

Soul of Yoga Institute 300 Hour Advanced Yoga Teacher Training Catalog

Embody the Next Chapter of Your Teaching

Main Studio: 627 Encinitas Blvd, Encinitas, CA 92024
Institute: 701 Garden View Ct, Encinitas, CA 92024

@soulofyogainstitute
/SoulofYoga
soulofyoga.com

SOUL OF YOGA™ INSTITUTE

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Welcome to Soul of Yoga Institute

A sanctuary for those seeking a deeper, more spiritual experience of yoga. More than a school, we are a home for transformation—where ancient wisdom meets modern practice, and where seekers become teachers, healers, and guides.

If you feel called to elevate your career, expand your consciousness, and cultivate unshakable confidence, Soul of Yoga is here to support your journey. Our trainings, workshops, and classes are designed not just to teach, but to awaken—offering a heart-opening, soul-nourishing path to personal and professional growth.

We are deeply devoted to preserving and sharing the authentic wisdom of yoga across diverse lineages and traditions. From the science of movement and healing therapies to the mystical and sacred teachings that have been passed down for generations, our programs honor the depth and breadth of this ancient practice.

Through partnerships with some of the world's most revered teachers, we empower students to embody and share these teachings with authenticity, integrity, and heart. Together, we are cultivating a global community dedicated to making the world a kinder, more compassionate place—one practice, one breath, and one student at a time.

Our Mission

1. To share the profound experience of yoga through transformational classes, workshops, and professional trainings.
2. To empower you to share your light with the world in a way that is meaningful, authentic, and deeply impactful.
3. To ignite your unique passion, wisdom, and gifts, helping you step into your highest potential.

Your journey starts here. Welcome home.



Why Soul of Yoga?

Heart-centered & lineage-neutral

Science meets spirit

World-class faculty

Flexible & hybrid formats (in person, online, recordings)

Yoga Alliance and IAYT Accredited

I absolutely loved my time with Soul of Yoga. The curriculum is strong and the teachers are amazing. I loved it so much I signed up for the Yoga Therapy Program. Highly recommend!" — **Alli Houseworth**

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Connecting with our Team

There are multiple ways to connect with us. Choose what works best for you.

Shannon Ramo, Assistant Program Director
Email: shannon@soulofyoga.com
Phone: (818) 939-6081

Sita Severson, Director of Soul of Yoga Institute
Email: sita@soulofyoga.com
Phone: (619) 301-4020

Calendly Link for meeting requests

Each month we hold **Virtual Info Sessions**. This is a great way to hear about the program, meet other students and ask any questions you may have:

Click here to see info session dates and register to join

300 Hour Elective Based Training

Grow beyond your 200-hour yoga teacher training, and gain confidence to inspire others with the deepest yogic wisdom, mysticism & science at the world's most respected institute.

The 300 Hour Elective Based Training allows you to build your own curriculum. You can choose from a broad selection of more than 20 different pathways including Hatha, Kundalini, Ayurveda, Vinyasa, Yin, therapeutics, philosophy and anatomy. Learn to work with people facing addiction, illness recovery, neurodiversity, depression, trauma and so much more.

Duration: 1–2 years

Format: In person, live stream via Zoom, asynchronous recordings, hybrid

Prerequisite: 200 Hour Yoga Teacher Training Certification

Tuition: $4770*

***Plus** course materials

*Includes a 10 yoga class package at Soul of Yoga (a value of $300)

Homework: 4 Integrating Training Sequences

APPLY HERE

300 Hour Electives

SOUL OF YOGA INSTITUTE

Choose any 300 Hours of courses that interest you.

*see course dates on pg. 15

COURSE TITLE	HOURS	DESCRIPTION
Advanced Teaching Skills	40 Hours	Skillfully adapt teaching for students with differing needs. Learn accessible chair yoga, queuing, common injuries, misalignments, adaptations and effective sequencing.
Align, Assist, Adjust	25 Hours	Deepen your yoga practice with precise alignment, assisting and adjustments.
Asana Labs	50 Hours	Explore different asanas and their variations. With emphasis on anatomical and alignment principles pertinent to building and teaching a safe pose.
Brain on Yoga	40 Hours	Yoga practices to support a healthy brain during all stages of life, including children's brain development and Kid's Yoga, trauma and shadow work, neurodiversity, autism and how to support brain longevity as we age.
Breathwork	58 Hours (online only)	The breath holds the key to healing, awakening, and human transformation. Emerge from this training with practical tools, ethical grounding, and a profound relationship with the breath being ready to support yourself, and others, at every level.
Chronic Disease and Ease	40 Hours	Gain holistic understanding of chronic disease and chronic pain, arthritis and auto-immune conditions, and the most useful yoga therapy tools to address them, including restorative yoga.
Foundations of Yoga Meditation	40 Hours	Offered retreat style. Explore the yogic tradition of meditation, self-inquiry and personal transformation through lecture, pranayama, asana, yoga nidra, guided and silent sitting and walking meditation.
Hatha/Gentle Yoga	50 Hours	Hone your gentle yoga teaching skills, helping you to support a much broader range of students and offer a greater range of classes.
Holistic Anatomy & Physiology of Yoga	5-40 Hours	Explores anatomical and physiological concepts. Learn Yoga Therapy tools for assessment and recovery to help reduce pain, gain movement and progress towards holistic healing. This course may be piecemealed with each video valued at 5 hours.

