

YOGA WITH SHAWNA

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200-HOUR YOGA *teacher training*

Trainings can be taken in person or online.



Curriculum

This comprehensive program will be a transformative journey that will provide you the skills + community needed to become a confident + inspiring yoga teacher. This comprehensive training is designed to equip you with the skills, knowledge, and experience necessary to lead safe and empowering classes.

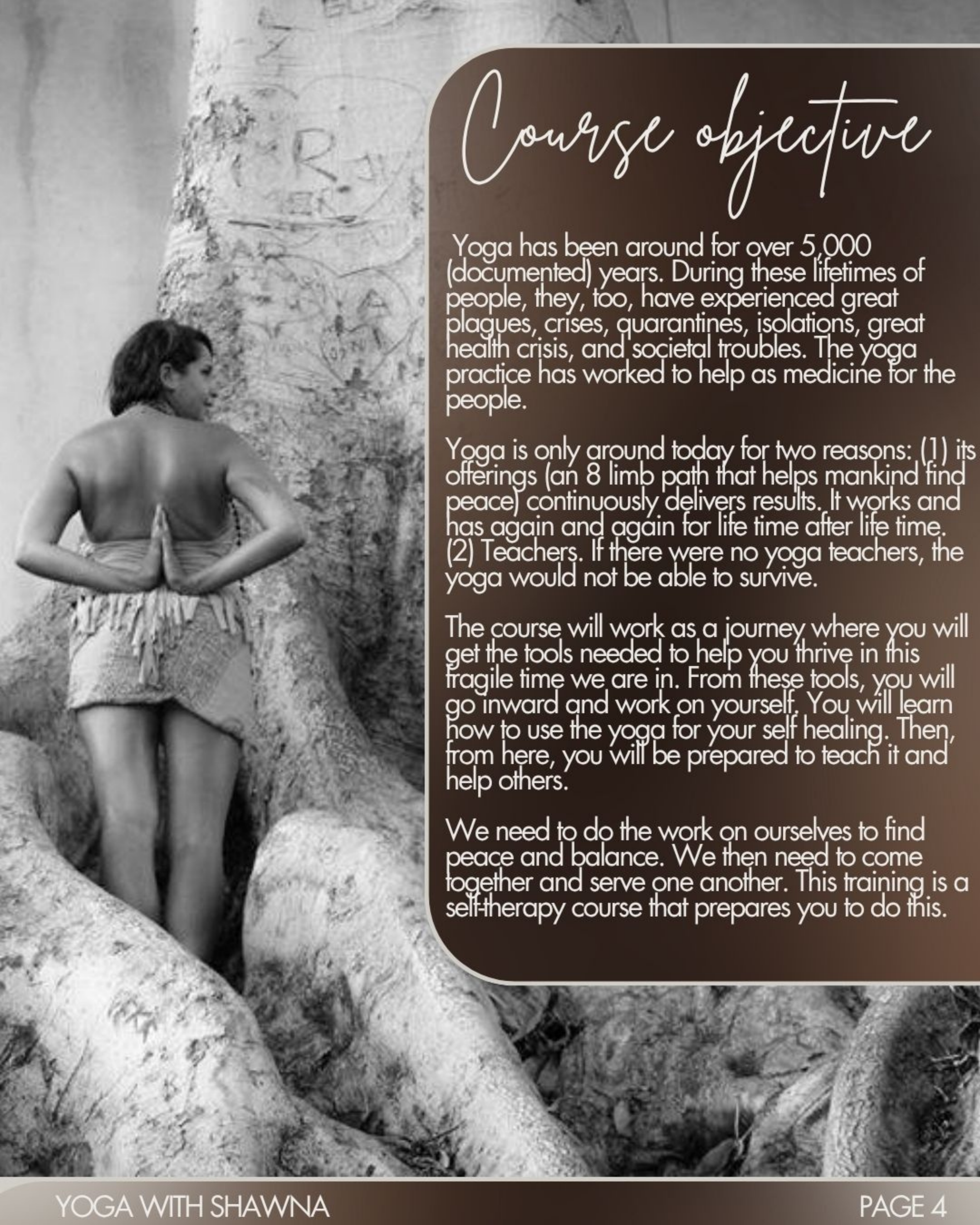
The training will cover how to properly do and teach over 80 yoga poses, various pranayama (breathing exercises), Mantras, chants, mudras, and how to meditate and teach meditation using various meditation techniques. You will do deep inward studying learning 10 yogic principles that help cultivate inner and outer peace. These topics vary and discuss how to bring peace to money issues, relationships, self esteem, self discipline, etc. You will connect deeply with the 7 chakras, understand food as medicine and the yogic diet, explore Ayurveda (ancient Indian Medicine), altar making, goal setting, and many more transformative life skills that you will be able to pass on to others.

