



2025

# Yoga Teacher Training Alpharetta

Learn more about Highland Yoga's  
Spring 2025 teacher training program  
in Alpharetta, GA.



HIGHLAND YOGA  
FIND YOUR FLOW



## **Deepen Your Practice. Connect with Community. Flexible Program.**

Consider earning your 200-hour certification through Highland Yoga's immersive training program. Through our 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 Us

Highland Yoga is an Atlanta-based studio founded in 2015. With eight locations around the Atlanta area, Highland Yoga is Atlanta's home for heated vinyasa. 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 over 13 teacher training programs.



## Our Team

TJ MANGRUM

Lead Teacher

MARIE BILTHOUSE

Lead Teacher

SYDNEY GROVES

Guest Teacher

INNA MILKO

Guest Teacher

EMILY CHILDS

Guest Teacher

AND MORE!

## **DATES**

January 4 - June 1, 2025 (Meet approximately every other weekend - see full schedule below)

## **MEETING TIMES/LOCATION**

Saturday 1:15pm - 6:30pm - Highland Yoga Alpharetta

Sunday 11:45pm - 5:45pm - Highland Yoga Alpharetta

## **COST**

\$3250 full price / \$3100 early bird if paid in full by December 1, 2024

## **INCLUDED IN YOUR TRAINING**

Free unlimited yoga at all Highland Yoga locations January 4 - June 30, 2025. Highland Yoga's comprehensive training materials, and access to online companion course.



## TESTIMONIALS

Sandra McGury, 2019:

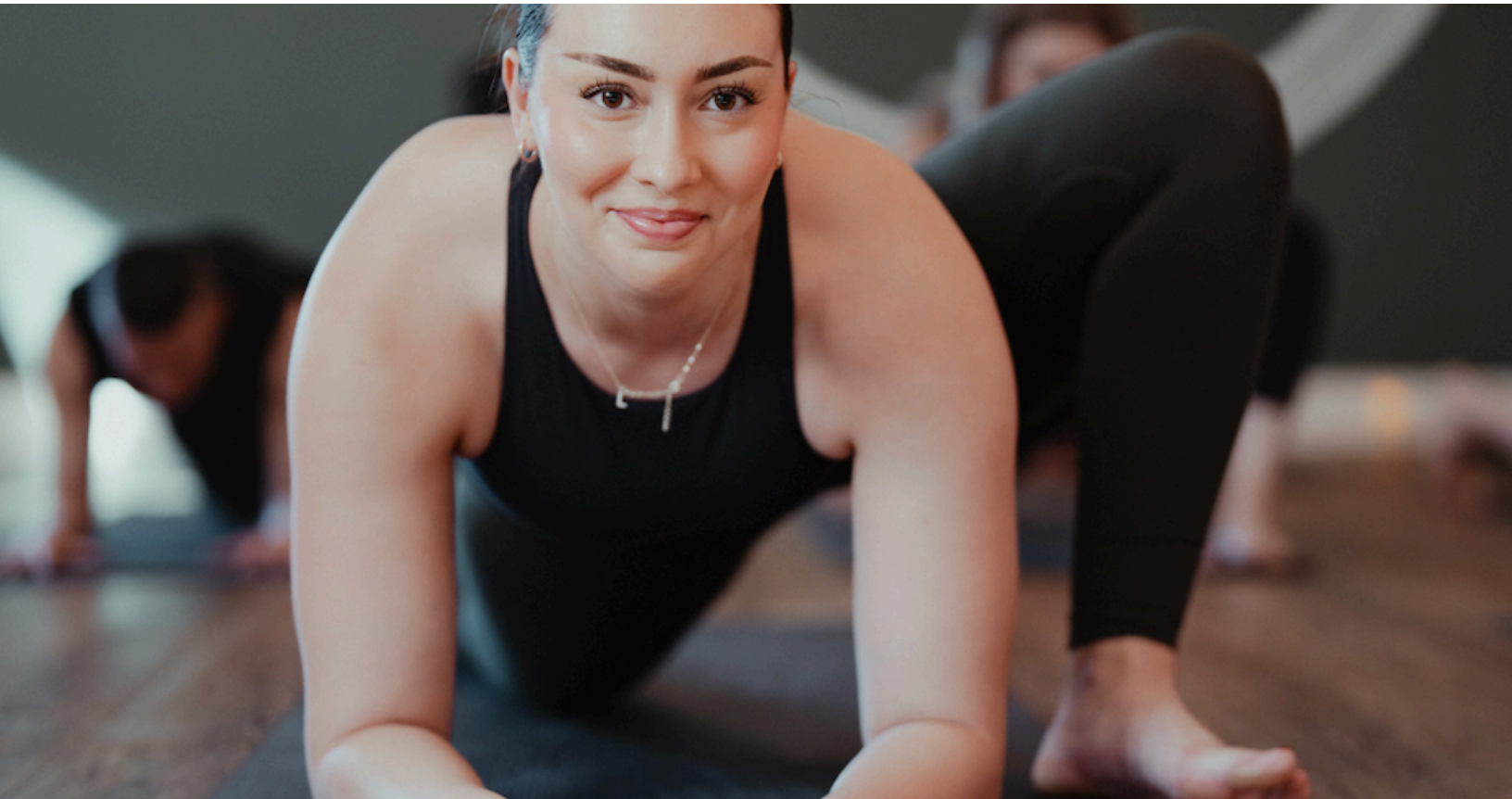
If you are considering becoming a vinyasa yoga teacher, I recommend HY's YTT for an invaluable experience. Of course, the instructors are experts in their fields and do their very best to teach you the foundations you need to become a good teacher yourself, but that's a given. What made my training at 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

