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# The Ultimate Yoga Teacher Training Guide

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## If I'm being honest...

I'm always surprised at how many people enroll in one of my yoga teacher training programs because they were unsatisfied with another course they started or completed elsewhere.

If you're looking to become a yoga teacher, do yourself a favor and take a look through this guide first. I promise it will help to clear up anything you might be confused about and it can save you a ton of headaches as well.

If you still have any questions by the end of this guide (and I doubt you will!) you can reach out to me directly and I'll get them answered for you. Clear and simple.

There's a TON of noise out there and sometimes it seems like each piece of information conflicts with the rest. It might be poor information, or it might be poor communication but it sure seems like there's a drought of clarity out there.

**For example, did you know that you actually DON'T need a certification to teach yoga?**

Probably not – but I'll explain more on that later. Let's dive right in!

# This guide will answer —

What are the requirements to teach yoga?

What will a yoga studio look for in their yoga teachers?

What is Yoga Alliance?

What is the difference between a 200-, 300- and 500-hour yoga teacher training?

What's a RYT 200, RYT 500? (or E-RYT 200, E-RYT 500)

What's the difference between RYT and CYT?

Are there any requirements or qualifications I need to complete before I enroll in a yoga teacher training?

Can I complete a yoga teacher training online?

What's the difference between an in-person training and an online training?

What are some important considerations for an online yoga teacher training?

How long is a yoga teacher training?

Does a yoga teacher training certificate expire?

Do I need insurance to teach yoga?





# What are the requirements to teach yoga?

In the U.S. and most western countries, there is no ‘accreditation’ or government body that you need to register with to teach yoga. This also means that you don’t need a specific certification to roll out a mat and lead a class, but don’t roll out that mat just yet – there are a LOT of reasons why you don’t see yoga teachers all over town without any training.

First of all, most places won’t let you teach without a certificate. And even if you want to teach online or in a park, you’re putting yourself in serious danger if you teach without any insurance. And insurance companies will want to see a certificate.

Secondly, students also want to know that their teacher has been trained properly. A yoga teacher training is more than simply learning a few postures – you learn important aspects of safety, anatomy, and other knowledge that’s imperative for a yoga teacher to have.

If you do decide to get certified through a teacher training program (which I highly recommend), the starting point would be to complete a 200-hour training and then look to get more advanced trainings after that.

This is also great to do because most yoga studios and gyms will want to see a certificate as well, which leads us into our next question....







# What will a yoga studio look for in their yoga teachers?

Since the government doesn't set the requirements for a yoga teacher, it's really up to a studio to set those requirements. Each studio will have their own hiring criteria and they often vary depending on the style of yoga taught at the studio.

For some types of studios, like Ashtanga or Jivamukti for example, their teachers typically never register with Yoga Alliance because they're specific schools of yoga.

But for a studio that offers many different styles of yoga classes like vinyasa, hatha, and restorative yoga, they may want their teachers to be registered with Yoga Alliance and to at least have a 200-hour certification, which helps provide a baseline standard for the teachers.

These days, depending on the area you live, many studios often like to hire 500-hour certified yoga teachers who are registered with Yoga Alliance.

Some studios may even run their own teacher training programs and look to hire students from within those programs. Though, following the COVID-19 pandemic and the rise of online teacher trainings, that trend may start to shift.

If there's a specific studio you'd like to work with, stay late after class one day and ask them what they look for in their teachers. Often, you'll hear them mention Yoga Alliance – but what is Yoga Alliance?

# What is the Yoga Alliance?

Yoga Alliance is a registration body for yoga schools and yoga teachers. There are a number of other registration bodies all over the world, but Yoga Alliance is the largest and most common.

On their website, Yoga Alliance describes themselves as “the largest nonprofit association representing the yoga community, with over 7,000 Registered Yoga Schools (RYS) and more than 100,000 Registered Yoga Teachers (RYT) as of April 2020.” Their mission is to support safe, accessible, and equitable yoga.

