

## requirements



- 1–2 years of yoga practice and a meditation practice (or at least a curiosity).
- You will have a study chum with whom you will meet weekly. There is an abundance of homework and other assignments that will require your full focus.
- You must attend 30 It's All Yoga asana classes (included in tuition).
- The Independent Study (Practicum portion) including hands-on adjustments, teaching, assisting and observing must be completed within the defined timeframe. There is written homework, reading assignments, a final exam and a final teaching project.
- Upon successful completion, teacher trainees will be qualified to register with the Yoga Alliance at the 200-hour level.

## coursework



### Breath

- Natural Breath
- Pranayama

### Asana

- Alignment Ideas
- Sanskrit
- Modifications & Props
- Benefits & Contraindications

### Philosophy

- Yoga Sutras
- Buddhist Wisdom

### Meditation

- Practicing & Teaching

### Teaching Skills

- The Art of Teaching
- Language & Voice
- Sequencing
- Understanding Opposing Action

### Action

- Reading a Group
- Teaching Different Levels
- Touch & Adjustments
- Teacher Intention
- Demonstrating

### Anatomy for Yogis

- Anatomical
- Energetic

it's all yōga

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sacramento, ca 95818

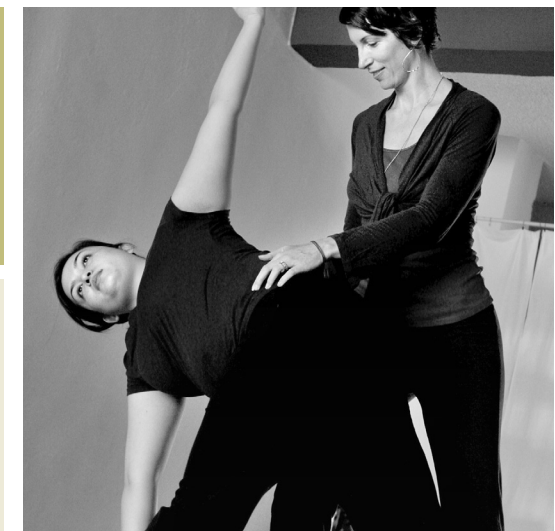
916.501.4692

[www.itsallyoga.com](http://www.itsallyoga.com)

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it's all yōga



teacher training

# welcome



yoga is not a class, it's a lifestyle.  
it is a living, breathing tradition that  
lives in you; a personal and intimate  
expression of you.

We invite you to discover the yoga that lives inside of you. Our job is to help open that deep knowing and inspire you to practice and teach from a place of creativity, adaptability, sensitivity and compassion. You are empowered to tap into your greatest potential in order to share yoga from a place of your own inner strength.

Rather than a prescription for how to teach yoga, this in-depth study is an invitation to cultivate a language of yoga that comes from your own grounding in the practice. Blending the fundamentals of teaching with an exploration of poetry, sutra study and chanting, the voice of your inner teacher emerges.

Learning is a process that unfolds slowly and beautifully and cannot happen without Love. Your time becomes an investment, and you learn to integrate your yoga practice more and more intimately into your life. In this way, the yoga stays with you, woven into your pattern, part of everything you do. Step onto the path. Step into yourself.

It's All Yoga School is a weekend intensive program designed for those interested in teaching yoga, as well as dedicated students who wish to deepen their practice.

We will spend 21 deep and juicy weeks together exploring the many colorful aspects of yoga. Your classroom hours are simply a jumping off point for the real teaching, which is teaching itself! Together, we will create a supportive and loving environment in which you can explore your vast inner workings and find your own voice.

The course is designed to begin with the fundamentals of yoga and to lay a lifelong foundation for its study and practice. This is the first step for any yoga teacher, regardless of interest in a specific style or approach, and the beginning of a new way to relate to yourself and the practice of yoga.

# faculty



## michelle marlahan

Michelle Marlahan is your tour guide on this journey. She brings passion, humility and love to her multidimensional approach to teaching. Years of training in "how to teach like someone else" have led her to offer this program where you get to show up as... you.

Fellow teacher travelers will join us to share their expertise and unique perspectives.

[michelle@itsallyoga.com](mailto:michelle@itsallyoga.com)  
916 501.4692

# tuition



## 200 hour program: \$2,950

- Includes the 30 required classes.
- CPR certification, books, and electives not included.

We are happy to arrange a payment plan. Please inquire with application.

### Apply

Online at [www.itsallyoga.com](http://www.itsallyoga.com) under teacher training or email

[info@itsallyoga.com](mailto:info@itsallyoga.com)

# testimonials



## what previous graduates are saying about it's all yoga teacher training

I had no idea what I was getting when I originally signed up for the It's All Yoga Teacher Training Program. I entered this program knowing only the asana of yoga. I am leaving it with an incredible foundation of knowledge about all aspects of yoga and how to not only teach them, but how to live them each day. The amount of expertise and knowledge that was provided exceeded any information one could possibly gain from any text. The level of support Michelle, and the other teachers, offered provided us with a place to push ourselves beyond our comfort zone in order to discover our own abilities. This program was truly a life enhancing experience that I would highly encourage anyone interested to pursue. ~ Kelly

I came into this program thinking I was going to learn more about asana and how to begin to teach yoga; I did learn that, but that was only scratching the surface. We dabbled and dove into Pranayama, meditation, anatomy, the Chakras, Ayurveda, kirtan, teaching technique, philosophy, the Bhagavad Gita, Dharma talks, and a kind and thorough study of asana. I couldn't have imagined a more expansive, deep, and exciting program. I am transformed because of it, and eternally grateful to Michelle and my other wonderful teachers at It's All Yoga. ~ Erin

The It's All Yoga Teacher Training program was a life-transforming experience that far exceeded all my expectations. I feel prepared and confident to begin teaching yoga classes. Even more, I am living my yoga and have a deep desire to share the beauty and joy of yoga with others. ~ Bob