You will leave understanding the basics of the business of yoga creating a yoga business plan and have an internship opportunity teaching online or in person at one of Shawna's yoga studios, festivals or retreat centers. These opportunities will help you jumpstart your career or just give back to the community.

This is a dual certification in Hatha + Vinyasa styles of yoga.

Prerequisite

This course is open to all people ages 14 and on with as much or little experience in yoga. Shawna has certified people who have done yoga for only a week to people who have done yoga for longer than her. It is about intention. Why are you wanting to join? You will learn all you need to and your past does not matter nor does your size, age, or anything else you think holds you back.

A black and white photograph of a woman standing with her back to the camera, facing a large, textured rock wall. She is in a yoga pose, with her hands pressed together in a prayer position (Anjali Mudra) behind her back. She is wearing a patterned, fringed skirt. The rock wall has various graffiti tags, including 'R-30' and 'ER-'. The overall mood is serene and contemplative.

Course objective

Yoga has been around for over 5,000 (documented) years. During these lifetimes of people, they, too, have experienced great plagues, crises, quarantines, isolations, great health crisis, and societal troubles. The yoga practice has worked to help as medicine for the people.

Yoga is only around today for two reasons: (1) its offerings (an 8 limb path that helps mankind find peace) continuously delivers results. It works and has again and again for life time after life time. (2) Teachers. If there were no yoga teachers, the yoga would not be able to survive.

The course will work as a journey where you will get the tools needed to help you thrive in this fragile time we are in. From these tools, you will go inward and work on yourself. You will learn how to use the yoga for your self healing. Then, from here, you will be prepared to teach it and help others.

We need to do the work on ourselves to find peace and balance. We then need to come together and serve one another. This training is a self-therapy course that prepares you to do this.



"Shawna is so deeply committed to teaching and living yoga that it inspires everyone around her, myself included. I am so thankful to have been able to start my yoga teaching journey in the beautiful community she has created. She emphasizes healing and creativity and encourages all of her students to truly live the yoga. Teacher training with her felt more like a spiritual journey than study. She gave great insight into why each pose is used, how it's used, and the safest ways in which to practice and to guide students through their practice. I have learned so much through her teacher training and interning at her studio that I will carry for the rest of my life."

Techniques, Training + practice

120 hours

Includes asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. Teaching: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves.

