



Share the healing power of Yoga

Insight Teacher Training Program

Classes begin Monday, September 13, 2021 and are to be completed by May 2022.

Program Faculty

Margi Clifford,
Director

Leigh Lubin
Kira Rafuse

Lynne Minton
Diane Ziegner

Heidi Weiland
Carolyn Hitzler

Coursework is online and 30 hours in person RYS 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 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 at: YogaForMentalHealth.com/insight-teacher-training