Yoga Alliance is an independent organization and is not connected with any university or government body, so they aren’t a formal accreditation body like you may see in other industries.

That being said, they sort of operate in a similar way to a more formal accreditation body. They have a set list of standards that each Registered Yoga School must meet in order to have their program approved and listed with Yoga Alliance. For example, each program’s curriculum must have a certain number of hours dedicated to studying Anatomy, Teaching Methodology, Practice + Techniques, Philosophy + Ethics, etc.

Each teacher training program must submit their curriculum for review and then Yoga Alliance ensures the program meets their standards before issuing approval.

In order to register with Yoga Alliance as a teacher, you’ll need to attend a training by a school registered with Yoga Alliance and the training will need to be conducted by teachers who are registered with Yoga Alliance and have a certain level of experience in teaching yoga



**YOGARENEW IS A REGISTERED YOGA SCHOOL (RYS) WITH YOGA ALLIANCE**

UPON GRADUATION, YOU WILL BE ABLE TO REGISTER  
YOURSELF AS A REGISTERED YOGA TEACHER (RYT)



# What is the difference between a 200, 300, and 500 hour yoga teacher training?

This is truthfully the question I see students get most confused by, so let's clarify the difference between these training quickly.

*200HR Teacher Training- You can think of this as Step 1. This is the baseline level of training you need to complete in order to become a registered yoga teacher and should be completed before doing any other training. 200HR Teacher Trainings are very comprehensive and provide an overview of the topics you should have an understanding of as a yoga teacher.*

300HR Teacher Training- Think of this as Step 2. This is an additional 300 hours of training that you would complete after getting your initial certification. Usually, a 300HR dives deeper into specific topics and allows teachers to become a bit more specialized in a particular area of interest. After completing a 300HR Training, you can combine it with your 200HR training and become a 500HR certified teacher.

500HR Teacher Training- This is a combo of Steps 1 + 2 where you complete all 500HRs in one program.

So, usually students will finish a 200-hour course before anything else. The 200-hour program may focus on a specific style of yoga such as Vinyasa or Hatha yoga or it might be a multistyle yoga teacher training course. If the school is registered with Yoga Alliance, it doesn't really matter whether there is a specific area of focus for the training because it will still need to be fairly comprehensive in order to meet YA's standards.

Let's take a look at those credentials that Yoga Alliance uses because those are also usually a main topic for the questions that come my way as well....



## What's a RYT 200, RYT 500? (Or E-RYT 200, E-RYT 500)

RYT stands for Registered Yoga Teacher. It is a credential specific to Yoga Alliance and in order to list yourself as a RYT you'll need to complete a Yoga Alliance registered yoga teacher training program. There are different levels of Registered Yoga Teachers and each comes with its own specific requirements. Let's break it down...

**RYT 200-** This is the baseline level of registration for a yoga teacher and simply means that you've graduated from a 200HR Yoga Teacher Training with a Yoga Alliance RYS (registered yoga school).

**E-RYT 200-** This stands for "Experienced Registered Yoga Teacher". In order to receive this designation, you must have completed a 200HR YTT, have 1,000 hours of teaching experience, and have taught for 2 years since initially completing your 200HR YTT. This designation allows you to be the Lead Trainer of a 200HR Teacher Training and to provide continuing education classes and workshops to other teachers.



RYT 500- For this designation you must have completed a 500HR YTT OR a 200HR YTT followed by an additional 300HR YTT with a RYS. You also must have at least 100 hours of teaching experience since completing your teacher training.

\*Note- you can be registered as both an E-RYT 200 and an RYT 500 which shows you've completed your 500HR YTT and also have a good amount of experience as a yoga teacher.

E-RYT 500- This is the highest level of registration within Yoga Alliance. For this, you must have completed 500HR of teacher training, have 2,000 hours of yoga teaching experience—500 of which must have been completed after you graduated from your 300HR or 500HR YTT. Plus, you have been teaching for at least 4 years since completing your initial 200HR certification. This designation allows you to be the Lead Trainer in 200HR, 300HR, and 500HR Teacher Trainings and provide continuing education workshops and classes to other teachers.