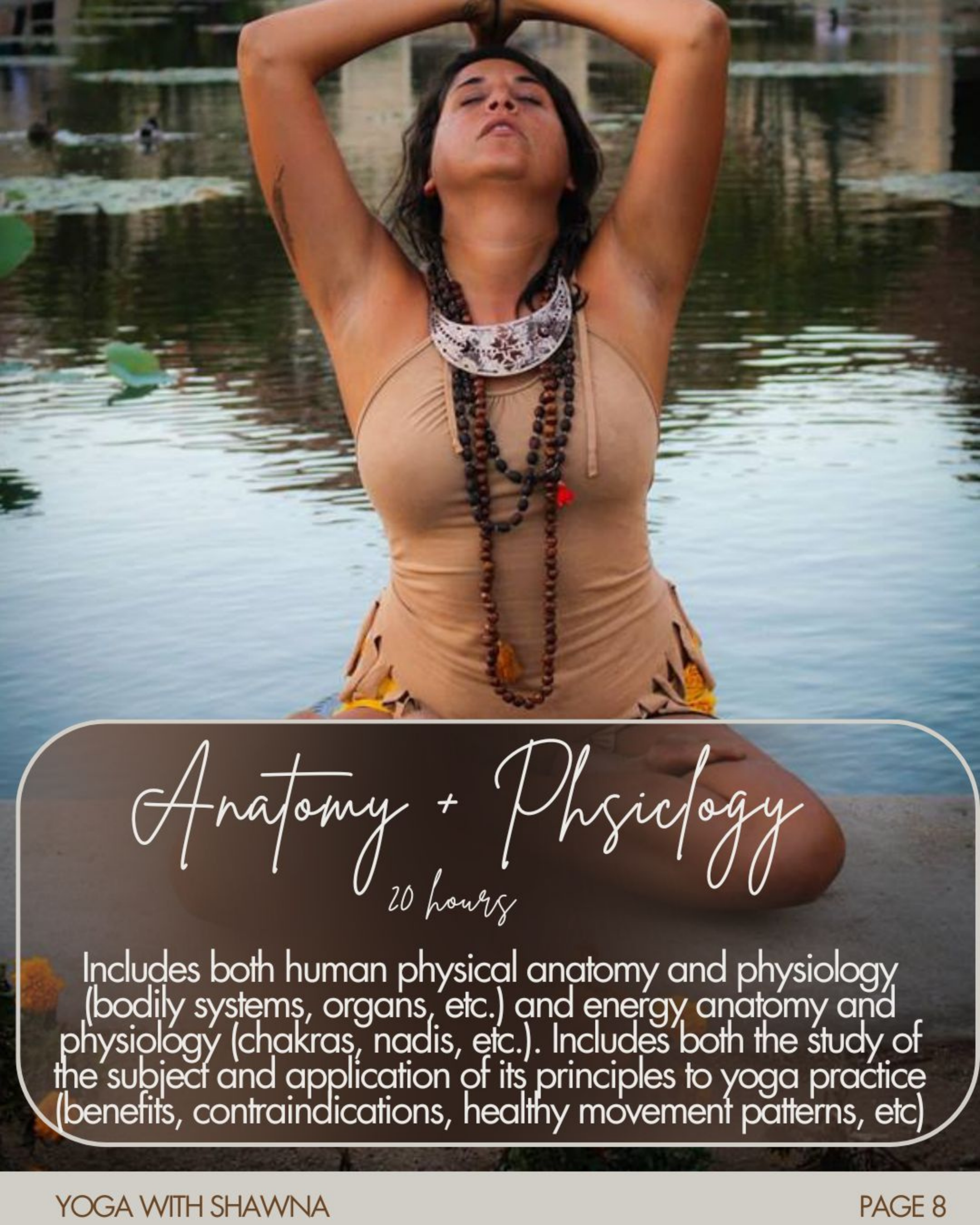


Teaching methodology

55 hours

Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga.



A woman with long dark hair is standing in a body of water, possibly a pond or lake. She is wearing a tan-colored, form-fitting swimsuit and a long, multi-strand beaded necklace with a crescent-shaped pendant. Her arms are raised above her head, and her head is tilted back, eyes closed, in a yoga pose. The background shows a calm body of water with some lily pads and a stone wall in the distance.

Anatomy + Physiology

20 hours

Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc)

Philosophy, lifestyle + ethics

30 hours

Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers.





