

THE ART OF TEACHING FROM THE HEART

# 200-HOUR YOGA TEACHER TRAINING



WHERE SELF-DISCOVERY AND SOUL-  
ALIGNED TEACHING BEGIN.

# Welcome

## Radiant Heart

Choosing to embark on a yoga teacher training journey is a sacred and transformative commitment, an invitation to awaken the harmony of mind, body, and spirit. This path goes far beyond learning postures or teaching techniques; it is a journey of self-discovery, healing, and connection to the timeless wisdom within.

At Radiant Heart, we hold this journey with deep respect and care. Our training offers a nurturing and supportive space where you can explore, grow, and discover the teacher that already lives within you.

Through this experience, you will learn to listen deeply to your body's wisdom, calm and focus your mind, and open your heart with compassion. This integration is the heart of yoga, the sacred dance of balance and unity that brings transformation from the inside out.

This path will both challenge and inspire you, guiding you toward a deeper connection with yourself and with yoga's living essence. Whether your intention is to teach or to simply deepen your practice, this training offers a powerful process of awakening and growth.

If you feel called, we would be honored to support you on this extraordinary journey.

With gratitude,  
Janira

# About the Training

Start Date:

January 2026 – April 2026

Location:

Radiant Heart Yoga & Wellness, Broomall, PA

Schedule:

Meets two weekends per month with additional self-study and mentorship support

Certification:

200-Hour Yoga Alliance Certified

The Radiant Heart Yoga Teacher Training is designed for students who want to deepen their practice, explore yoga philosophy, and develop the confidence and skills to teach. Whether you plan to share yoga with others or simply want to immerse yourself in its wisdom, this training offers a balanced blend of knowledge, practice, and personal growth.

## Our Philosophy

At Radiant Heart, we believe yoga is far more than physical movement. It is a holistic practice that unites body, mind, heart, and spirit. Our training honors yoga's rich traditions while weaving in modern understanding, creating an experience that is both deeply rooted and accessible.

We focus on:

**Holistic Practice:** Exploring yoga on physical, mental, emotional, and energetic levels.

**Heart-Centered Teaching:** Creating a compassionate, inclusive space for all students.

**Balance of Tradition and Modern Life:** Blending ancient wisdom with tools relevant to today's world.

**Personal Growth:** Supporting each student's journey of self-discovery, healing, and transformation.

Our goal is to guide you toward teaching yoga with skill and authenticity while helping you embody its essence in your own life.

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# CURRICULUM OVERVIEW

## The Roots of Yoga

### Yoga History & Lineages

- Origins of yoga & historical evolution
- Major styles: Hatha, Vinyasa, Yin, Ashtanga, Iyengar, Restorative

### Classical Yogic Philosophy

- The Vedas & Upanishads
- The Bhagavad Gita
- Yoga Sutras of Patanjali
- Eight Limbs of Yoga
- Yamas & Niyamas

### Spiritual Foundations

- Introduction to Tantra
- The Three Gunas: Sattva, Rajas, Tamas
- Karma, Dharma & Time
- Four Traditional Paths: Bhakti, Jnana, Karma, Raja

## Yoga Anatomy

### Functional Anatomy

- Body mechanics & planes of motion
- Skeletal system & joints
- Muscular system & movement patterns
- Fascia & myofascial release
- Target areas in asana

### Energetic Anatomy

- The five Koshas (layers of being)
- Prana Vayus (vital energies)
- Nadis: Ida, Pingala, Sushumna
- Chakra system overview
- Mudras & mantra practices
- Bandhas (energy locks)

# Tools of Practice

## Foundations of Asana Practice

- Alignment principles
- Introduction to Five Bandhas
- Functional vs. aesthetic movement

## Asana Lab

- Warm-ups & joint mobility
- Sun Salutations
- Standing
- Balancing
- Seated
- Reclined postures
- Forward bends
- Backbends
- Twists
- Arm balances
- Inversions
- Savasana

## Meditation & Pranayama

- Breath awareness techniques
- Foundational meditation practices
- Introduction to kriyas & breathwork

## The Art of Teaching

### Class Construction

- Alignment principles
- Functional vs. aesthetic movement
- The Art of Sequencing