- WEEKEND 1 - JANUARY 11-12
  - The History of Yoga
  - Yoga Philosophy
  - Breath Cues - Upward/Downward Movement
  - Sun A and Sun B
- WEEKEND 2: JANUARY 25-26
  - Pranayama
  - Sequencing - Macro & Micro Sequencing
  - Introduction to Alignment
  - Standing Poses
- WEEKEND 3: FEBRUARY 1-2
  - Cues Discussion
  - Sequencing - Additional Topics
  - Standing Poses
- WEEKEND 4: FEBRUARY 15-16
  - Breath Cues
  - Standing Poses
  - Closing Poses
  - Backbends
  - Chakras
  - Meditation
- WEEKEND 5: MARCH 1-2
  - Cues Discussion
  - Sequencing - Additional Topics
  - Seated Poses
  - Inversion Workshop
- WEEKEND 6: MARCH 8-9
  - Advanced Teaching Techniques
  - Music
  - Arm Balances
- WEEKEND 7: March 22-23
  - Anatomy Deep Dive
  - Permissive Language
  - Blocks to Listening and Holding Space
- WEEKEND 8: April 26-27
  - Advanced Sequencing Workshop
  - Ayurveda
- WEEKEND 9: May 17-18
  - Diversity & Inclusion in Yoga
  - Theming & Holding Space
  - Prenatal Yoga
  - Graduation Party
- Showcase Classes
  - May 31-June 1
  - June 7



## 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

### Scholarship Information

Each semester, we offer three scholarships, one full and two partial. These scholarships are reviewed and selected by the Highland Yoga leadership team. The scholarships are intended for BIPOC (Black, Indigenous, and People of Color) members of our community who may come from traditionally marginalized groups or face financial hardships. Our goal with these scholarships is to ensure the our YTT program reflects the diversity of our wider community. By supporting BIPOC members, we aim to create a more inclusive and welcoming environment, in line with our mission at Highland Yoga. The scholarship application is included in the general YTT application.

### Ready to Apply?

Email [ytt@highland-yoga.com](mailto:ytt@highland-yoga.com) for additional information before or at time of sign up.



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