Outside of RYT, you also might see the designation CYT. Let's talk about the difference between those designations.

## What's the difference between RYT and CYT?

RYT stands for Registered Yoga Teacher and is specific to Yoga Alliance, while CYT stands for 'Certified Yoga Teacher' and is a general designation. If somebody is listed as a CYT-200 then it would mean they have completed a 200HR Yoga Teacher Training, but they aren't necessarily listed in Yoga Alliance's directory either because they've chosen not to register with Yoga Alliance or because the program they completed wasn't registered as a Registered Yoga School with Yoga Alliance.



# **Are there any requirements or qualifications I need to complete before I enroll in a yoga teacher training?**

For the most part, the answer to this is no. A Yoga Teacher Training is where you'll gain a certification, so there aren't really any qualifications that you'll need to complete before enrolling.

Sometimes individual training programs do have their own requirements. For example, I've seen programs who say you must have been practicing for a minimum of 2 years before starting their training. Or, programs may have specific Asana requirements you must be able to do, like holding a headstand. This would be up to the creators of that training to set those requirements. There isn't any type of standard level of experience needed to start a training.

That being said, students will typically come with quite a bit of experience and familiarity with the yoga practice. A 200HR Training is a big financial investment and, even more importantly, an investment of your time. It's good to have a sense of what you love about yoga and what you're looking for out of a training before committing to one. That will be helpful for you to determine which training is the best for you, and comes with having an established practice



# Can I complete a yoga teacher training online?

That amazing answer to this is-- yes you can!

As a former owner of 2 yoga studios and the lead teacher in dozens of in-person Yoga Teacher Trainings, one of the main hesitations I used to hear from students about signing up for YTT was, “I just don’t have the time.”

And I totally get that! People are busy with families, jobs, school, friends... life! That is why I’m so excited about the ability for students to complete their training online.

Even before the COVID-19, schools like YogaRenew had conducted yoga teacher trainings online and the pandemic made that even more common.

Online trainings offer the ability to make programs self-paced which allows students to work at their own schedule and balance their training more easily between work, children, and other responsibilities.

Many people also live in remote locations that make attending an in-person training difficult or expensive if they have to travel to find one. Online training makes it accessible to those who have longed to get certified but were previously unable to travel in order to attend a studio in person.

With the pandemic, Yoga Alliance has also changed their rules and currently allow online programs to be Registered Yoga Schools. This means that if you completed an online training with a Yoga Alliance certified program, you can register as a Yoga Alliance certified teacher after you complete your training.

\*PS- I'm a little biased, but I truly believe our teacher training program is the best one you can find online and we ARE registered with Yoga Alliance. If you'd like to join us, you can [click here](#) to learn more about YogaRenew and the different trainings we offer.



## **What's the difference between an in-person training and an online training?**

There are definitely differences between attending a training in-person versus completing one online—and each has pros and cons.

I've lead dozens of in-person trainings and now have the privilege of leading an online training program, so I can fill you in on some of those differences. Of course, each individual program will have their own format and structure, but this will at least give you some general insights into the pluses and minuses of both options.



# Schedule

An in-person training has a set schedule and you are required to be there in order to complete the hours for your training. Some trainings are intensive formats where the training all happens within a 1 or 2-month period, other trainings may happen over the course of an entire year but only meet one weekend per month. Each program will have its own policies on how many (if any) hours can be missed and how you can make up those hours.

An online training will typically provide much more flexibility because you will often have recorded material that you can review at your convenience in addition to any live or in-person sessions. Sometimes, you'll even have lifetime access to all the recorded material and any course updates— (we offer lifetime access with YogaRenew, but some schools will have a limit on how long their students can access the content so double check with the school first.)

With a self-paced online program, you can choose to complete it within 1-month or you can take 2 years—it's really up to you.





# Teacher Interaction

Both online trainings and in-person trainings should have live interaction with teachers so you can gain feedback from the instructors and ask questions throughout the course. If a training doesn't offer any interactive elements and feedback from the instructors, it's usually a red flag.

