

YOGA WITH SHAWNA

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300-HOUR YOGA *teacher training*

Trainings can be taken in person or online.



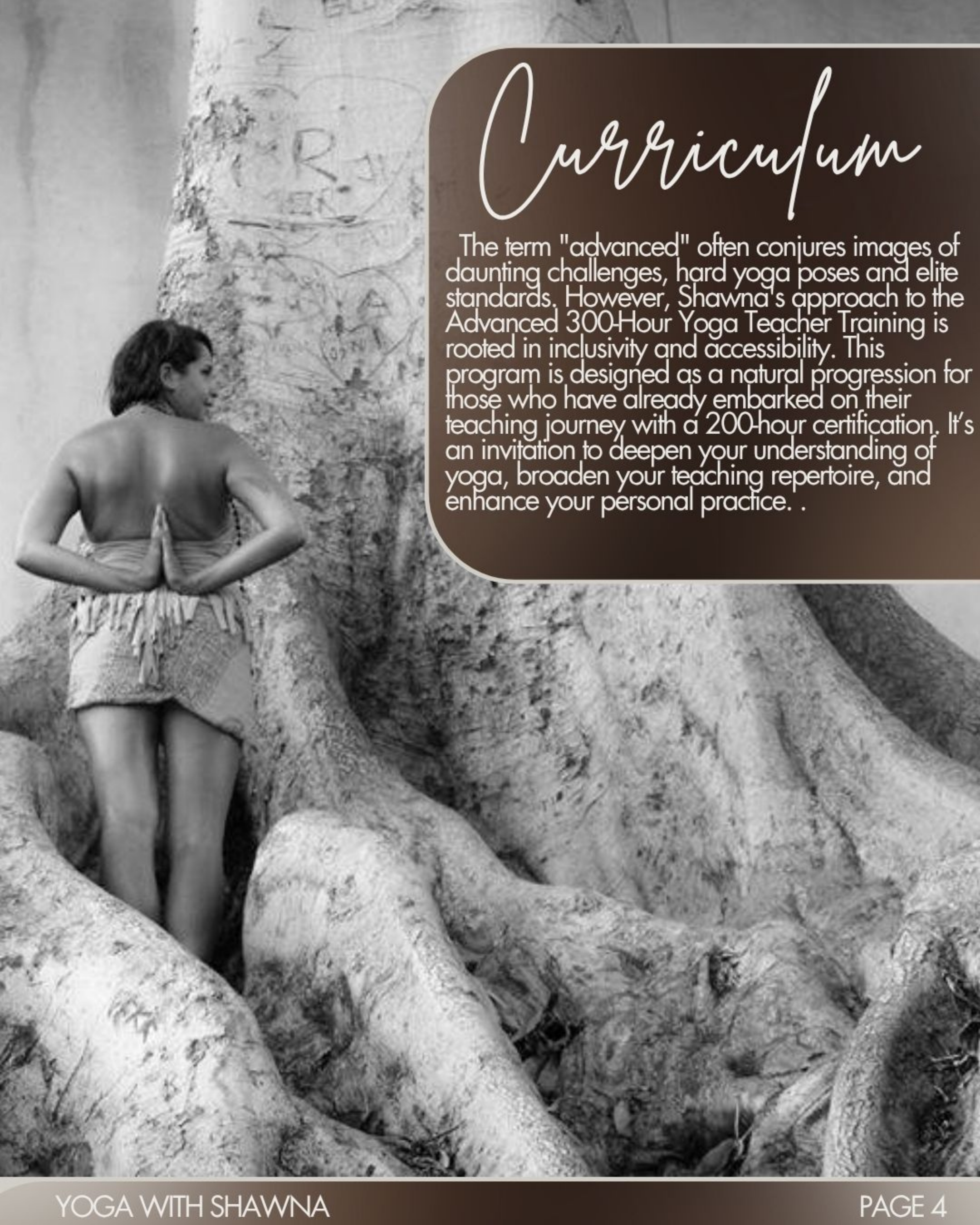
Enrollment

Are you a 200-hour certified yoga teacher looking to deepen your practice and elevate your teaching skills? The journey to becoming a more profound practitioner and a more equipped yoga teacher can start today. Join one of the upcoming Advanced 300-Hour Yoga Teacher Training programs or take the training privately working one-on-one with Shawna. Courses can be taken in studio or online live via zoom. You will get the personalized attention you need and work closely with Shawna, a dedicated mentor passionate about guiding yoga teachers beyond the fundamentals of their initial training so they can help the community on bigger levels. Shawna has been a teacher since 2004. She has a BA in Education, BA in Sociology, + MA in Writing + Curriculum Development. She has written over 15 books + manuals. Many teacher training programs hire teachers to teach the programs who are not the author of the training. Shawna is the curriculum developer + author of every training she offers and she personally teaches every training. As a child, her favorite game to play was "school." She used to teach her stuffed animals and now has dedicated her life to education. She is not only a great yoga teacher and owner of multiple successful yoga businesses, she understands people + learning styles + has provided a variety of ways for you to take the training to meet how you learn so you get the most from your education.

Connection

The coursework can be taken online or in studio or a combination of both. Which ever way you decide to take the training, you will feel connected. What set's Shawna's Advanced 300-Hour Yoga Teacher Training apart is not just the depth of the curriculum but the sense of community and support it fosters. The program limits its intake to ensure that each student receives personalized attention and guidance. As part of this close-knit community and direct focus and attention from Shawna, you will have the opportunity to learn, practice, and teach within a supportive network of fellow yoga enthusiasts and internationally recognized teacher.



A black and white photograph of a woman standing with her back to the camera, arms raised in a yoga pose (Urdhva Dhanurasana or Upward Bow Pose). She is wearing a patterned, fringed skirt. She is standing in front of a large, ancient tree trunk with intricate carvings and symbols. The background is a soft-focus view of the forest floor and other trees.

Curriculum

The term "advanced" often conjures images of daunting challenges, hard yoga poses and elite standards. However, Shawna's approach to the Advanced 300-Hour Yoga Teacher Training is rooted in inclusivity and accessibility. This program is designed as a natural progression for those who have already embarked on their teaching journey with a 200-hour certification. It's an invitation to deepen your understanding of yoga, broaden your teaching repertoire, and enhance your personal practice. .



"Shawna is the most incredible teacher and the opportunities she gave me made me feel unstoppable. I am forever grateful to her and her training because now I am helping others and myself better than ever before and making more money than ever! I cannot believe it."

Embrace the journey with confidence.

This training is fun and informative. It allows you expand and stretch your spirituality and open your heart to help others while working on yourself. When one becomes a "master" of something it means they live it as best as they can..it does not mean they are perfect with it. This course improves your health and wellness and expands your spirituality as you learn to live the yoga off the mat. From here, your business will expand and the way you help people and impact the world will expand. You will be a better teacher.



advanced yoga philosophy

25 hours

includes exploring (and expanding) the wisdom on the 8 limbs of yoga, the Koshas, the paradoxes of yoga, the ways to define yoga, + the gunas, advanced Chakra knowledge + more.





Advanced Yoga History

10 hours

Explores the past of yoga + where it came from to lead us to how to keep the tradition alive, honoring its roots while making it applicable to the modern person.

Advanced Teaching Skills

35 hours

Includes understanding how to teach to various population of people, allowing to explore teaching to specialized groups + making yoga accessible to all.





Business of Yoga

25 hours

includes creating and/or refine your yoga business plan, set goals for yourself and your business and develop the tapas necessary to take your business to the level you intend.



Advanced Meditation

25 hours

Includes exploring Nada Yoga, chanting, mantra, japa + engaging in leading with meditation + advanced meditation classes.

Mythology of Yoga

10 hours

Includes advanced understanding of various mythology provided in yoga to elevate the practice.



the bhagavad gita

25 hours

Includes dissecting and meditating on this powerful text, sharing its wisdom with others in an applicable way and using its teachings to practice and teach Karma Yoga and connect with the symbolic lessons of this epic text.