COURSE TITLE	HOURS	DESCRIPTION
Intro to Ayurveda	40 Hours	Learn to apply the deep and powerful healing wisdom of Ayurveda to your professional scope of practice, broadening your skill set with competence and confidence.
Mental & Emotional Wellness	40 Hours	Understand Eastern and Western concepts of trauma, depression, anxiety and grief. Learn evidence based yogic interventions to support sustained mental and emotional wellness.
Philosophy In Practice	40 Hours	Study of the revered texts of Yoga through lecture, breathwork, meditation and mantra; learn to apply them in life and as therapeutic interventions.
Shakti Kundalini Yoga	50 Hours	Explore a truly integrative approach to Kundalini Yoga, blending time-honored tradition with modern insight.
Subtle Anatomy	25 Hours	Exploration of the mystical teachings of the subtle anatomy system including chakras, nadis and koshas and their important role in vitality, wellbeing, dis-ease, healing and transformation.
Vinyasa Yoga	50 Hours	Blend the eastern and western teachings of Vinyasa with today's most current and practical applications with a strong focus on body and biomechanics.
Women's Health	40 Hours	Explore the pivotal transitions of a woman's life: perimenopause, menopause, empty nest, brain fog, fatigue, digestive health, and hormonal shifts.
Yin Yoga Foundations	25 Hours	Analyze, observe and practice the Yin Yoga postures in depth. Examine and compare each other, the real flesh and bones, with range of motion (ROM) tests, assisted Yin Yoga stretching and other experimental analyses.
Yin Yoga Next Level	25 Hours	Advanced Yin Yoga training designed for the Yogi who has completed at least one Yin foundation module.
Yoga for Heart Disease and Cancer	50 Hours	Explore the physical, mental, emotional, and spiritual components of heart disease and cancer and learn how to adapt yoga practices to foster healing and improve quality of life.
Yoga of Recovery	40 Hours	Yoga for Addiction. This Training combines ayurveda and yoga with traditional 12 step recovery tools to offer a more holistic mind, body, spirit approach to addiction and self-destructive behaviors.

300 Hour Yoga Therapy Bridge Program

Develop the skills to work with people at any age or stage of life. With your new-found knowledge and confidence you will be empowered to offer mind, body and spirit healing with a range of therapeutic yogic practices.

The 300 Hour Yoga Therapy Bridge Training affords a more accessible starting point into IAYT Accredited Yoga Therapy Training. This is the best choice for students wanting to pursue Yoga Therapy Training who need more accessibility around attendance options and financial commitments. It's also ideal for those students who do not yet meet the IAYT prerequisite of 1 year of teaching experience.

This program offers 300 hours of the 800 hour Yoga Therapy Training curriculum, including coursework, practicum and mentoring. Graduates of the Bridge Program may roll over 100% of the hours and tuition towards IAYT Yoga Therapy Training upon completion.

Duration: 1–2 years

Format: In person, live stream via Zoom, asynchronous recordings, hybrid

Prerequisite: 200 Hour Yoga Teacher Training Certification

Tuition: $4770*

***Plus** course materials

*Includes a 10 yoga class package at Soul of Yoga (a value of $300)

Upon completion of the Bridge Program and subsequent upgrade into the IAYT Accredited Yoga Therapy additional payment and completion of the remaining 500 hours of training will be required to be eligible to earn a C-IAYT Yoga Therapy credential.

Homework: 40 Hours of Practicum

APPLY HERE

300 Hour Yoga Therapy Bridge Program Course Map

114 Hours of Required Courses

*see course dates on pg. 15

COURSE TITLE	HOURS	DESCRIPTION
Orientation	9 Hours	Welcome! A helpful video overview of the program, including problem solving guidance, intro to learning platforms, homework and SOAP Note structure so you can begin with confidence.
Holistic Anatomy & Physiology of Yoga (HAPY)	40 Hours	Explores anatomical and physiological concepts. Learn Yoga Therapy tools for assessment and recovery to help reduce pain, gain movement and progress towards holistic healing.
Practicum	40 Hours	Assignments which address client situations related to the topics of your training modules. Submissions include SOAP notes and conclusion statements.
Mentoring	25 Hours	These Zoom sessions are a time to address and review homework, cases, receive feedback, share learning and insight and build a supportive community with fellow students and instructors.

300 Hour Yoga Therapy Bridge Program Course Map

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190 Hours of Required Courses

*see course dates on pg. 15

COURSE TITLE	HOURS	DESCRIPTION
Advanced Teaching Skills	40 Hours	Skillfully adapt teaching for students with differing needs. Learn accessible chair yoga, queuing, common injuries, misalignments, adaptations and effective sequencing.
Brain on Yoga	40 Hours	Yoga practices to support a healthy brain during all stages of life, including children's brain development and Kid's Yoga, trauma and shadow work, neurodiversity, autism and how to support brain longevity as we age.
Breathwork	58 Hours (online only)	The breath holds the key to healing, awakening, and human transformation. Emerge from this training with practical tools, ethical grounding, and a profound relationship with the breath being ready to support yourself, and others, at every level.
Chronic Disease and Ease	40 Hours	Gain holistic understanding of chronic disease and chronic pain, arthritis and auto-immune conditions, and the most useful yoga therapy tools to address them, including restorative yoga.
Foundations of Yoga Meditation	40 Hours	Offered retreat style. Explore the yogic tradition of meditation, self-inquiry and personal transformation through lecture, pranayama, asana, yoga nidra, guided and silent sitting and walking meditation.
Intro to Ayurveda	40 Hours	Learn to apply the deep and powerful healing wisdom of Ayurveda to your professional scope of practice, broadening your skill set with competence and confidence.
iRest Level 1	30 Hours	An extensively researched therapeutic method of co-meditation, guided self-inquiry and deep relaxation. Particularly effective for shadow work, PTSD, and deep-seeded mental and emotional patterns.
Mental & Emotional Wellness	40 Hours	Understand Eastern and Western concepts of trauma, depression, anxiety and grief. Learn evidence based yogic interventions to support sustained mental and emotional wellness.