Business of Yoga

15 hours

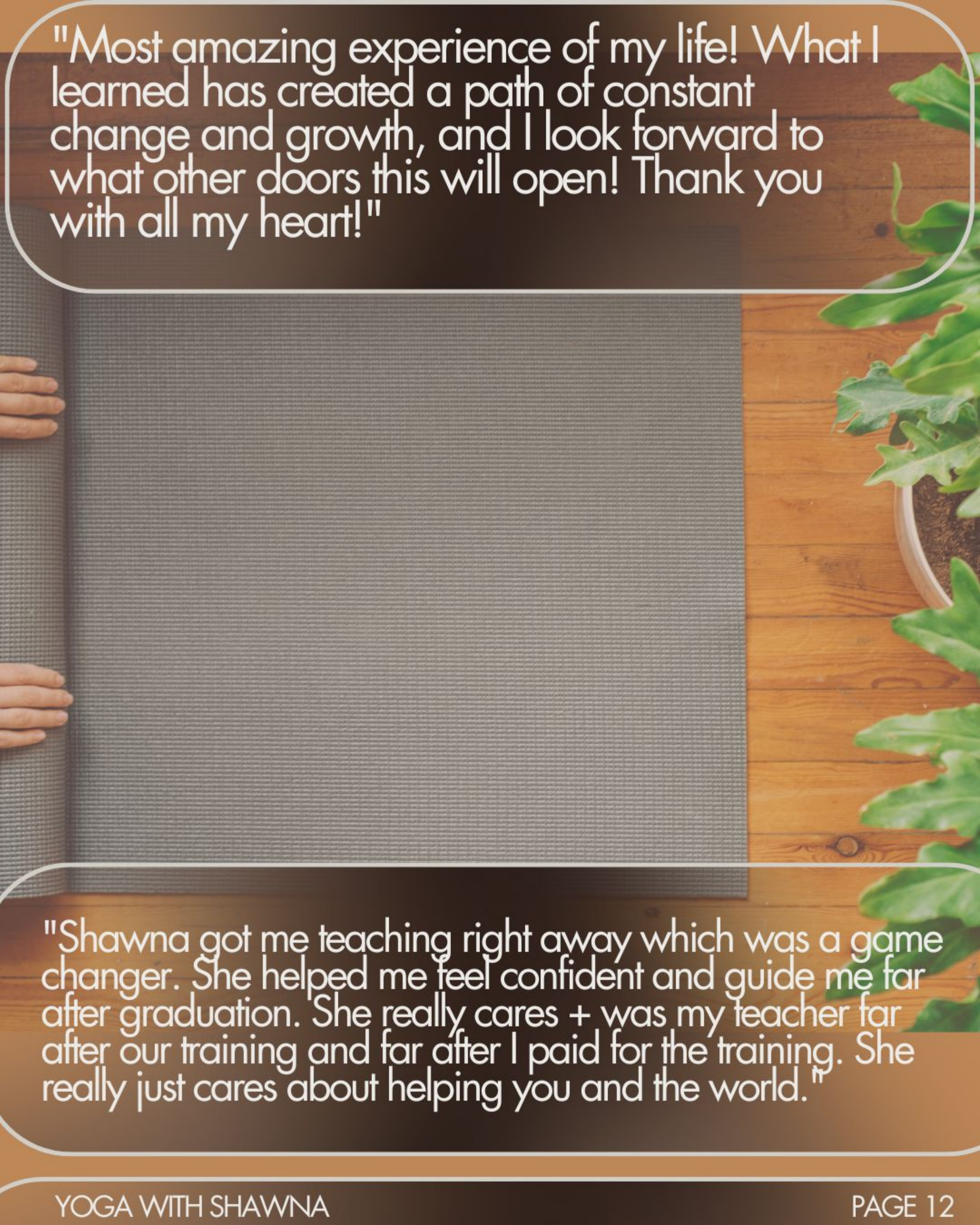
Interviewing techniques, resume writing, insurance, permitting, proper paperwork + preparation for working as an independent contractor or starting your own business



Practicum

10 hours

Includes practicum to practice teaching, receive feedback & observe others.

A photograph of a person's hands holding a grey yoga mat on a wooden floor. A green plant is visible on the right side of the frame. The text is overlaid on the top left of the image.

"Most amazing experience of my life! What I learned has created a path of constant change and growth, and I look forward to what other doors this will open! Thank you with all my heart!"

"Shawna got me teaching right away which was a game changer. She helped me feel confident and guide me far after graduation. She really cares + was my teacher far after our training and far after I paid for the training. She really just cares about helping you and the world."



This program is perfect for:

- Aspiring yoga teachers
- Practitioners seeking to deepen their knowledge + practice.
- Individuals looking for personal growth + transformation
- If you just gave a gut feeling + want to join



"If you have the opportunity to take her internship I highly recommend it as this helped a lot in my teaching and taught me a lot about cueing, general communication and professionalism. Personally I am grateful to have taken this training with Shawna and am happy to recommend her to any friends interested in starting the yoga teaching journey or anyone looking to deepen their own practice. Thank you so much Shawna and I hope I see her soon in another course!"