The yoga pradipika

25 hours

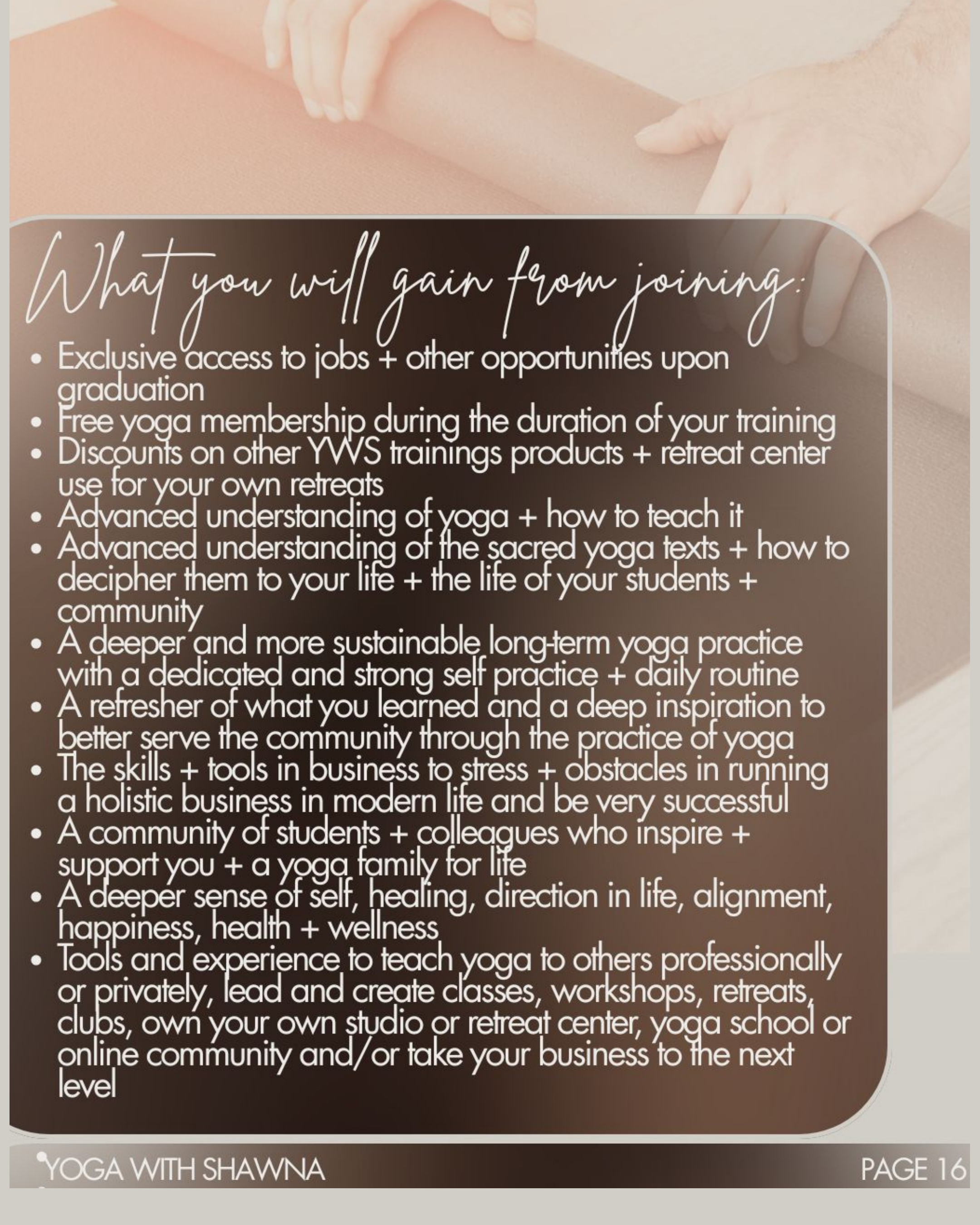
Includes deep study of this text and applying its teachings to your practice and your offerings including advanced level asana, pranayama, mudra and meditation.



The yoga sutras

25 hours

Includes vast comparison of various translations of this work along with translating the text to your interpretation and applying its teachings to your every day life.



What you will gain from joining:

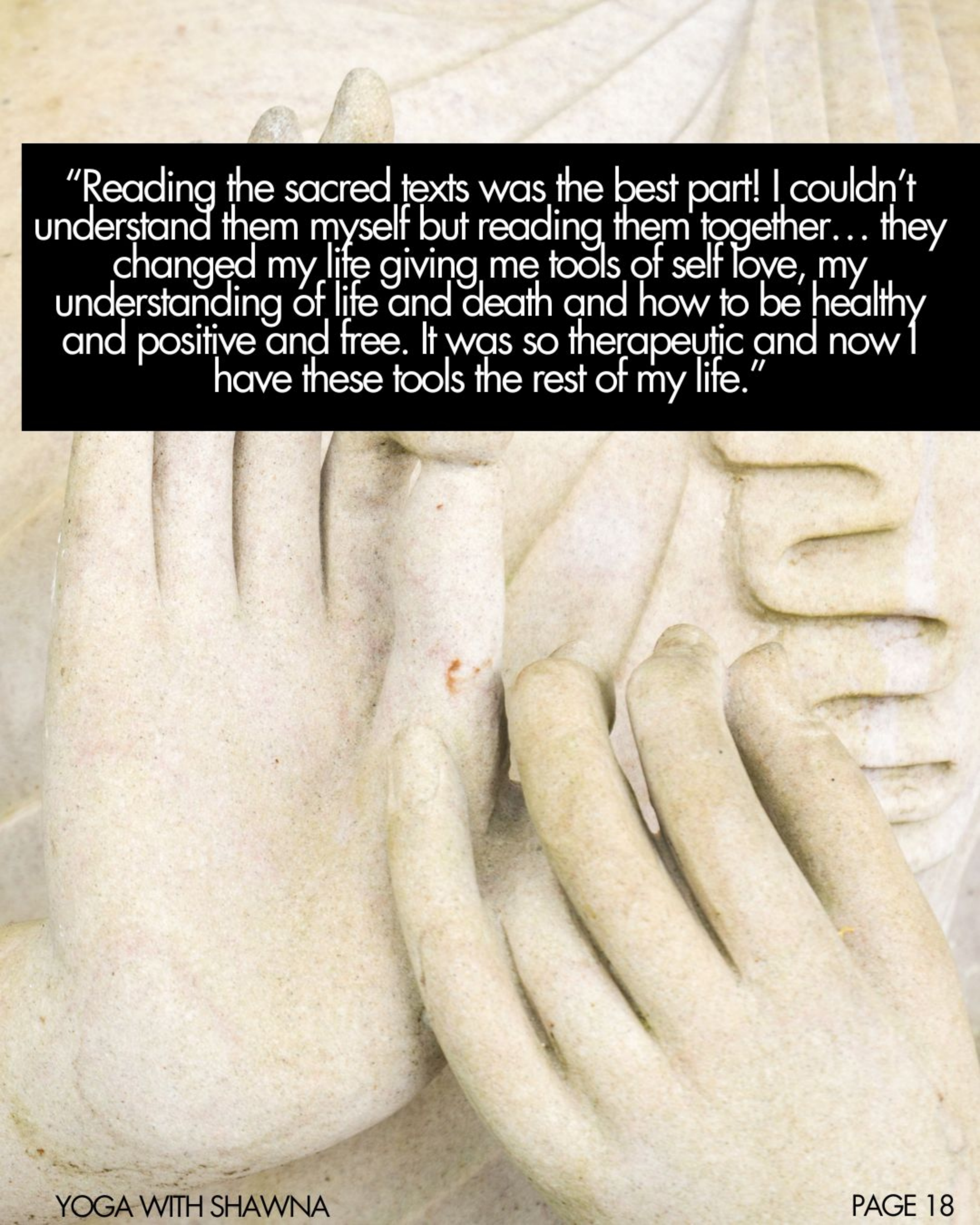
- Exclusive access to jobs + other opportunities upon graduation
- Free yoga membership during the duration of your training
- Discounts on other YWS trainings products + retreat center use for your own retreats
- Advanced understanding of yoga + how to teach it
- Advanced understanding of the sacred yoga texts + how to decipher them to your life + the life of your students + community
- A deeper and more sustainable long-term yoga practice with a dedicated and strong self practice + daily routine
- A refresher of what you learned and a deep inspiration to better serve the community through the practice of yoga
- The skills + tools in business to stress + obstacles in running a holistic business in modern life and be very successful
- A community of students + colleagues who inspire + support you + a yoga family for life
- A deeper sense of self, healing, direction in life, alignment, happiness, health + wellness
- Tools and experience to teach yoga to others professionally or privately, lead and create classes, workshops, retreats, clubs, own your own studio or retreat center, yoga school or online community and/or take your business to the next level

The background of the entire page is a photograph of several white, cylindrical candles of varying heights. They are placed on a light brown, textured burlap surface. In the upper left corner, a small portion of a green plant in a woven basket is visible. The overall lighting is soft and warm, creating a serene and natural atmosphere.

Accreditation

This is an official, multi-accredited certification.