COURSE TITLE	HOURS	DESCRIPTION
Philosophy In Practice	40 Hours	Study of the revered texts of Yoga through lecture, breathwork, meditation and mantra; learn to apply them in life and as therapeutic interventions.
The Profession of Yoga Therapy	30 Hours	Professionalism in Yoga Therapy. Scope of practice, laws and ethics, Yoga in healthcare, private practice, grants, starting and growing your Yoga Therapy business.
Subtle Anatomy	25 Hours	Exploration of the mystical teachings of the subtle anatomy system including chakras, nadis and koshas and their important role in vitality, wellbeing, dis-ease, healing and transformation.
Women's Health	40 Hours	Explore the pivotal transitions of a woman's life: perimenopause, menopause, empty nest, brain fog, fatigue, digestive health, and hormonal shifts. We'll explore medical trauma, paying particular attention to how these experiences uniquely affect women and women of color, often leading them toward holistic practitioners. We will also celebrate the gifts within these changes, honoring what it means to become a wise woman in today's world.
Yoga for Heart Disease and Cancer	50 Hours	Explore the physical, mental, emotional, and spiritual components of heart disease and cancer and learn how to adapt yoga practices to foster healing and improve quality of life.
Yoga of Recovery	40 Hours	Yoga for Addiction. This Training combines ayurveda and yoga with traditional 12 step recovery tools to offer a more holistic mind, body, spirit approach to addiction and self-destructive behaviors.

Advanced Trainings Required vs. Elective Courses

E = Elective R = Required R* = Required Eventually to Complete Yoga Therapy
NA = Not Applicable or Available in Course Offering

Soul of Yoga Courses	300 hour	Bridge
Advanced Teaching Skills	E	R*
Align, Assist, Adjust	E	NA
Brain on Yoga	E	R*
Breathwork	E	R*
Chronic Disease & Ease	E	R*
Foundations of Yoga Meditation	E	R*
Hatha/Gentle Yoga	E	NA
Holistic Anatomy & Physiology	E	R*
iRest - Level 1	NA	R*
Introduction to Ayurveda	E	R*
Mental & Emotional Wellness	E	R*
Mentoring	NA	R*
Orientation - Yoga Therapy	NA	R*
Philosophy in Practice	E	R*
Practicum	NA	R*
Profession of Yoga Therapy	NA	R*
Shakti Kundalini Yoga	E	NA
Subtle Anatomy	E	R*

Advanced Trainings Required vs. Elective Courses

Soul of Yoga Courses	300 hour	Bridge
Vinyasa Yoga	E	NA
Women's Health	E	R*
Yin Yoga - Foundations	E	NA
Yin Yoga - Next Level	E	NA
Yoga for Cancer & Heart Disease	E	R*
Yoga of Recovery	E	R*

PROGRAM SCHEDULE: COURSE AND TRAINING DATES	
Orientation	Rolling Admissions
Breathwork	Video on demand. Sixteen month access. New cohort forming in March 2027.
Holistic Anatomy & Physiology	2026: Dec 5 2027: Jan 30, Mar 20, May 8, July 17, Sept 11 And prerecorded material
Women's Health	January 21-26, 2027
Shakti Kundalini Yoga	February 8-12, 2027
Chronic Disease & Ease	February 24-March 1, 2027
Align, Assist, Adjust	March 12–14, 2027
Hatha/Gentle Yoga	March 22-26, 2027
Philosophy in Practice	April 14-19, 2027
Intro to Ayurveda	June 23-28, 2027
Vinyasa Yoga	July 26-30, 2027
Profession of Yoga Therapy	September 18-22, 2027
Mental & Emotional Wellness	October 16-21, 2027
Subtle Anatomy	February 7-10, 2028
Yoga for Cancer & Heart Disease	March 17-19 and March 24-26, 2028
Yoga of Recovery	July 11-16, 2028
Brain on Yoga	September 7-12, 2028
Foundations of Yoga Meditation Retreat	2028 Dates TBA
iRest Level 1	2028 Dates TBA
Yin Yoga	2027 Dated TBA
Advanced Teaching Skills	November 4-9, 2026

Course Descriptions

Advanced Teaching Skills

HOURS 40

FACULTY Leslie Kaminoff, Jivana Heyman, Monique Lonner

DELIVERY In person and Zoom

Learn to more skilfully adapt your teaching for students with differing therapeutic needs. **This 6 day course includes the following 3 workshops:**

Reconsidering Alignment with Leslie Kaminoff

Studying with world renown Yoga Anatomy co-author, Leslie Kaminoff students will learn how common misalignments in the foot, knee, neck, shoulders and spine can be observed and corrected through anatomical alignment principles.

Adaptive Chair Yoga with Jivana Heyman

Jivana Heyman, founder of The Accessible Yoga School, will teach you how to invite students to use a chair as an accessible prop in a group class, as well as how to create effective and inspiring group Chair Yoga classes.

Advanced Sequencing with Monique Lonner

Learn to utilize asana, breathing patterns and other key sequencing concepts to create classes that elicit desired effects, like calming, energizing, relieving, strengthening or stretching.

Course Texts:

Handouts will be provided

Additional recommended reading:
Yoga Anatomy 3rd Edition, Leslie Kaminoff
Teacher's Guide to Accessible Yoga, Jivana Heyman

Align, Assist, Adjust

HOURS 25

FACULTY Stacy McCarthy

DELIVERY In person and Zoom

Based on her 30 year teaching career, Stacy McCarthy provides an indepth exploration of Ashtanga and Iyengar based alignment. Attendees will practice daily and learn to expertly support students with verbal and hands on assists and adjustments.

Course Texts:

Manual will be provided

Brain on Yoga

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HOURS 40

FACULTY Dr. Linda Chamberlain, Shannon Ramo, Shawnee Thornton Hardy, Lisa Saremi, Dr. Stephani Sutherland

DELIVERY In person and Zoom

Take a deep dive into various topics at the crossroads of neuroscience and Yoga therapeutics. This 6 day course includes the following 5 workshops:



Brain Development for Young Yogis, with Dr. Linda Chamberlain

Students will learn the profound impact of yoga asana and other mind-body practices on children's brain development, and why and how such interoceptive skills should be incorporated into yoga with preschoolers and young children.