Internship Facilitation Program

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.

You will have the opportunity to do one or more of the following:

- intern in person at a successful yoga studio
- create yoga classes and/or workshops, and that implement the studies and wisdom gathered in the training and demonstrate your understanding of it through teaching a class that provides an example of living the teachings.
- create a real life opportunity to speak about the concepts you are learning and help your students embody them further advancing their practice
- find your yoga teaching voice
- be inspired by helping others
- teach the poses, meditation and breathwork discussed in the training to see the results of people in the real world.
- learn the business of yoga first hand in an operating yoga studio
- create your presence as a teacher
- commit to something meaningful + purposeful
- gain confidence in becoming a teacher
- gain material for your yoga resume
- gain Shawna as a reference for you to use to help advance in your career
- open the door to for more opportunity in the yoga field

"The internship was one of my favorite memories. I got connected with students and really made a difference in people's lives. This gave me purpose + improved my health."



What you will gain from joining:

- Learn over 80 yoga poses
- Understand various breathwork exercises
- Learn mantras, chants, and how to meditate using various meditation techniques
- Deep inward study of various yogic principles that help cultivate inner and outer peace. These topics vary and include addressing bringing peace to money issues, relationships, self esteem, self discipline, and inner harmony
- Understand food as medicine and the yoga diet
- Connect deeply with the 7 chakras
- Cultivate a regular yoga practice
- Understand an introduction to Ayurveda
- Explore goal setting
- Explore altar making
- Gain transformative life skills that you will be able to pass on to others
- Connect with like-minded individuals who share your passion for yoga
- Transform your practice + go deeper
- Develop the skills needed to be a safe + effective yoga teacher

The background of the 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 40 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



"Yoga with Shawna provides a wellrounded 200-hour yoga teacher training program. Over the course of the eight-week program we were introduced to a variety of topics that provided depth and further understanding of yoga, its origins and philosophy. The live instruction, additional resources and supplemental materials were well thought out, useful and I plan to continue using them beyond the training and in my teaching. This truly felt like a worthwhile investment of my time and resources. Each week I was excited to learn about the next topics and felt supported throughout the entire journey. Shawna was available, responsive and truly held and cultivated a space of learning in a safe environment."



what sets us apart

FREE YOGA CLASSES

As a student of the training you will gain access to take community yoga + meditation classes offered at the studio for free along with small group, personal and one on one sessions.

YOUR BEST CHEERLEADER

There are many reasons + excuses you can give yourself to not do a training: that you are not worthy, good enough, or you can't because of *fill in the blank with the reason here.* If you have gotten this far down on the website, you are not only interested but committed. **You are ready.** Growth can be uncomfortable. Doing new things can be uncomfortable. There are so many other things to do with your time + money. Trust you have been brought to this training for a reason. Know Shawna (who has taken many, many trainings and continues to yearly) will be your cheerleader routing you along your journey. You can do this + you are ready

ABUNDANCE + MONEY

You will improve your relationship with money + your career, see the back end and understand all the other "stuff" than teaching that is important to keeping a long standing successful yoga business.

