yin Yoga , Ashtanga and the Yogaworks method. She has taught full-time throughout the Atlanta area since 2016 and is passionate about yoga to say the least. She enjoys connecting with new people and sharing the ways yoga has transformed her life and her overall health. She is a seasoned yoga retreat leader specializing in Thailand.

Tommasina happily mentors new teachers as in her mind the more people that effectively share yoga , the deeper the outreach is to a world in much need of some peace.



Leigh Mercer

Leigh has a passion to help others cultivate an inner peace and foster a community of support, compassion and awareness through the practice of yoga.

It didn't take long for her to realize and appreciate the physical and mental benefits yoga brought to her life when she began her practice in 2015. Since then she has completed her 200-hr Vinyasa Align yoga teacher training in San Francisco at Yoga Garden SF in 2019 and has taken specialized training in Restorative, Pre/Post-natal and Trauma-informed. She spent some time finding her voice as a teacher and began teaching yoga in Atlanta in 2022.



Meet the Instructors

Jennifer Smith

Jennifer started practicing yoga in 1996 and became serious about her practice in 1998. She started teaching around 2000 and opened her first studio in 2004. She sold that studio in 2014 and worked for Infinity Yoga and then Yoga works. She now co-leads yearly YTT in Bozeman Montana at Ekam Yoga. She has studied with many, many senior teachers over the years, but her love and passion remain Ashtanga Yoga and taking its methodology and incorporating it into Vinyasa. She has studied with David Garrigues since 2009 and considers herself to be a student first, teacher second. She brings warmth, a sense of humor, and a love of alignment and the discipline and lineage of Ashtanga Yoga. Be prepared to learn, sweat, work hard and probably laugh at least once!



Kindall Carpenter

Kindall has always felt a deep-rooted passion for movement and body awareness, cultivated through years of athletic experience and a degree in Exercise Science. Growing up, she explored a wide range of sports, always pushing boundaries and developing a keen understanding of the body's capabilities. This journey eventually led her to yoga, where she discovered a new depth of connection between mind, body, & spirit. For over four years, she has shared this passion through teaching, guiding others to experience the same sense of strength, flow, and mindfulness that the practice of yoga brings.

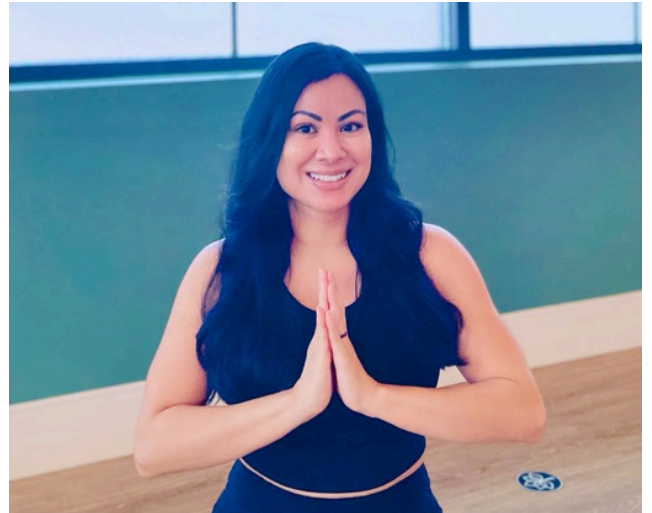


Meet the Instructors

Malinie Feeney

Malinie Feeney is a passionate sound healer and dedicated yoga instructor who believes in the transformative power of sound and vibration. With a profound understanding of the therapeutic effects of sound frequencies, she creates immersive experiences that invite participants to journey inward, fostering deep relaxation and healing.

Combining ancient techniques with modern practices, Malinie's sessions often feature a diverse array of instruments, including crystal bowls, ocean drums, chimes and much more. Each meticulously crafted sound bath resonates with the body's energy centers, promoting balance and harmony. Her classes not only focus on physical asanas but also integrate sound healing, allowing participants to experience a holistic approach to wellness.



Meet the Instructors

Ashlee Ramsey

As a combined yoga teacher and dance artist, Ashlee's love of yoga emerges from a deep curiosity in the role of embodied intelligence as a tool to cultivate spiritual awakening. From this premise, Ashlee practices and teaches yoga as a methodology to clarify one's inner atlas, develop fullness of presence and consciousness, and connect deeply with our living community. Via studies in challenge, pleasure, focus, surrender, and vulnerability, Ashlee's yoga classes seek to hold space for fellow yogis to research their inner and outer universe and discover inner and outer truths. Hallmark characteristics of Ashlee's teaching style include an emphasis on breath, intentional language to foster individual choice, unique alignment cueing (spoken with a charming southern drawl), and optional hands-on assists.

Ashlee has encountered a variety of yoga styles that influence her personal practice and teaching philosophy including Vinyasa Flow, Power and Ashtanga Yoga; Sivananda Yoga Vedanta which she studied at Dhanvantari Ashram in Kerala, India; and Kundalini Yoga. Ashlee's practice and teaching also draw inspiration and knowledge from Ayurveda and Kalaripayattu, sister sciences to yoga that Ashlee has researched under the guidance of Dr. Lal Krishnan, M. Radhika Gurukkal, and other teachers at Hindustan Kalari Sangam in Kerala, India. Ashlee has taught yoga in a variety of settings including courses in higher education, private studios, gyms and client homes. Ashlee received her teacher training certification from Asheville Yoga Center and holds the designation of Experienced Registered Yoga Teacher (E-RYT) at the 200 hour level. Ashlee is honored to teach at Highland Yoga and she looks forward to practicing yoga with you!



Meet the Instructors

Elsie Brotherton

Elsie discovered yoga in 2010 when searching for tools to cope with stress during law school. In 2013, after having settled into her career as an attorney, Elsie completed her 200-hour Yoga Teacher Training and soon realized that she felt called to share her passion for yoga with others. The dream of Highland Yoga was born, and in 2015 Elsie took the leap from practicing attorney to full time yoga teacher and studio owner.

Elsie is a passionate teacher and business owner. She strives to infuse Highland Yoga with her deep love for power vinyasa, community and team-building, and good vibes. As a teacher, she focuses on creating transformative yoga experiences for her students.



Caron Christison

Caron began practicing yoga in January 2013, immediately fell in love with the practice, and received her 200-hour RYT at Red Hot Yoga shortly after in 2014. She has since completed additional trainings with several world-renowned teachers including Carmen Aguilar, Bryant Kest, and Patrick Beach, and has over 7000 hours of teaching experience. Caron has been teaching at Highland Yoga since 2016, and has been in her current role of COO since January 2022.





Ready to Apply?

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



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