One of the biggest benefits of doing an in-person training is that it will naturally have more live interaction with teachers since it's well, in-person. During your training sessions you'll be able to ask questions about the material you're learning and get immediate feedback from the teacher. The teacher will also be able to get an up-close look at your personal practice and help advise you on adjustments you can make in poses that will help your alignment. You'll spend a lot more time with your lead teacher interacting during an in-person training.

The interactions in most online trainings happen via Zoom or some other video conference platform. The nice thing about interactions in online trainings is that often you've already had time to watch the training videos, synthesize the information, and then had time to process and think of your questions. Then, when you show up for a Zoom call you get the benefit of getting really specific feedback that will directly relate to your teaching.

One of the things I love the most about my YogaRenew Zoom sessions is when students who actually already graduated the course pop in for a refresher and are able to share their insight and questions related to their current teaching experience. This allows for much more in-depth conversations which benefits everyone's learning.



# Curriculum Instruction + Delivery

I'll be honest, when I first transitioned to leading Yoga Teacher Trainings online, I was worried that a lot of the curriculum would feel watered down compared to teaching the training in person.

However—that has totally not been the case.

Overall, I think students are able to learn the Yoga Teacher Training curriculum fairly equally in each type of training with just a few key differences.

**1) Hands-on Adjustments-** Training on hands-on adjustments just can't be taught online as effectively as they can be taught in person. There's something about having the Teacher Trainer literally do the adjustment to you and then have you practice on another student that allows you to understand it in a more in-depth way than just watching someone talk about the adjustment on screen.

One way to combat that would be to find a willing friend and test out the adjustment on them and ask for live feedback about how it feels. It's still not the same as then having your Trainer there to help guide you, but it goes a long way in helping.

**2) Yoga Sequencing-** So if you know anything about me, you know that Yoga Sequencing is my jam and is the thing I'm most passionate about when leading classes + trainings. I was actually surprised at first, but I think teaching Sequencing in a Yoga Teacher Training is much more effective online than in-person.

Learning how to sequence a yoga class feels really overwhelming at first and to do it well requires time and focus on putting all of the pieces of a class together.

In an in-person training, you may talk about sequencing for one or two days, and then not really have a chance to review that or discuss it again.

But in an online format we are able to provide a visual outline for how to put together a class and then each student can take time to practice and work on sequencing before submitting a sequence for review. Then, you can keep revisiting those lessons as you gain more experience and practice putting yoga sequences together. This makes it much easier for students to learn.

**3) Reviewing Material-** In both online and in-person trainings you're able to refer back to your notes whenever you need to.

The manual for my 300HR training is one of my most-read yoga resources. I'm always referring back to ideas from the manual itself and from the notes I took during my trainings. But sometimes I also read the notes and think "what the heck did I mean by this?"

This is where an online training has a major advantage because you not only have the ability to review your notes, but you literally have the ability to rewatch the actual training videos over and over again—especially if you choose a program with lifetimes access. It's a really nice benefit to be able to do this not only as a refresher, but also because sometimes you learn something brand new watching an old video after you've gained some more experience teaching.







## Connection + Community

One of the most incredible parts about participating in a yoga teacher training is the ability to connect with like-minded people and be part of a community that you feel supported by.

True story—I was a bridesmaid in the wedding of one of one of the girls I went through my 200HR YTT and consider multiple people from my 300HR YTT to be some of my best friends to this day. Teacher Training is one of the best ways to make friendships with people you have a true connection with.

The great thing is that both online and in-person trainings have a social element, but they are handled a little bit differently

With an in-person training, most of the interaction happens on-site at the studio or training center you study at. You'll see your fellow trainees all the time. (for like, 200hrs at least haha) and will definitely create a bond as you go through the lifechanging journey together. Often times students will meet up outside of training hours to practice teach, do homework together, take classes, or just socialize and this is easier to do if you live in the same area.



That being said, with an in-person training you do open yourself up to the possibility of being in training with someone who you don't necessarily click with and you'll still need to learn how to navigate that relationship for the benefit of the group.

In an online training, you won't spend as much time with each of your fellow trainees, but you'll be able to connect with a much larger group of people—sometimes from people all over the world—which is such an incredible gift.

Most of the interaction in an online training happens during live sessions (if offered) as well as through online groups, study buddies, and social media. Often times, private Facebook groups will exist for any members of an online training, and this can be a huge source of support and connection for students. These types of interactions allow for students to also see if there are other trainees living in the same area and can create opportunities for meetups.



# What are some important considerations for an online yoga teacher training?

I mentioned this earlier, but I truly am surprised by the number of students that come into one of my programs after completing another course and tell me they just weren't satisfied with it. Even though I heard this occasionally about in-person trainings, I think with an online training it happens more often because you don't have the ability to visit a studio and test out classes before signing up in the same way you can with an in-person training.

I honestly believe that doing a yoga teacher training can be one of the most powerful decisions you can make and has the ability to alter the trajectory of your life—not only in terms of a career but also in just how you show up and live day-to-day. That's why I think it's so important to make sure that you really find a program that fits YOU.

Every program is different and if the people running a training really care about their students, they also want to attract students that are a good fit. And if they're not? Then it's totally ok for them to go and find a training program that is more aligned with what they're looking for.

I've broken down some key things I think you should consider below. Hopefully they can help prevent some headaches for you so that you know what to look for in an online yoga teacher training.

In the next pages I'll share a few items you'll want to evaluate before enrolling in an online course:





## A Proven Program

If you're going to take the leap into a teacher training, you want to make sure that the valuable time and money you're spending is going to be met by a program that really delivers both in the student experience but also in the integrity + quality of the training curriculum they're providing.

Yoga Teacher Training schools should have some feedback or testimonials from their students so that you can get a good sense of whether it's a suitable program for you to enroll in. Looking at reviews on Trustpilot and Facebook are a great place to start since the reviews are usually from students who've actually completed the trainings. If the school is registered with Yoga Alliance, students will provide a review on the YA site for the school when they go through the registration process to become a teacher, so this is also a great place to check.

You also want to make sure that the teachers leading the program have years of experience teaching as well and you should be able to review the background of teachers before enrolling. It's helpful to learn a bit about the teachers and see if you feel like they are someone you'd really want to learn from and connect with.



# Teacher Feedback

I think the ability to connect with actual teachers is an invaluable part of doing a teacher training and should definitely be something to consider when choosing a program.

Find out if there are opportunities to ask questions and get feedback from the teaching team as you go through your training and determine the ways to do that. Are teachers available via email? In a Facebook group? Maybe during live sessions? This brings me to my next key thing to consider...

## Live Calls

Having the ability to interact in real-time with a team of teachers can really elevate the experience of an online program. And even if you only end up joining a few, having the option makes a big difference if you ever feel confused or want extra support.

Some online schools will have calls that you can attend at different times so that you have flexibility to work at your own pace but then also have availability to attend live sessions if you choose.

In my training, I offer a bunch of live calls with my teaching team at different times so that students can attend them on their own schedule and then we also record those sessions so that students can watch if they miss a live call as well.

During these sessions our teaching team provides additional training and support on topics within the course so that we can expand the learning for our students and give them a chance to ask questions and interact with other trainees. We also always leave room for Q&A at the end so they are highly interactive.

Some training programs will have 'office hours' which is nice, but doesn't help to dive deeper into the training in the same way it does during sessions where actual curriculum material is being taught. We offer a combination of the two which I've found to be the most supportive and effective for our students.

Decide how much interaction would be helpful for you and seek out programs that meet those requirements.

# Community

I've mentioned this before, but being a part of a yoga community has enhanced my life in more ways than I can imagine. Creating a community was the backbone of my in-person yoga studios and it has been hugely important to me that we drive the sense of community in our online yoga teacher training programs as well.

The live calls definitely help with this and there are even students who have met on Zoom and then formed their own weekly Zoom study groups, which I love so much. I would also say that our private Facebook groups are an incredible place for people to connect with each other as well. Current students and past graduates are highly interactive and really inspire each other to keep deepening their personal practices and sharing it with their communities.

A yoga teacher training is an exciting journey and a big commitment, and you'll want to experience it with other people in a community setting. Find a course that offers an active and engaging community to join that you can stay with even after the training is completed.



# Accountability

With more online training programs becoming available, accountability has become more important than ever before. You need to know that you're on the right track, and that you're learning the information that you're supposed to be learning in a smart and safe way.

The reality is that injuries are possible in yoga a yoga class and you want to make sure that you're taking the time to learn how to do the poses correctly yourself so that you can safely lead others.

It's also important that the other limbs of yoga and the spiritual elements are taught with care as well. Students come to a yoga class for more than just a workout and it's so important that we respect each person's emotional and mental health as well.

I've seen students come into my studio quite confused after attending other schools that didn't offer much clarity on whether they were on the right track while going through a training. Testing isn't just about memorizing information and passing a quiz, it also creates an opportunity for you to know you really understand the information you're learning. So even though it may be more work to have to hand in assignments and take tests throughout a course, it's also the most important work you can do.

# Resourcefulness

One of the major benefits of attending an online training is that you can gain access to a TON of resources. I personally suggest finding a course that gives you lifetime access to the resources and you also want to make sure that the training offers you valuable materials that you'll be able to use not only while going through the course, but also once you graduate as well.

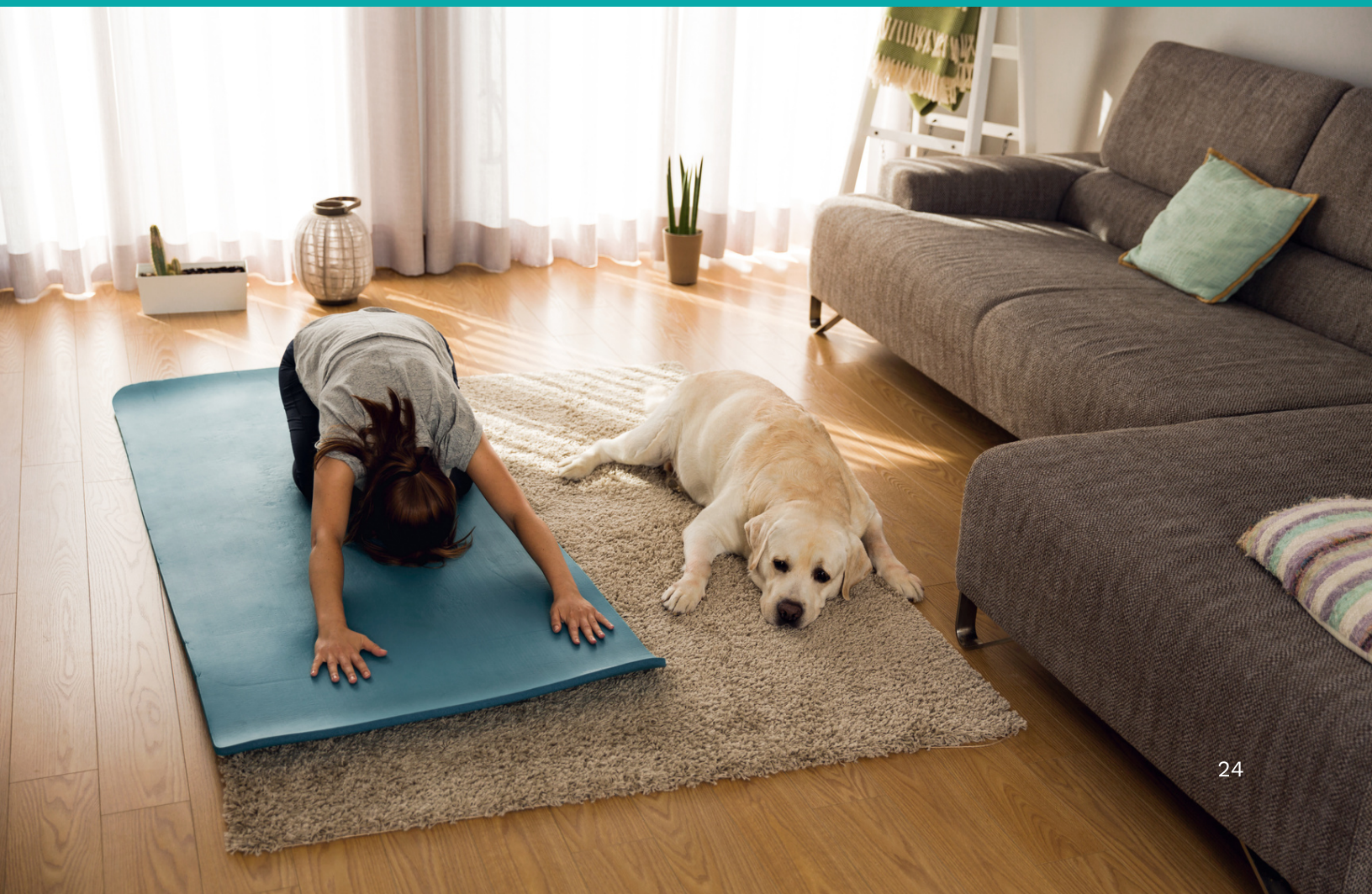
As a lead teacher in our yoga teacher trainings, I'm also still growing and learning all the time. That's why we're continually adding new resources into our training programs based on what we continue to learn. So even for our students who have graduated already, they can still come back into the course and find new helpful sequences or inspiration that they can apply in their yoga classes.