EMPOWERING

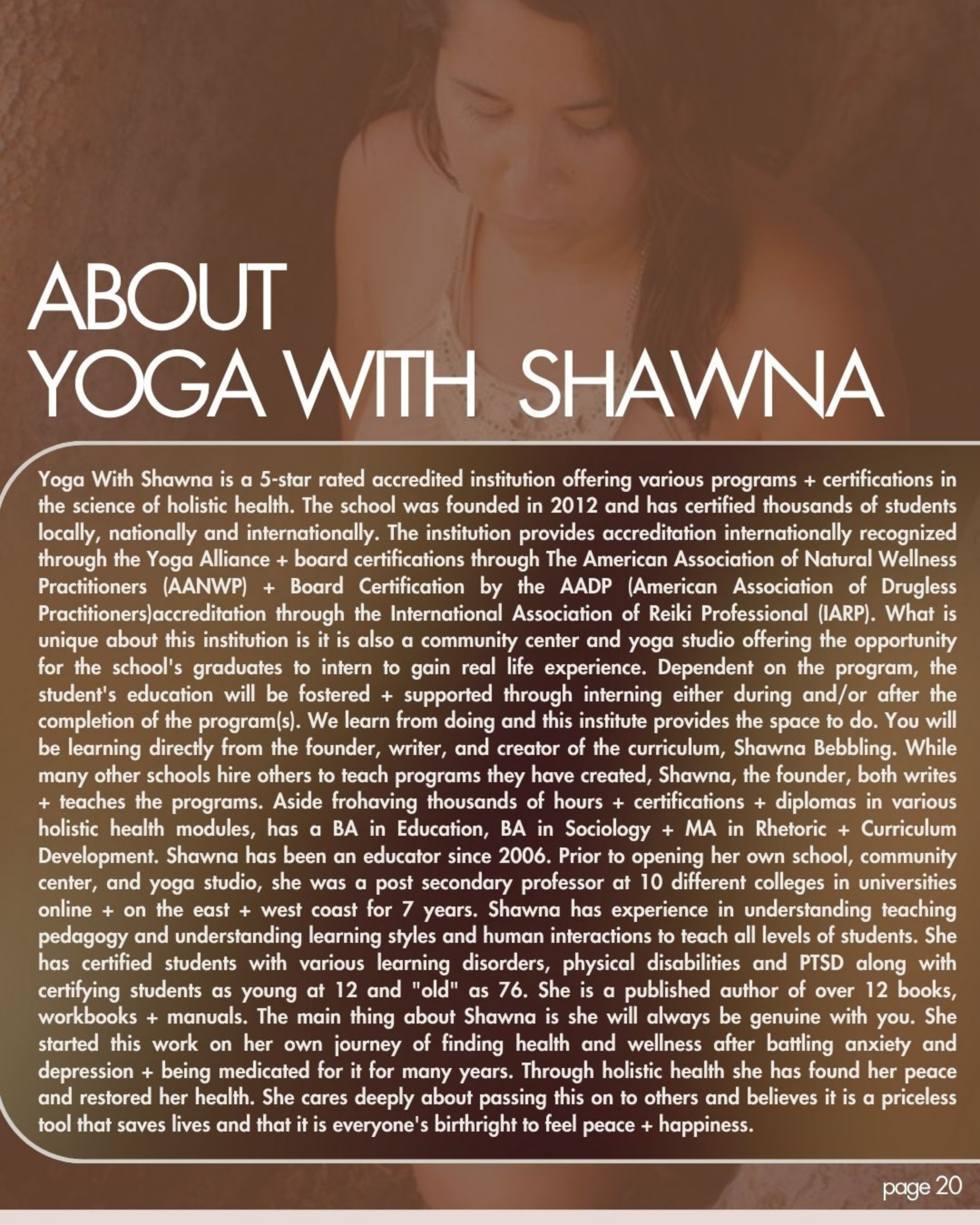
This training empowers your uniqueness and encourages your creativity as a creator of your future and life as a yoga teacher. We remind you are in charge of what you'd like your career to look like + how to help people. You have power + you can do anything. We will give you the skills to be a teacher: we will not give you a script to memorize to be like every other cookie cutter teacher. We will give you the space to figure out who you are + who you want to help + how to do it. We will support you as you find your voice and help others through teaching in your way.

CONFIDENCE + CHANGE

The training will break through blockages + things in the subconscious so you can be your best self + work with others. It is empowering and therapeutic + your self understanding + wellness will increase deeply.