### Teaching Tools

- Traditional & creative sequencing
- Counterposes & transitions
- Prop usage & modifications

## **Hands-On Support**

- Assisting & adjustments
- Consent-based touch
- Teacher presence & energy

## **Trauma-Informed & Accessible Yoga**

### **Trauma-Sensitive Teaching**

- Understanding trauma & nervous system
- Emotional safety & self-regulation
- Invitational language & choice-based cues

### **Teaching Tools**

- Traditional & creative sequencing
- Counterposes & transitions
- Prop usage & modifications

### **Accessibility & Inclusion**

- Adapting for diverse bodies
- Chair yoga & adaptive options
- Inclusive cueing
- Cultural humility in yoga

## **Ethics & The Business of Yoga**

### **Living the Practice**

- Embodying Yamas & Niyamas
- Professional boundaries
- Honoring yoga's cultural roots

### **Building a Teaching Career**

- Finding your voice & mission
- Class development & marketing
- Social media with integrity
- Studios, privates, workshops & online
- Liability, insurance & Yoga Alliance

# Program Requirements

To successfully complete the Radiant Heart Yoga Teacher Training and receive the 200-Hour Yoga Alliance Certification, participants must:

- Pass all written tests on yoga history, philosophy (including the Yoga Sutras and Yamas & Niyamas), ethics, and basic anatomy (skeletal, muscular, fascial, and subtle body systems) with a score of 80% or higher
- Attend and participate in five yoga classes for observation and study
- Take detailed notes and write reflections on these classes, focusing on sequencing, cueing, and teaching style
- Submit five full class sequence plans that include a theme, warm-up, main poses, modifications, closing, and verbal cueing with rationale
- Lead five practice teaching sessions at Radiant Heart Yoga Studio with peers or invited students
- Complete a seva (selfless service) project as part of the training experience
- Finish all required assignments and demonstrate steady progress in teaching skills, sequencing, and alignment safety





# What's Included

Your Radiant Heart Yoga Teacher Training experience includes:

- 200-Hour Yoga Alliance Certification upon successful completion of all requirements
- Comprehensive Training Manual covering philosophy, anatomy, sequencing, and teaching methodology
- Unlimited Yoga Classes at Radiant Heart throughout the training to support your practice (if applicable)
- Guest Teachers and Specialized Workshops in areas such as Ayurveda, Sound Healing, and Meditation
- Supportive Community and Mentorship for guidance, encouragement, and connection during and after training

## Schedule & Time Commitment

Training Dates: January 2026 – April 26, 2026

Meeting Weekends:

- January: 24–25
- February: 7–8, 21–22
- March: 14–15, 28–29
- April: 18–19, 25–26
- May: 2/3

*Some additional Friday sessions may be scheduled and will be announced in advance.*

Training Hours:

- Saturdays: 9:30 AM – 4:00 PM
- Sundays: 12:00 PM – 5:00 PM

*Additional self-study, reading assignments, practice teaching, and assignments will support your learning between training weekends.*

## Investment

- Total Tuition: \$2,500
- Early Bird Pricing: \$2,100 if registered by November 1st, 2025
- Payment Plans: Available upon request

## How to Apply

- Complete the application form on our website:  
[www.radiantheartbroomall.com](http://www.radiantheartbroomall.com)
- We will schedule a conversation to ensure the training aligns with your goals and schedule
- Once accepted, secure your spot with a deposit



# A Letter to Our Future Teachers

Dear Future Yogi,

Choosing to step into a yoga teacher training is a powerful decision. It's a commitment not only to learn but to grow, to explore, and to open yourself to transformation in ways you may not yet imagine.

At Radiant Heart, we hold this space with care, compassion, and respect for your journey. Whether you dream of guiding others or simply wish to deepen your own practice, this training is a pathway to self-discovery, confidence, and connection.

We believe yoga is more than poses or philosophy. It is a way of living with awareness, authenticity, and heart. Throughout these months together, you will gain the skills to teach with clarity and purpose, but more importantly, you will learn to embody yoga in your life.

If you feel called, we would be honored to support you as you take this step. May this be the beginning of a journey that brings growth, healing, and a radiant sense of possibility.

With warmth and gratitude,  
Janira