- Internationally Accredited 300 Hour through the Yoga Alliance (YACEP)
- Board Certificated through The American Association of Natural Wellness Practitioners (AANWP)
- Board Certification by the AADP (American Association of Drugless Practitioners)
- Course is a part of the 1000 HOURS Holistic Health Practitioner Program but can be taken a separate certification
- Course led by founder of Yoga With Shawna, Yosemite Yoga + Wellness, Desert Dimension, San Diego Yoga Festival + The Holistic Health Institute of San Diego, Shawna Schenk who has over 20 years of teaching experience, two Bachelor Degrees, one Master's Degree + over 25,000 hours of yoga teaching experiences + certifications



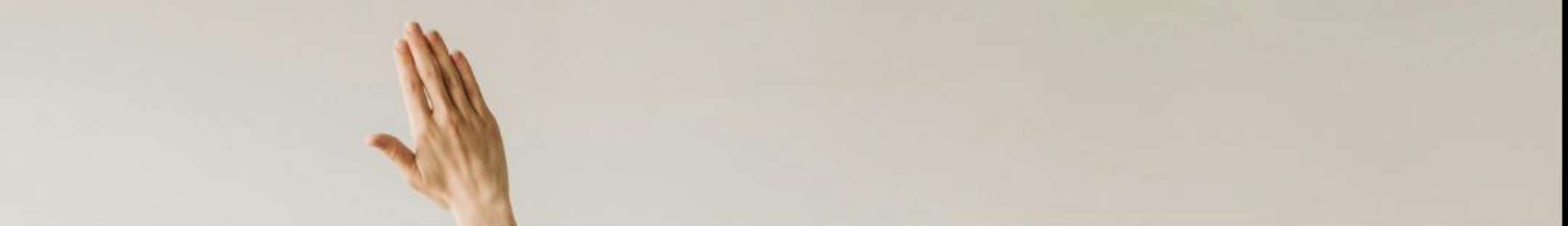
"Reading the sacred texts was the best part! I couldn't understand them myself but reading them together... they changed my life giving me tools of self love, my understanding of life and death and how to be healthy and positive and free. It was so therapeutic and now I have these tools the rest of my life."

Mentorship

Part of being an advanced yoga teacher is being a leader. In this 300-Hour Yoga Teacher Training program you will be paired up with a novice yoga teacher or teacher in training and work as a mentor to them or a new yoga student or student who desires special assistance and extra help with the practice. You will help them with their questions and experiences + truly make a difference in one or more person's life. Commitment is 30 hours.