Children's Yoga, with Shannon Ramo

This experiential session invites your inner child to a fun and educational Kid's Yoga session that supports early brain development, fosters healthy emotional processing, inspires imaginative movement and healthy community building skills.



Yoga, Autism & Neurodiversity, with Shawnee Thornton Hardy

In this 3 day workshop you'll learn how to offer Yoga Therapy to those with diverse needs and backgrounds including; neurodiversity, disability, sensory processing challenges, communication challenges, motor impairments, anxiety, depression, trauma and more.

Yoga and Shadow Work with Lisa Saremi, C-IAYT, LMFT

This course blends Yoga Shadow Work™ with nervous-system literacy to help students understand how life transitions reveal protective patterns rooted in earlier experiences. Through yogic practices, students will explore how to regulate activation, build capacity and meet shadow material with awareness and compassion. This training highlights practical ways yoga therapists can support clients in integrating shadow material and staying connected to self through life transitions while honoring the scope of yoga therapy.

Brain Longevity with Dr. Stephani Sutherland

Join Neuroscientist, Science Writer and Yoga Teacher, Dr. Stephani Sutherland as she reveals the latest scientific information on keeping your brain sharp and healthy into our later years. Also learn what the Yoga Sutras say about the workings of the mind and how to manage its workings for wellness and spiritual growth.

Course Texts:

Handouts will be provided

Breathwork

HOURS 58

FACULTY Dr. Sundar Balasubramanian, Jessica Dibb, Monique Lonner, Sita Severson

DELIVERY Zoom

Breath is more than a physiological function. Within Yoga and the Siddha traditions, breath is understood as a vehicle of prāṇa, a carrier of awareness, and a bridge between body, mind, spirit, and consciousness.

The 50-Hour Foundations of Yogic Breathwork Facilitation is a ten-month online certification that begins within the ancient teachings of prāṇa and prāṇāyāma while bringing these teachings into conversation with neuroscience, medicine, psychology, trauma-sensitive practice, consciousness studies, and contemporary breathwork facilitation.

Students will learn from internationally respected teachers whose work spans Siddha medicine, Yoga, Ayurveda, neurology, psychotherapy, breathwork, meditation, consciousness research, and integrative healing.

This training is designed for yoga teachers, yoga therapists, coaches, clinicians, healthcare professionals, wellness practitioners, meditation teachers, and sincere students who want to understand the breath as both a sacred practice and a skillful method of supporting others.
The training may be completed as a stand-alone foundational certification or as the first level of a longer professional breathwork education pathway through the Soul of Yoga Institute.

An Ethically Compliant Breathwork Facilitator Certification is available upon completion of this course through the Global Professional Breathwork Alliance.

Course Texts:

Manual will be provided

Chronic Disease & Ease

HOURS 40

FACULTY Jay Gupta, Lauri Nemetz, and Flossie Park

DELIVERY In person and Zoom

This course explores holistic understanding of common chronic conditions and the yogic tools which may be most appropriate to address them. This 6 day course includes the following workshops:

Pharmacology 101 for Yoga Therapists with Jay Gupta

Introduction to foundational concepts in pharmacology, polypharmacy, and deprescribing within the professional scope of yoga therapy. Students will explore how medications may influence movement, breathing, balance, pain, mood, energy, and other factors relevant to yoga therapy assessment and care planning.

Fascia, Hormones & Women's Health with Laurie Nemetz

This two day immersion is designed to provide a deeper, informed understanding of fascia and its role in hormonal regulation, women's health, and chronic disease, drawing on the latest research in this evolving field. As part of the larger Chronic Disease and Ease yoga therapy training, this workshop explores fascia as an intelligent, responsive system that mediates movement, sensation, stress, and healing. Through experiential practice, therapeutic sequencing, active loading, breathwork, and restorative approaches, participants will study how fascial tissues are influenced by hormonal changes, inflammation, trauma, and long-term health conditions, as well as what we do in our yoga practice to create space and ease. Emphasis is placed on women's health across life stages, including cyclical health, perimenopause and menopause, fatigue syndromes, pain patterns, and recovery.

Restorative Yoga with Flossie Park

Learn the science of the relaxation response theory and why it's so useful for people with chronic conditions. Study the anatomy of the psoas and nervous system and the neurological, physical, psychological, and energetic principles of working with Restorative Yoga.

Course Texts:

Handouts will be provided

Foundation of Yoga Meditation Retreat

HOURS 40

FACULTY TBA

DELIVERY In person and Zoom

Currently being redesigned - more information to come.

Course Texts:

Manual will be provided

Hatha/Gentle Yoga Training

HOURS 50

FACULTY Flossie Park and other master teachers

DELIVERY In person and Zoom

This course will provide students a full range of Gentle Yoga teaching techniques including: chair yoga, gentle and restorative flow, Yoga Nidra, joint freeing series, yoga for plus size bodies, pranayama and meditation. Students will gain greater confidence in offering these new skills through lessons in sequencing, presentation, class design, structured practicum, and guidance on finding their own intuitive sense and unique teaching voice.

Course Texts:

Manual will be provided

Holistic Anatomy & Physiology of Yoga (HAPY)

40

Monique Lonner and other master faculty

In person and Zoom

This course provides students with the understanding of structural anatomy and holistic physiology as it relates to therapeutic yoga. Muscles, bones, nerves, organs, glands and the other bodily systems are explored with a holistic view to healing and health. Yogic practices such as specific asana and breathing techniques are employed as both assessment and prescriptive tools for illness, injury, and bodily misalignment giving you the understanding and capability to work with people dealing with pain and movement limitations.