# Support

This one may seem obvious, but it's a good idea to test out the customer support with a school before enrolling. It might be as simple as sending over an email to see how quickly you get a response. In an online training, that type of communication is so necessary being that you're not able to speak to someone in-person.

Email support is really the bare minimum you'll want to look for though. As I mentioned, we offer our live calls for students to interact in real time, and our community provides a place for students to connect locally or online. We provide a place for students to connect with each other to form 'study groups' as well and our feedback on students' final assignments is individualized rather than just general feedback. Literally, one of the teachers on our team sits down and reads through each final assignment and provides specific feedback. This type of support ensures that our students not only feel taken care of, but that we're making sure the yoga teachers that graduate from our programs are ready to lead students.



# How long is a yoga teacher training?

A 200-hour Yoga Teacher Training should take 200 hours total to complete the training and a 500-hour program should take 500 hours. These hours include the instruction time but also the time you take to complete assignments, study for tests, and do your final assignments.

In-person training courses will typically have a start date and end date because they happen on a set schedule. Online programs will usually allow students to work at their own pace, but some might have a start date and end date so it's important to check before signing up.

Self-paced schools sometimes have an expiration date as well. Students enrolled in my courses have lifetime access to all of the material, and I don't charge anything if it takes a little bit longer for somebody to finish a course. Some students might take 40 days and others might take 400 days to go through a 200-hour program online. It really depends on how much availability you have and how quickly you're able to work through the material.







## Does a yoga teacher training certificate expire?

A yoga teacher training certificate will typically not expire. I can't speak for every school out there, but I don't think I've seen any certificates that expire.

Once you complete a 200-hour course, you have a 200-hour certificate. Once you complete a 500-hour course, you have a 500-hour certificate.

That being said, Yoga Alliance and certain registration bodies have continuing education requirements that you need to meet in order to keep your registration with them active. These requirements help ensure that you're continuing to learn and improve as a teacher.

But if you choose not to register with Yoga Alliance then there isn't any type of set rule or standard for certificate expirations and it would really be up to an individual studio to determine if they're ok hiring you based on when you completed your training.



