

200 HOUR Teacher Training



OCTOBER 25TH, 2024 - JANUARY 12TH, 2025
YOGA ALLIANCE APPROVED 200 HOUR YOGA TEACHER TRAINING

Whether you are interested in deepening your own practice or you feel the call to teach, the breathe 200-Hour Teacher Training (TT) program is committed to the personal success of each participant. Students will acquire the confidence to communicate the practice of yoga to others with the highest level of skill while honoring their own unique voice and style. The teacher training program at breathe will broaden your perspective of yoga — culminating in an experience that is transformational on every level: physical, emotional, mental and spiritual.

breathe's 5-star TT has trained hundreds of top-notch instructors and prepares you to take your teaching into the studio as well as onto the screen. The new hybrid format is the perfect blend of in-person learning, Zoom sessions, and on-demand lessons. Dedicated combined sessions ensure that relationships are formed and community is built among your TT peers.



Cyndi Weis
RD, ERYT

Cyndi is the founder and owner of breathe yoga. She is 500-hour Certified Baptiste Power Vinyasa Yoga Teacher and a Masters of Wisdom & Meditation teacher with davidji. Over the past 20 years she has trained with Baron Baptiste, Seane Corn, Bryan Kest, Vinnie Marino and Francois Raoult.



Carly Weis
MS, L.Ac., ERYT

Carly is a 500HR graduate, a Baptiste certified teacher, and a certified meditation teacher. Carly has a true passion for breaking down the basics and enabling the flow to feel more fluid and accessible. As a licensed acupuncturist, Carly's background provides a strong foundation in anatomy and mechanics of yoga.

breathe yoga & juice bar * 19 South Main Street, Pittsford, NY 14534 * (585) 248-9070
info@breatheyoga.com

breatheyoga.com/teacher-training

How it works:

All enrollees are part of the breathe 200-Hour 2024/2025 Teacher Training. There will be six weekends and six Wednesdays. Saturday and Sunday dates will be in-person at breathe yoga in Pittsford, NY. Wednesday and Friday dates will be online only. All online classes are recorded on Zoom so they can be viewed later if needed.

You will learn:

- Breakdown, alignment and sequencing the postures of vinyasa yoga
- Basic anatomy and physiology
- Yoga history and philosophy
- How to evaluate bodies and prevent injuries
- Ujayii and Pranayama breathing techniques, bandhas and chakras
- Teaching techniques and communication skills for teachers
- Meditation: developing awareness
- Nutrition as it relates to the yogic relationship
- The business of yoga

Tuition: \$3,395

Sign up now and take advantage of a payment plan that works for you. The earlier you enroll, the more extended your payment plan will be. All payments are non-refundable.

A deposit of \$500 is required to reserve your spot, and the balance may be paid in full or in a payment plan, (\$500 deposit + \$2,895 balance).

Enroll at:

breatheyoga.com/teacher-training or
email info@breatheyoga.com

Our Yoga Teacher Training (TT) program is designed to fulfill the requirements necessary to become a Yoga Alliance Registered Yoga Teacher (RYT). Following successful completion of the TT program, students will receive a certificate to be used for Yoga Alliance registration.

breathe is offering two:

MINDFUL INCLUSION

and Diversity Scholarship

More yoga teachers are needed with diverse backgrounds to lead classes and share the physical and mental wellness that yoga offers. breathe is committed to training teachers for diversity-based leadership and to be of service for their communities through these scholarship opportunities

Apply at breatheyoga.com/teacher-training

Why train with breathe?

breathe has been offering 200-Hour and 300-Hour Teacher Trainings since 2010. Cyndi and Carly have co-facilitated over 4,000 hours of training to hundreds of students in addition to participating in countless hours of training themselves to continue advancing their facilitation and leadership skills.

- Each 200HR training follows the necessary requirements set forth by Yoga Alliance. In addition, the breathe 200HR Teacher Training evolves yearly for content, desires, and needs that are relevant to each incoming class of participants.
- As an alumni of breathe, you will always have the first opportunity for enrollment in our continuing education and workshop events.
- The intention of the training set forth by Cyndi and Carly is to cater to the advancement of communication skills, increased confidence and connection to self, and development of leadership of each student through the means of yoga and meditation regardless of desire or intention to teach yoga upon completion.

Schedule:



WEEKENDS: Fridays 5-9pm online, Saturdays and Sundays in-person 8am-6pm at breathe in Pittsford, NY unless otherwise noted.

All online classes are recorded on Zoom so they can be viewed later if needed.

Weekend 1: October 25th-27th

Friday, October 25th

Online

Saturday, October 26th & Sunday, October 27th

in-person

Weekend 2: November 8th-10th

Friday, November 8th

Online

Saturday, November 9th & Sunday, November 10th

in-person

Weekend 3: November 22nd-24th

Friday, November 22nd

Online

Saturday, November 23rd & Sunday, November 24th

in-person

Weekend 4: December 6th-8th

Friday, December 6th

Online

Saturday, December 7th & Sunday, December 8th

in-person

Weekend 5: January 3rd-5th

Friday, January 3rd

Online

Saturday, January 4th & Sunday, January 5th

in-person

Weekend 6: January 10th-12th

Friday, January 10th

Online

Saturday, January 11th & Sunday, January 12th

in-person

WEDNESDAYS: 5:30-8:30pm, ONLINE only

October 30th

November 6th

November 20th

December 4th

December 11th

December 18th