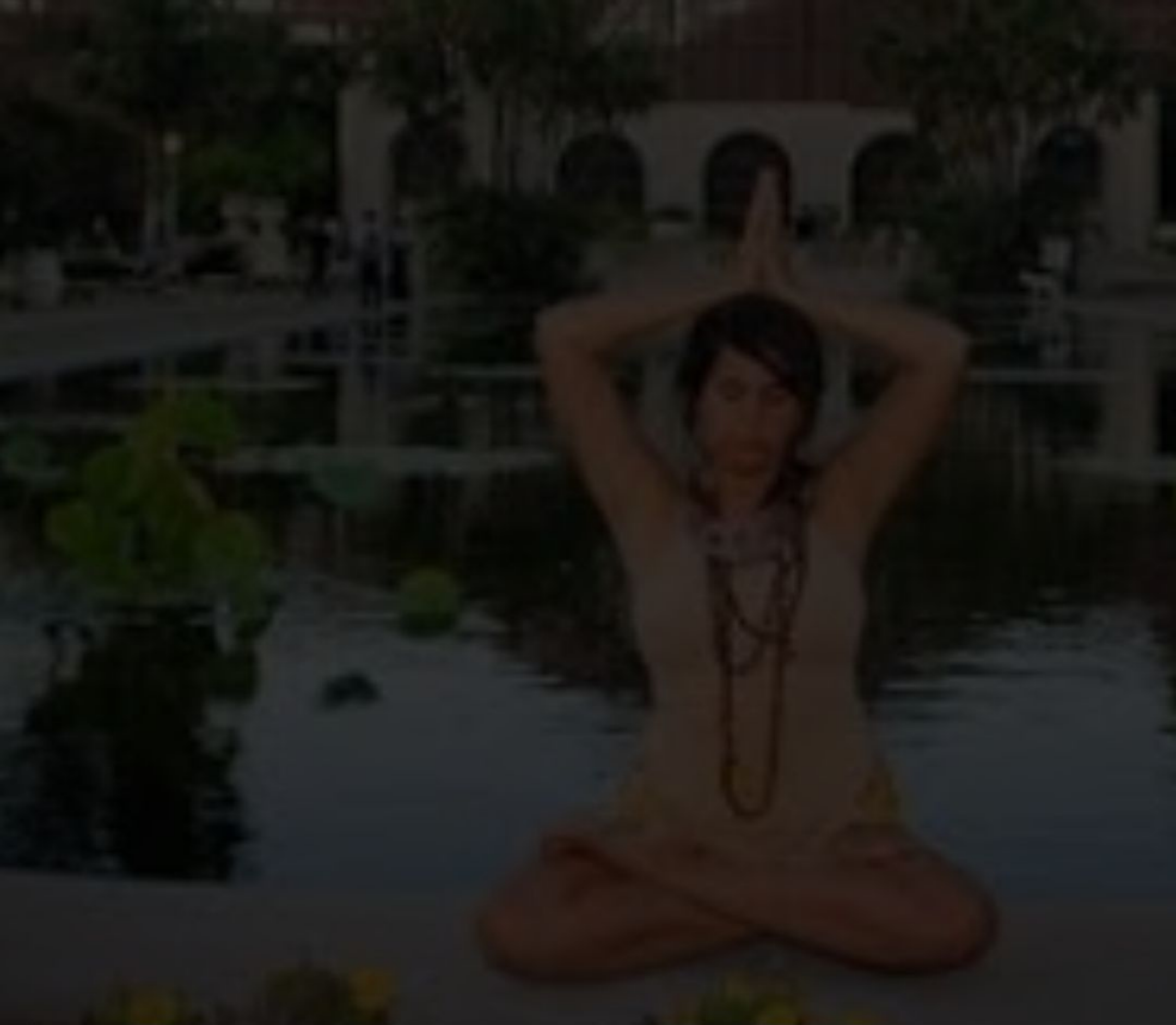
EXPERIENCED TEACHER

Shawna has been a teacher since 2004, has a BA in Education, BA in Sociology + MA in Writing + Curriculum Development. She is invested in your education and works directly and closely with each of her students throughout the training (and far after) because she cares. She uses her experience in owning multiple businesses and teaching skills to reach the needs of multiple learners so they get the most out of their education.



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.



"I loved my overall experience with Shawna's yoga instructor training program. Shawna is a wealth of information and a great motivator. She encourages you to incorporate your own style in your classes. The class and the experience changed my life for the better."

Investment

\$2999 [discounted rate, paid by first day of school]

2 payments of \$1529.49

3 payments of \$1029.66

4 payments of \$779.74

apply:

