



Insight

TEACHER TRAINING



Directed by
Margi Clifford
LPC-Supervisor
E-RYT500
C-IAYT

PROGRAM FACULTY INCLUDES

Jill Brekken
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Kira Rafuse
Marlie Hall



**Coursework is online with 30 hours in-person
200 Yoga Alliance Certification**

This online program contains a mix of synchronous and asynchronous coursework, including personal practice, reflection, feedback, and time for integration.

Students can expect to gain strength and flexibility, confidence and clarity.

Taught by a diverse group of talented teachers to provide encouragement and support to students who will gain confidence, develop skill, and realize their potential.

The program may be applied to professional CE and/or personal goals.

Successful trainees will be qualified to facilitate yoga practice in a variety of settings and with a wide range of students.

Space is limited and will be offered via a rolling admission process.

Serious students and allied professionals with a minimum of one year of practice under an established teacher are encouraged to apply

APPLY TODAY: YOGAFORMENTALHEALTH.COM/INSIGHT-TEACHER-TRAINING