Yoga Therapy for:

- Shoulders
- Neck & Headaches
- Spine & Spinal Conditions 1
- Scoliosis
- Low Back & Sciatica
- Hips & Hip Replacements
- Knee & Knee Replacements
- Ankles & Feet
- Hands & Wrists
- Lymphatic System and Lymphedema

Course Texts:

Handouts will be provided

Intro to Ayurveda

HOURS 40

FACULTY Sita Severson

DELIVERY In person and Zoom

For yoga teachers and therapists learning Ayurvedic foundations is essential to guide students with wisdom, safety, and depth. This 40-hour training will strengthen your skills by connecting the dots between philosophy, practice, and therapeutic application.

You will learn how the five elements, three gunas, seven tissues, and vital forces of agni, ojas, and tejas shape health and healing. We will explore Samkhya philosophy, shat kriyas, asana for digestive health, marmas, seasonal care, and daily rhythms. These teachings give you practical tools to understand imbalance, support your own energy, and serve students more effectively. By integrating Ayurveda, you will become a stronger and more skillful yoga professional who can meet people where they are and offer practices that truly support body, mind, and spirit.

Course Texts:

Handouts will be provided

iRest Level 1

HOURS 30

FACULTY Ford Peck

DELIVERY In person and Zoom

iRest is an accessible and easy to use meditation protocol that has been shown to support health and healing across a broad range of populations including experiencing PTSD, chronic pain, sleep issues, high stress, depression, and anxiety.

iRest is both integrative, as it heals unresolved issues and traumas, and restorative, as it aids practitioners in attaining a deep level of rest for the body and mind. This training will support you in using iRest for your personal practice, as well to teach and deliver iRest in group and individual settings.

NOTE: Due to the profound experience and delicate subject matter that this course entails, this training requires 100% synchronous attendance. Students MUST attend each and every hour of this training either live in person or live on Zoom, with no switching between the two formats

Course Texts:

Handouts will be provided
Additional Recommended Reading:
iRest for Healing PTSD, Richard Miller, Phd

Mental and Emotional Wellness

HOURS 40

FACULTY Shawnee Thornton Hardy, Karla Helbert, John Vosler

DELIVERY In person and Zoom

This track moves through the body, the nervous system, and the heart, guided by three teachers working at the edge of where yoga meets deep psychological care. With Shawnee Thornton Hardy, you'll explore somatic experiencing and somatic awareness as trauma-informed tools, learning how depression and anxiety live in the body and how practice can rebuild a felt sense of safety, regulation, and self-agency. With Karla Helbert, we enter one of the most tender and least spoken-of territories in yoga: grief, and specifically traumatic grief, discovering how the practice can hold space for loss that resists resolution or easy healing. And with John Volser, you'll be led into the raw, experiential work of BE-ing with what is, meeting whatever arises in the moment without fixing it, rushing it, or turning away. Together, this trio offers something rare: nervous system science, grief work, and radical presence, woven into a single container for real mental and emotional transformation.

Course Texts:

Handouts will be provided

Philosophy in Practice

HOURS 40

FACULTY Sandhiya Ramaswamy, Cloe Obelar and Ananta Ripa Ajmera

DELIVERY In person and Zoom

Ancient Wisdom for Self-Understanding, Healing & Conscious Living

Go beyond teaching yoga. Embody its wisdom and share its transformative power with others. Explore how the mind, karma, consciousness, and our relationship with the sacred shape our experience of health, happiness, and freedom.

This immersive advanced training brings ancient Indian wisdom to life through the Yoga Sutras of Patanjali, the Bhagavad Gita, Divine Feminine traditions, Mantra Chikitsa, and Vedic Astrology (Jyotish).

Through philosophy, storytelling, meditation, self-inquiry, and embodied practice, you'll deepen your understanding of the roots of suffering and discover practical ways to integrate these teachings into your life and support others on their path of transformation.

Course Texts:

Handouts will be provided

Profession of Yoga Therapy

HOURS 30

FACULTY Becky Robinson Michalski, Dr. Richard Miller, Susana Jones, Ryan Stanley

DELIVERY In person and Zoom

This course will help you understand how to convey the concept of Yoga Therapy to the public and other professionals, set up your business, market yourself and how other Yoga Therapists have made successful careers in the field in various ways. We'll cover important topics for Yoga Therapists such as mental health resourcing and safety guidelines, HIPAA laws, scope of practice, referral protocols, professional ethics, the question of touch and insurance billing. There is plenty of time for questions and answers and the sharing of various experiences, challenges and success stories.

Clinical Readiness with Becky Robinson Michalski

Yoga Therapy business building tools - IAYT certification exam preparation with Susana Jones

8-Part Protocol & Skillful Means with Emerging Material with Dr. Richard Miller

Yoga Entrepreneurship: Inside Knowledge from a Studio Owner, Ryan Stanley

Key discussions about hiring, building attendance, economics, negotiations and building your business structure.

Panel Discussion with Susana, Becky and Richard

Come to be inspired by and learn from a group of successful working Yoga Therapists representing different potential career paths in Yoga Therapy.

Course Texts:

Handouts will be provided

Shakti Kundalini Yoga Immersion

HOURS 50

FACULTY Sita Severson

DELIVERY In person and Zoom

Kundalini awakening is the sacred art of preparing the body, mind, and subtle system for a fuller emergence of consciousness. In this immersive 50-hour specialty training, you'll receive essential tools to work with this process in a way that is skillful, reverent, and deeply informed by traditional teachings.

Grounded in the classical stream of shakti kundalini and enriched by thoughtful modern application, this training honors awakening as something to be prepared for and not forced. You'll explore Shakti Kundalini from both a philosophical and energetic perspective while developing a practical understanding of the subtle anatomy that shapes inner transformation. Through chakras, mantra, sound, mudra, meditation, cleansing practices, and dynamic kriya-based yoga, students learn how to clear energetic residue, loosen samskaras and karmic patterning, and build greater capacity to receive and integrate awakening.

Whether you are deepening your own practice, preparing to teach, or learning how to support others through energetic opening and spiritual growth, this training offers a powerful foundation. Alongside personal practice, you'll learn how to craft intentional sequences and work with classical yogic tools in a way that supports inner reorganization, expanded awareness, and meaningful transformation.

You'll leave better prepared to guide a range of Shakti Kundalini Yoga practices and to support students with care, insight, and respect for the profound intelligence of this path.

Course Texts:

Manual and resource guide is provided

Subtle Anatomy

HOURS 25

FACULTY Sita Severson and Flossie Park

DELIVERY In person and Zoom

This course draws on the wisdom of the pancha maya koshas (the five interwoven layers of being), together with the nadis, vayus, and chakras, offering a precise lens for understanding the integrated nature of mind, body, and spirit, and what that integration means for balance, wellbeing, health, and disease.

Subtle anatomy will be explored through both traditional and modern frameworks, each offering essential, complementary insight into how prana flows to sustain balance, vitality, and spiritual awareness, while blockages in that flow generate imbalance and can initiate disease. With this understanding, yogic practices will be applied to clear, balance, and refine the body and mind, and, ultimately, one's life.

Course Texts:

Handouts will be provided
Additional book(s) TBA

Vinyasa Yoga Teacher Specialty Training

HOURS 50

FACULTY Stacy McCarthy

DELIVERY In person and Zoom

Vinyasa Yoga is a method that balances precise instruction, detailed alignment, mindful theming with breath and fluid movement. This course blends the eastern and western teachings of yoga with today's most current and practical applications. The training is anchored in a deep understanding of the body and biomechanics, explores sequencing, the use of props and modifications and the Sanskrit names of postures. Students will gain confidence in both online and in person teaching, and the power of their own voice as a teacher and individual.

Course Texts:

Manual will be provided

Women's Health

HOURS 40

FACULTY Dr. Kulreet Chaudhary, Michelle C Johnson, Flossie Park, Alana Keith, Susana Jones

DELIVERY In person and Zoom

A woman's body moves through more thresholds than are typically discussed at one time. Puberty, pregnancy, motherhood, perimenopause, menopause, and empty nest. Each of these transitions rewires the brain, the nervous system, the gut, and particularly, the identity. And each one is still, too often, treated as a problem to manage rather than a transition to be honored.

This training was built for one purpose: to give practitioners real knowledge, clinical, contemplative, and lived, for meeting women at the thresholds of puberty, pregnancy, motherhood, perimenopause, menopause, and beyond.

By the end of the six days, students will leave with a working understanding of the neurology, endocrinology, and physiology of perimenopause, menopause, and the maternal brain. They will leave with the presence to sit with a woman in medical trauma, grief, brain fog, or cathartic rage. They will understand how these transitions land differently on women of color, and why so many find their way to the yoga mat and the therapy room after being failed elsewhere. And they will come away with practices, not just information, for helping women meet these passages as an initiation rather than a decline.

Course Texts:

TBA

Yin Yoga Foundations

HOURS 25

FACULTY Joe Barnett

DELIVERY In person and Zoom

Soul of Yoga Institute

Yin Yoga is a simple practice of quiet and surrender, a practice of settling into a posture for 3-7 minutes, relaxing the body's resistance, allowing the deeper and stiffer tissues, the fascia that wrap muscles and form joint capsules, to be safely and therapeutically stretched, hydrated and strengthen. At the same time, the techniques naturally offer a deep rest for the body, and a refuge for the mind and heart.

The Yin Foundations course includes a brief analysis of each of the 5 Yin Yoga Archetypes and will spend extra time on the Twisted Tree Archetype and its target areas: the spine, its discs, the sacrum, the outer hip, and the shoulder girdle.

Course Texts:

Handouts will be provided

Yin Yoga Next Level

HOURS 25

FACULTY Joe Barnett

DELIVERY In person and Zoom

Pre-requisite: having completed at least one Yin Foundation Module with Joe Barnett or an equivalent introductory training to the Grilley Model of Yin Yoga (14 Skeletal Segments, 10 Muscle Groups, 7 Archetypes).

In this Next Level course, we approach the practical topics of communicating effectively - the voice of the teacher. Through a hands-on, interactive group study of anatomy and movement, we appreciate the endless variety of humankind. Through explorations of the variations of the Yin Archetypes, analyzing foundational sequences, and dialogue techniques with fellow students, we gain a set of practical tools to successfully lead a group or private class.

Course Texts:

Handouts will be provided

Yoga for Cancer & Heart Disease

HOURS 50

FACULTY Becky Robison Michalski & Alana Keith

DELIVERY In person and Zoom

This course includes an introduction to cardiac and cardiac anatomy and physiology, the role of the immune system, standard treatments and their side effects. The psychosocial and spiritual aspects of heart disease and cancer will be discussed along with indepth instruction for safe adaptation of practices of asana, pranayama, meditation, and deep relaxation.

Students will learn how to work with the medical community, and gain perspective on long-term survivorship and the importance of integrating yoga as a life style practice for those undergoing and recovering from cancer, heart disease and any chronic condition.

Course Texts:

Handouts will be provided

Yoga of Recovery

HOURS 40

FACULTY Durga Leela

DELIVERY In person and Zoom

Soul of Yoga Institute

Yoga of Recovery offers a holistic mind, body, spirit approach to address addictions, eating disorders and self-destructive behaviors. Bringing the west (neuroscience and 12 Steps) and the East (yoga and ayurveda) together offers a truly empowering approach to counseling those who embark on a program of recovery.

This course provides the tools, from asana to pranayama to life-style interventions, to address addictive and self destructive behavior into your own life and those of your students and clients. As a Yoga Professional this course will make you uniquely qualified and more confident to teach yoga in rehabs or to people in recovery from any addiction.

Course Texts:

Required Reading: *Yoga of Recovery*, Durga Leela

Faculty + Guest Teachers

One of the most valuable offerings of the Soul of Yoga Institute is our celebrated faculty, which includes many highly acclaimed and world-renowned Master Teachers. Each instructor provides varied educational and experiential teachings that blend together to form a rich amalgam of learning opportunities for every student to enjoy and be enriched by.



Sita Severson, C-IAYT

is the Director and Program Mentor of Soul of Yoga Institute Advanced Yoga Teacher Training and Yoga Therapy Training Programs. She graduated from the Soul of Yoga's Yoga Therapy Training program and is an experienced Ayurvedic Practitioner (AAPNA). She has led classes and created curriculum on Meditation, Yoga and Ayurveda to the professors at Johns Hopkins University, Johns Hopkins Hospital, as well as, the Department of Aging for Baltimore County.

Sita is a published author, a beloved teacher on The Shift Network and Wisdom from North (the Scandinavian version of MindValley) and is a Brown Belt in the somatic movement technique, Nia. She has worked with thousands of individuals as their Vedic counselor, supporting their health in mind, body and spirit.



Dr. Kulreet Chaudhary

journey began in the world of conventional medicine. As a neurologist and neuroscientist, she spent over a decade treating complex neurological disorders—multiple sclerosis, Parkinson's disease, migraines—at Scripps Memorial Hospital, where she served as the Director of Wellspring Health. But her approach was different. She wasn't satisfied with simply managing symptoms. She wanted to understand why her patients were struggling and how they could heal at the root.

That search led her beyond the boundaries of traditional medicine and into the ancient sciences of Ayurveda and Siddha Medicine—where healing was about more than prescriptions. "The mind and body are not separate," she explains. "The Siddhas understood this thousands of years ago, and their wisdom holds the secrets to longevity, resilience, and transformation."



Leslie Kaminoff

iis a Yoga educator inspired by the tradition of T.K.V. Desikachar. He is an internationally recognized specialist with 36 years of experience in the fields of Yoga, breath anatomy, and bodywork. He has led workshops for many of the leading Yoga associations, schools, and training programs in America. Leslie is the founder of the Yoga blog, "e-Sutra," and "The Breathing Project," a New York City Yoga studio dedicated to the teaching of individualized, breath-centered Yoga. Leslie teaches The Breathing Project's unique yearlong course in Yoga anatomy, and is the co-author with Amy Matthews of the bestselling book, "Yoga Anatomy" published by Human Kinetics.

Faculty + Guest Teachers



Stacy McCarthy, E-RYT 500, YACEP

is a world-renowned wellness expert, captivating speaker, and respected educator. Her wholistic approach focuses on Mastering the Big 3: How you Move, How You Eat & How You Think. She has positively transformed the lives of clients worldwide since 1991, teaching them how to have a balanced body, and a peaceful mind without dieting or excessive exercise. Stacy's impact in the science of yoga and wellness is undeniable. She was named the 2021 IDEA World Instructor of the Year, which is often referred to as the Academy Awards of Health & Fitness Professionals. In fact, she's been a top three finalist for the same award in 2011, 2019 and 2020. Her teachings and trainings have helped countless women worldwide, and she's been a celebrated speaker at major yoga, fitness, and business conferences with audiences as large as 15,000.

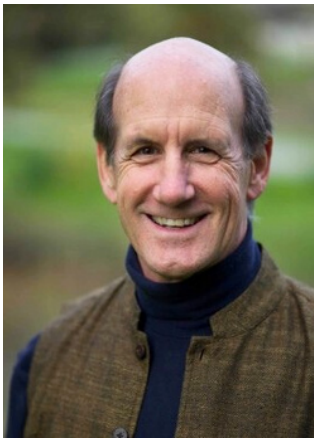


Ananta Ripa Ajmera

is a spiritual teacher, Ayurvedic practitioner, and bestselling author of *The Ayurveda Way* and *The Way of the Goddess*, which have received ten awards collectively. As co-founder and director of The Ancient Way, she brings Ayurveda, Yoga, and Vedanta into contemporary life.

Drawing on her family lineage of Ayurvedic healers and more than fourteen years of traditional study, Ananta helps students cultivate health, discernment, and personal sovereignty. Her teaching emphasizes spiritual integrity, healthy boundaries, and transforming adversity into purposeful service.

She's Advisor of Ayurveda at THE WELL, hosts the *True to Yourself* podcast, and has taught for organizations including Stanford School of Medicine and UNICEF.



Richard C. Miller, PhD

is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher. For over 40 years, Richard Miller has devoted his life and work to integrating the nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism and Buddhism with Western psychology. Among his mentors were Jean Klein, T.K.V. Desikachar and Stephen Chang.

Richard is the founding president and CEO of the Integrative Restoration Institute, co-founder of The International Association of Yoga Therapy and founding editor of the professional Journal of IAYT. He is also a founding member and past president of the Institute for Spirituality and Psychology and a senior advisor for the Baumann Foundation for the study of Awareness and its impact on well-being.

Author of Yoga Nidra: The Meditative Heart of Yoga, Richard serves as a research consultant studying the iRest Yoga Nidra protocol that he has developed (Integrative Restoration ~ iRest, a modern adaptation of the ancient nondual meditation practice of Yoga Nidra) researching its efficacy on health, healing and well-being with diverse populations including active-duty soldiers, veterans, college students, children, seniors, the homeless, the incarcerated, and people experiencing issues such as sleep disorders, PTSD, chemical dependency, chronic pain, and related disorders.