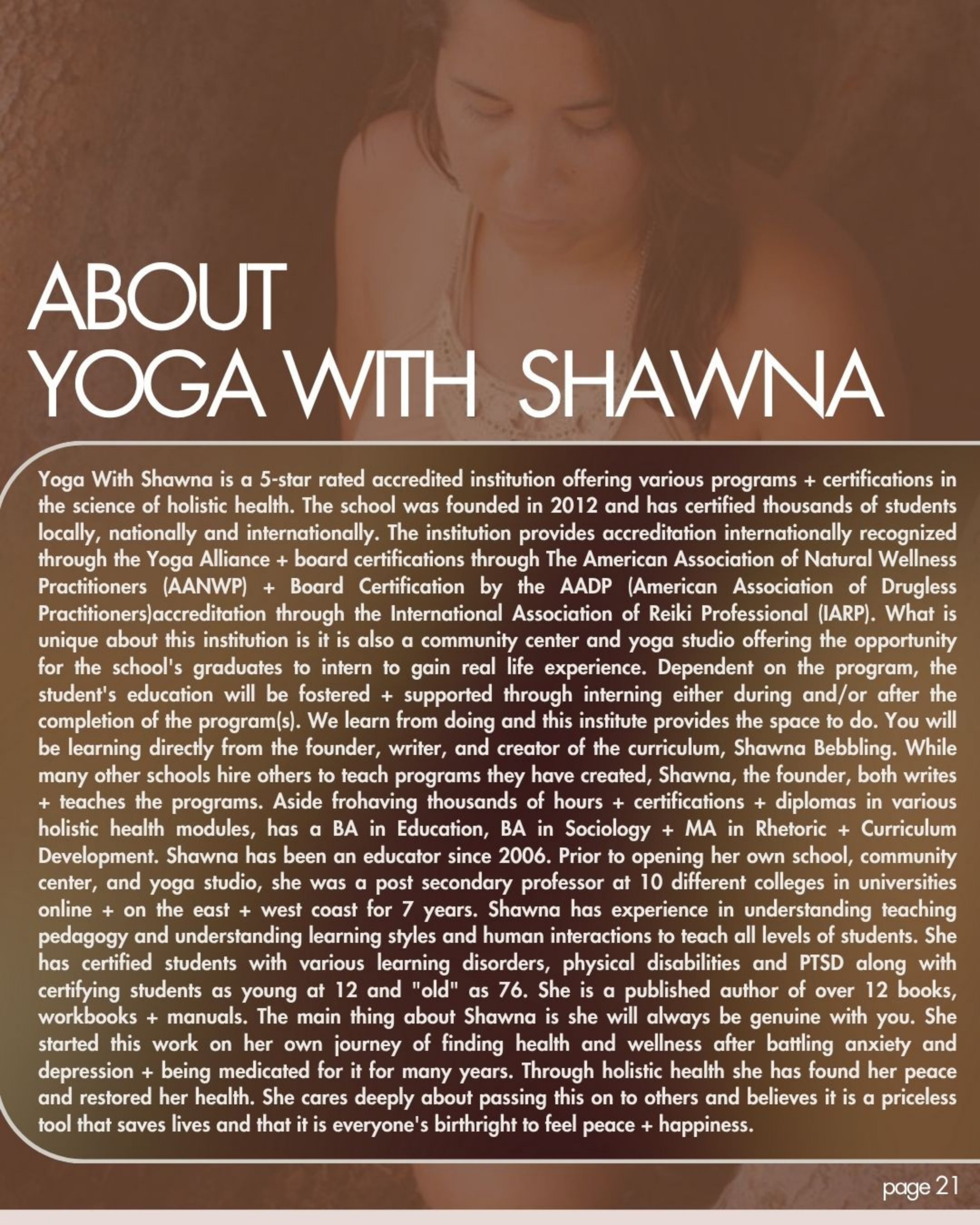
Internship

This training supports + encourages you to bring what we discuss out into the world. This educational internship experience will have you teaching in the yoga field applying the lessons learned directly to students on the mat and in real life. By focusing on the sacred philosophy of yoga and its relevance in today's society, this program equips you to contribute meaningfully to the yoga community and to the lives of your students. The internship allows you to bring this to life. Commitment is 24 credit hours.



"The investment in this training is so little compared to what you get. My business has doubled in income, my practice has doubled in spirituality + commitment + my happiness + well being has more than doubled. I am forever grateful."





ABOUT YOGA WITH SHAWNA

Yoga With Shawna is a 5-star rated accredited institution offering various programs + certifications in the science of holistic health. The school was founded in 2012 and has certified thousands of students locally, nationally and internationally. The institution provides accreditation internationally recognized through the Yoga Alliance + board certifications through The American Association of Natural Wellness Practitioners (AANWP) + Board Certification by the AADP (American Association of Drugless Practitioners) accreditation through the International Association of Reiki Professional (IARP). What is unique about this institution is it is also a community center and yoga studio offering the opportunity for the school's graduates to intern to gain real life experience. Dependent on the program, the student's education will be fostered + supported through interning either during and/or after the completion of the program(s). We learn from doing and this institute provides the space to do. You will be learning directly from the founder, writer, and creator of the curriculum, Shawna Bebbling. While many other schools hire others to teach programs they have created, Shawna, the founder, both writes + teaches the programs. Aside from having thousands of hours + certifications + diplomas in various holistic health modules, has a BA in Education, BA in Sociology + MA in Rhetoric + Curriculum Development. Shawna has been an educator since 2006. Prior to opening her own school, community center, and yoga studio, she was a post secondary professor at 10 different colleges in universities online + on the east + west coast for 7 years. Shawna has experience in understanding teaching pedagogy and understanding learning styles and human interactions to teach all levels of students. She has certified students with various learning disorders, physical disabilities and PTSD along with certifying students as young at 12 and "old" as 76. She is a published author of over 12 books, workbooks + manuals. The main thing about Shawna is she will always be genuine with you. She started this work on her own journey of finding health and wellness after battling anxiety and depression + being medicated for it for many years. Through holistic health she has found her peace and restored her health. She cares deeply about passing this on to others and believes it is a priceless tool that saves lives and that it is everyone's birthright to feel peace + happiness.

Investment

\$3999 [discounted rate, paid by first day of school]

2 payments of \$2039.49

3 payments of \$1372.99

4 payments of \$1039.74

apply:

