

200 HR YOGA TEACHER TRAINING



YogaNation
JOIN THE REVOLUTION

Information Guide

Welcome

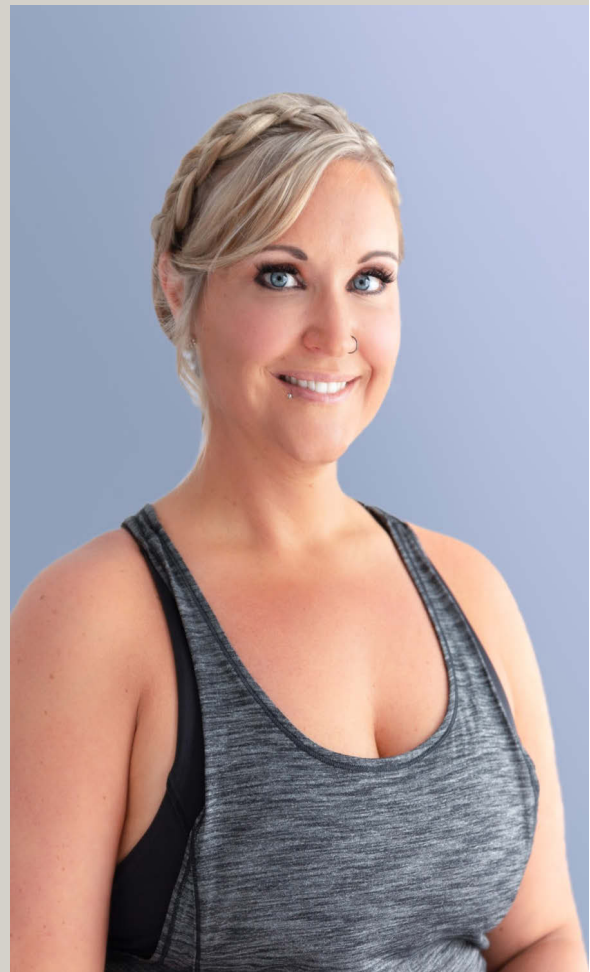
Hey, I'm Candice!

You may already know me as the proud owner and lead instructor here at YogaNation in Red Deer, Alberta.

You're probably wondering what makes us different from every other studio and teacher training out there. Good news - we've got the answers!

This guide will tell you everything you need to know about our upcoming 200HR Yoga Teacher Training program, starting January 2027.

We want to thank you for being here. Your journey has brought you here for a reason. Trust the process and get ready to ***lead the revolution.***



Course Overview

Power & Vinyasa Flow Style Training

Location: Red Deer, Alberta CA

Start: January 9, 2027

End: April 18, 2027

Modules

- History of Yoga
- Philosophy
- Mantras/Mudras
- Pranayama (breath)
- Chakras
- Asanas (the physical practice)
- Modifications
- Sanskrit
- Sequencing
- Anatomy
- Business of yoga
- How to become a successful
- Yoga Teacher

+ additional min 50 hours of at-home study



Commitment

2027 Weekend Training Dates*

- January 9 & 10
- January 23 & 24
- February 6 & 7
- February 20 & 21
- March 6 & 7
- March 20 & 21
- April 3 & 4
- April 17 & 18

Investment**

\$2,695 | Early Bird pricing (until August 31)

\$2,795 | Early Bird pricing (until September 30)

\$2,995 | After September 30, 2026

*Mandatory in-person attendance**

\$500 deposit required upon registration

**Deposit is non-refundable after Sept 30*

Full payment required prior to the start date, non-refundable

Additional Materials Checklist



Notebook & pen



Yoga Sutras of Patanjali by Swami Satchidananda



The Shrimad Bhagavad Gita



The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele



Yoga mat and props

Who is this training best suited for?

Those who practice yoga and love the challenge of a powerful vinyasa style practice. Have experience practicing in the heat? You're going to love this!

What do I get out of it?

Upon completion of our in-studio program, you will become a certified Yoga Instructor trained in the disciplines of both Power and Vinyasa Flow style yoga. Not to mention, you'll likely make some amazing new friends along the way!

What makes YogaNation's YTT unique?

Students will get to listen and learn from a roster of over 15 diverse Certified Yoga instructors, each one masterfully guiding you through the key insights around their subject of focus.

With an intimate class size and hands-on format, this is a training experience with tangible takeaways and responsive feedback - something those online courses can't quite deliver.

Where do I learn more and sign up?

Head over to yoganationreddeer.ca/training to read our FAQ's and apply to be a part of our 2027 Yoga Teacher Training. Limited space is available, so hurry!

What are you waiting for?
LEAD THE REVOLUTION



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