

THE ART OF TEACHING FROM THE HEART

200-HOUR YOGA TEACHER TRAINING

WHERE SELF-DISCOVERY AND SOUL-
ALIGNED TEACHING BEGIN.

You Already Know What Yoga Feels Like. Now Learn to Understand It.

There comes a point when you want more from your practice.

You want to understand why one pose feels completely different from one body to another. Why certain sequences change the way you feel. How breath influences the nervous system. What yoga philosophy has to say beyond the hour you spend on your mat.

Maybe you feel called to teach. Maybe you simply want to understand the practice that has become such an important part of your life.

Both belong here.

Our 200-Hour Yoga Teacher Training is an opportunity to go beneath the surface of yoga.

You'll study the body through functional anatomy, learn how movement and breath interact with the nervous system, explore yoga philosophy and energetics, and understand how intentional sequences are built from the ground up.

And if teaching is part of your path, you'll have the space to develop those skills too. Through practice, mentorship, feedback, and real teaching experience, you'll learn how to turn what you know into something you can confidently share with others.

This training isn't only about becoming a yoga teacher.

It's about becoming a more informed practitioner, a more curious student, and, if you choose, a confident teacher.



THE TRAINING JOURNEY



Each module weaves together asana, functional anatomy, energetics, sequencing, and teaching methodology, allowing what you learn in one part of the training to build naturally into the next.

JAN 8 | OPENING EVENING

JAN 9–10 | MODULE 1 Foundations of Practice

Begin with the foundations of yoga, functional movement, breath, and the building blocks of an intentional practice.

JAN 16–17 | MODULE 2 Building the Foundation

Explore stability and mobility through asana, functional anatomy, energetics, and the beginnings of purposeful sequencing.

JAN 22 | FRIDAY DEEP DIVE

JAN 30–31 | MODULE 3 Stability, Balance + Integration

Explore the relationship between stability and mobility through balance, strength, the physical body, and the energetic body.

FEB 6–7 | MODULE 4

Breath, Movement + the Spine

Explore the relationship between breath and movement through spinal patterns, pranayama, energetics, and intentional sequencing.

FEB 13 | FRIDAY DEEP DIVE

FEB 20–21 | MODULE 5

Strength, Trust + Arm Balancing

Build strength and confidence through intelligent preparation, functional movement, arm balancing, and progressive sequencing.

FEB 26 | FRIDAY DEEP DIVE

FEB 27–28 | MODULE 6

Perspective

Explore asana through intelligent preparation, nervous system awareness, balance, and safe progression.

MAR 13–14 | MODULE 7

Intelligent Sequencing

Learn to create purposeful classes by weaving together anatomy, energetic intention, progressive preparation, and the Radiant Heart ladder methodology.

MAR 20–21 | MODULE 8

The Art of Teaching

Develop your voice through cueing, observation, modifications, hands-on assists, communication, and practice teaching.

MAR 26 | FRIDAY DEEP DIVE

MAR 27 | MODULE 9

Yoga Beyond the Pose

Explore philosophy, ethics, meditation, pranayama, self-inquiry, and how the practice continues beyond asana.

APR 2-4 | MODULE 10

Integration + Practicum Intensive

Bring everything together through class creation, practice teaching, mentorship, feedback, and real-world application.

APR 9 | EVENING

Graduation Ceremony

FRIDAY DEEP DIVES

Select Friday evenings create space to step outside the weekend curriculum and explore the deeper layers of yoga through philosophy, meditation, pranayama, subtle body practices, self-inquiry, and conversation.

Friday Evenings: January 8 • January 22 • February 13 • February 26 • March 26



BEYOND THE WEEKENDS

The training continues between our time together through personal practice, guided study, mentorship, and real teaching experience.

YOGA PRACTICE

Maintain a consistent practice throughout the training.

YTT WORKBOOK

Explore the Yamas + Niyamas, pranayama, meditation, philosophy, and self-inquiry through guided exercises and reflection.

BI-WEEKLY MENTOR CHECK-INS

Receive individual guidance, support, and feedback throughout your journey.

SEQUENCING + TEACHING PRACTICE

Apply what you're learning through progressive assignments and practice teaching.

COMMUNITY CLASS

Create and teach one community class at Radiant Heart.

FINAL PRACTICUM + EXAM

Integrate your learning through a final teaching practicum and comprehensive assessment.



THIS ISN'T JUST SOMETHING YOU STUDY. IT'S SOMETHING YOU EXPERIENCE.

A teacher training should change the way you experience yoga, not simply give you more information about it.

Throughout these four months, what you learn will continually move off the page and into practice. You'll explore concepts in your own body, observe how they show up differently in others, ask questions, experiment, practice, reflect, and return with a deeper understanding.

For those who want to teach, you'll begin teaching from the start. You'll practice cueing, sequencing, demonstrating, observing, and assisting, with opportunities to receive feedback and refine your skills as the training progresses.

For those who are here to deepen their practice, the same experiences offer a new way of seeing yoga, one that changes how you understand your own body, your choices on the mat, and the practice as a whole.

YOUR TRAINING INCLUDES

PRACTICE + REFLECTION

Build consistency and learn through your own experience.

CLASS OBSERVATION + ANALYSIS

Learn to recognize the intention behind sequencing, cueing, and teaching choices.

HANDS-ON LEARNING

Explore anatomy, asana, movement, assisting, and individual variation in real bodies.

PRACTICE TEACHING

Develop your voice through repeated opportunities to teach and receive feedback.

SEVA + COMMUNITY

Take your practice beyond yourself through service and community teaching.

INDIVIDUAL MENTORSHIP

Receive personal guidance throughout your training, whether your path leads toward teaching or simply deeper into yoga.

Learn it. Experience it. Make it your own.

MEET YOUR MENTORS

Two teachers. Two perspectives. One shared intention.

JANIRA RAMIREZ MELO

E-RYT 500, RPYT, Herbalist
| Lead Teacher + Mentor



Janira brings together functional movement, intentional sequencing, yoga philosophy, energetics, and nervous system awareness. Her teaching encourages students to look beyond the external shape of a posture and become curious about what is happening underneath it.

Throughout the training, Janira guides trainees in connecting the physical, philosophical, and energetic layers of yoga while learning how to sequence with purpose, communicate with clarity, and develop a voice that feels genuinely their own.

JESSICA MOLAN

RYT 500, Reiki Practitioner |
Lead Teacher + Mentor

Jess brings a deeply body-informed perspective to the training, with a focus on functional anatomy, movement preparation, alignment, and hands-on assisting. Her approach helps trainees understand not simply where the body is going, but what needs to happen to support the journey there.

Throughout the training, Jess helps students develop a more intelligent understanding of movement, individual anatomy, and how to work with the body in front of them rather than expecting every body to move or look the same.



DIFFERENT STRENGTHS. SHARED PHILOSOPHY.

THE DETAILS

200-HOUR YOGA TEACHER TRAINING

JANUARY 8 – APRIL 9, 2027

A four-month, primarily in-person training at Radiant Heart Yoga + Wellness in Broomall, Pennsylvania.

Training takes place on alternate weekends with select Friday evening sessions, allowing time between modules to practice, integrate, and apply what you are learning.



TUITION

EARLY BIRD | \$2,700

REGULAR TUITION | \$2,900

Payment plans available.

200-hour comprehensive teacher training

Training manual + course materials

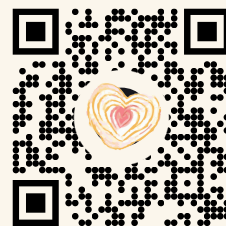
Individual mentorship

Practice teaching + feedback

Community teaching experience

Yoga Alliance eligible certification upon successful completion

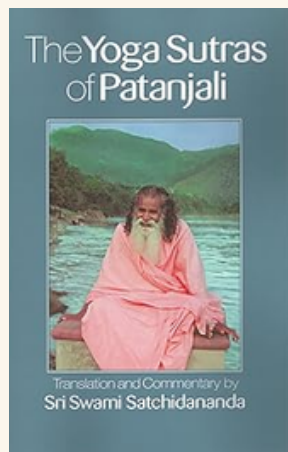
**You don't need to have it all figured out.
You don't need to know exactly where
this training will take you.
You only need to know you're ready to go
deeper.**



[APPLY](https://radiantheartbroomall.com)
radiantheartbroomall.com.

Books

Required Reading:



Optional Reads:

