



2025

# Yoga Teacher Training Immersion

Learn more about Highland Yoga's  
Summer Immersion teacher training  
program.



HIGHLAND YOGA  
FIND YOUR FLOW



# Deepen Your Practice. Connect with Community. Immersive Experience.

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 Us

Highland Yoga is an Atlanta-based studio founded in 2015 that has since grown throughout Atlanta, Athens, and Nashville, TN. 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 18 teacher training programs.



## Our Team

HEATHER SPAKE

Lead Teacher

SYLVIA NOVAK

Lead Teacher

SYDNEY GROVES

Lead Teacher

CARON CHRISTISON

Guest Teacher

AND MORE!

## **DATES**

Summer 2025 Immersion - June 9-14 + June 23-28

Teacher showcases: July 27 - 29

## **MEETING TIMES/LOCATION**

M-F 8:15am - 4:45pm

Saturday - 1-4pm

## **COST**

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

## **INCLUDED IN YOUR TRAINING**

Free unlimited yoga at all Highland Yoga locations May 1-August 1, Highland Yoga's comprehensive training materials, and access to its 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:**
  - Cues: Getting "Back in the River" with Breath Cues
  - Transitions
  - Backbends
  - Seated Poses
  - Chakras
- **DAY 5:**
  - Breath Cues
  - Seated Poses
  - Closing Poses
  - Inversion Workshop
  - Meditation
- **DAY 6:**
  - Advanced Teaching Techniques
  - Music
  - Arm Balances
- **DAY 7:**
  - Anatomy Deep Dive
  - Permissive Language
  - Blocks to Listening and Holding Space
- **DAY 8:**
  - Advanced Sequencing Workshop
  - Ayurveda
- **DAY 9**
  - Diversity & Inclusion in Yoga
  - Theming & Magic Bean
- **DAY 10**
  - Prenatal Yoga
  - Practice Teaching Bootcamp
- Teacher showcases the weekend following training:
  - July 19-20
  - July 26-27



## Additional Information

### Requirements to Graduate

- Complete Online Companion Resource Course prior to start of program
- Daily meditation and journaling
- Practice 4x a week in studio or online May 1-August 1

### Ready to Apply?

- Must have at least 6 months of dedicated yoga experience in a studio.
- Email [ytt@highland-yoga.com](mailto:ytt@highland-yoga.com) for additional information.



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