# Do I need insurance to teach yoga?

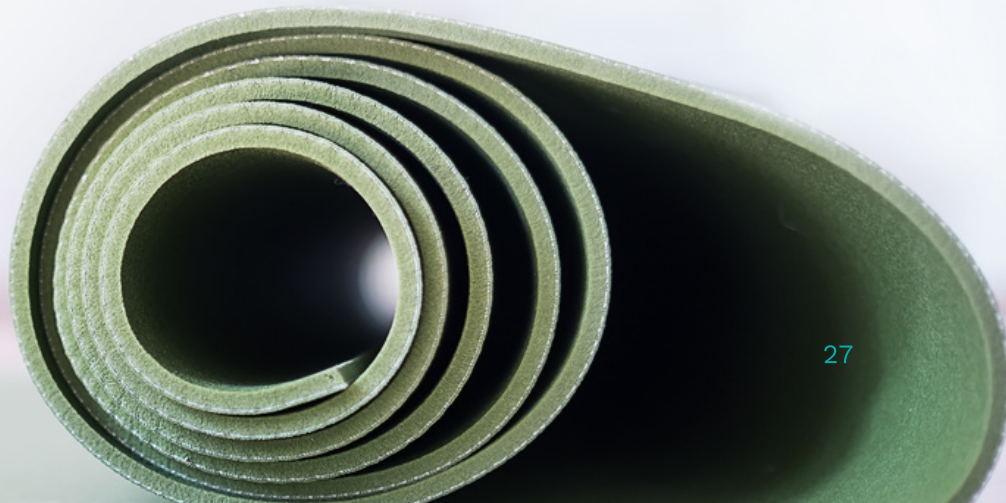
In theory you could teach yoga without getting insurance, but I HIGHLY recommend that you make sure you're insured.

Insurance is critical for any yoga teacher. First of all, you'll usually need insurance to teach at any physical location. A yoga studio or gym will have their own insurance but they'll typically require that teachers show proof of their own insurance as well. This puts responsibility on the teacher to ensure that the class is conducted in a safe manner.

Even if you want to rent your own room, the building will typically ask to see some insurance in order to use the space. This is to protect themselves from a lawsuit and is standard.

It's also just a good idea to protect yourself whether you're teaching group classes, privates, workshops, etc. There is always a small chance that someone could get hurt doing yoga, and you never want to leave yourself in a position to not be protected if that were to happen.

We have a partnership with BeYogi Insurance for our students to gain insurance at a discount and studios will often have some insurance that they offer to their students or graduates that makes it easy to find a provider.



# What do I do after I graduate from a Yoga Teacher Training?

After you complete your training there are many different paths you can follow in becoming a yoga teacher and often time that journey continues to change over time.

Many teachers lead group yoga classes as studios, gyms, or community centers and this is a great way to start to build a following of students. Getting hired at one of these places is one of the topics I teach inside of our training, which is helpful in guiding our students to get started.

You can also find private yoga clients or lead corporate yoga classes as well. Some yoga teachers are getting hired in schools, hospitals, or in medical offices to help bring this healing practice to larger populations.

There are also teachers that end up leading workshops and yoga retreats around the world. Plus, the opportunity to teach yoga online has rapidly expanded as a result of the pandemic, creating even more ways to share this practice with others.





# Final Thoughts

If you're considering doing a Yoga Teacher Training my biggest piece of advice is "just do it!"

If you've had the thought, the inspiration, or the question—would this be good for me? -- then that means there is something inside of you telling you this is a step you need to take in order to open up to the incredible possibilities that exist for you. Yoga Teacher Training will allow you to deepen your practice, become part of a community, and most importantly, to connect with yourself as you learn and grow.

Take the time to consider what is most important to you and then find a training program that feels like the right fit.

If it's something you're thinking about, I'd love to see if you'd be a good fit for my yoga teacher training program. You can learn more about it and what we do by clicking the link below. And if you have any questions, please know I'm here to support you along the way. Don't hesitate to reach out to me via email ([contact@yogarenewteachertraining.com](mailto:contact@yogarenewteachertraining.com)) or even by shooting me a DM on Instagram @yogarenewteachertraining or @kate.lombardo.

*xx - Kate*

  
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online yoga teacher training