Faculty + Guest Teachers



Durga Leela C-IAYT, BA, CAS, PKS, Yoga Acharya

is the founder of Yoga of Recovery. She is a Certified Yoga Teacher E-RYT 500 through the Sivananda lineage and extensively trained in Meditation and Vedanta. A Clinical Ayurvedic and Panchakarma Specialist, Durga trained both in the US and India and has served as the Director of the Ayurveda Programs at the Yoga Farm in California since 2003. She is a professional member and speaker for the National Ayurvedic Medical Association (NAMA) and the International Association of Yoga Therapists (IAYT), also a member of Yoga Alliance. Durga has worked on her own path of recovery and has been a grateful member of 12 step fellowship for over 14 years.



Joe Barnett, E-RYT-500

has been teaching for 19 years. He travels nationally and internationally year round offering presentations and trainings on Yin and Yang (Vinyasa) forms of Yoga. He provides a deep study (both experiential and theoretical) of the skeleton and fascia of the body, as well as the Meridians and Chakras of the "subtle body."

For nearly two decades, Joe has been a devoted student of Paul Grilley, the founder of Yin Yoga. For one decade, Joe has been one of only a few senior teaching assistants of Paul Grilley (paulgrilley.com), a true Yoga Scientist and founder of Yin Yoga. In 2011, after several years of this work Paul began sending Joe across the globe to spread the word of his teacher's work in Yin Yoga, Functional Anatomy and Chakra Meditation.



Karla Helber, LPC, C-IAYT, E-RYTt

is a licensed professional counselor, certified yoga therapist, and certified meditation instructor specializing in traumatic grief and bereavement. She blends counseling with holistic and spiritual modalities, including yoga therapy, mindfulness, hypnosis and trance work, guided visualization, yoga nidra, Reiki, chakra work, and Induced After Death Communication (IADC) therapy.

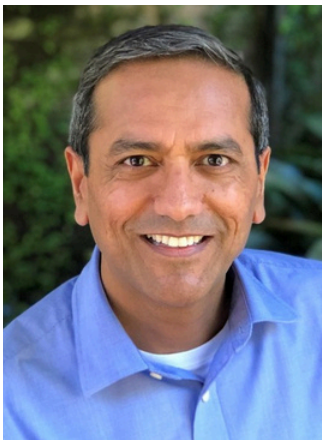
A bereaved mother herself, Karla brings both personal and clinical understanding to grief work. She also has three decades of experience with neurodiverse clients across the spectrum, including non-speaking and minimally speaking individuals, and is the award-winning author of Finding Your Own Way to Grieve: A Creative Activity Workbook for Kids and Teens on the Autism Spectrum.

Faculty + Guest Teachers



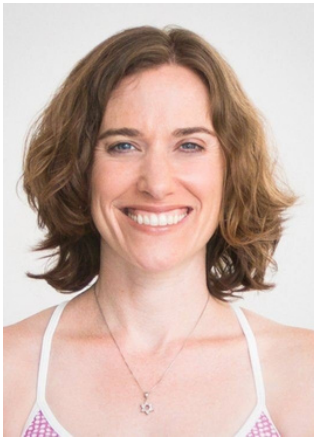
Dr. Linda Chamberlain

is a scientist, author, professor, dog musher, and founder of the Alaska Family Violence Prevention Project, Dr. Linda Chamberlain has worked in the field of childhood and adult trauma for over two decades. Known for her abilities to translate science into practical strategies with diverse audiences, she is an internationally recognized keynote speaker who conveys a message of hope and empowerment. Her current focus is on a healing-centered framework with a strong emphasis on brain-mind-body practices to address how stress is stored in our bodies and our natural instinct to heal. A trainer with Capacitar, an international network for well-being and transforming trauma, she is trained in a wide range of practices that use breathwork, movement, meditation, visualization, HeartMath, and poly-vagal informed strategies to promote resilience, self-regulation and healing. Her skill-based presentations highlight simple tools that are appropriate for children, youth and adults. An important application of her work is preventing compassion fatigue and vicarious trauma among service providers exposed to the suffering of others in a broad range of settings. Dr. Chamberlain taught at the University of Alaska and earned public health degrees from Yale School of Medicine and Johns Hopkins Bloomberg School of Public Health. Recognition for her work includes a Scientist Scholar with the Fulbright Arctic Initiative, a National Kellogg Leadership Fellowship, an Alaska Women of Achievement Award and the Inaugural Scattergood Foundation Scholar on Child Behavioral Health.



Jay Gupta, RPh, MSc, 340B ACE, MTM Specialist, C-IAYT

is a distinguished healthcare leader, integrative pharmacist, CME/CE presenter, keynote speaker, certified yoga therapist and IAYT Executive Board Member, as well as cofounder of www.RxRelax.com and www.YogaCaps.org. His honors include receiving the prestigious Bowl of Hygeia Award from the American Pharmacists Association Foundation for longstanding commitment to public health leadership and civic engagement. He is also recognized by Cardinal Health, the National Alliance of State Pharmacy Associations, Pharmacy Times, and others for his innovative efforts to address problematic polypharmacy. A leader in the DePrescription movement, Jay's science-smart seated therapeutic yoga protocols have been taught in and integrated into healthcare settings across more than 40 states in the United States. Known for an upbeat and engaging teaching style, he is also the author of the upcoming book, *DePrescription: Fact or Fiction*, which blends compelling real-world and life-saving stories with critical industry insights.



Dr. Steffany Moonaz, PhD, C-IAYT

founded Yoga for Arthritis after 8 years at Johns Hopkins University where she studied the effects of Yoga for people living with arthritis. She now serves as the Director of Clinical and Academic Research at San Diego University.

Steffany continues to conduct research on the effects of Yoga for chronic pain and joint conditions, and mentors Yoga teachers, Yoga therapists, and emerging researchers. She is passionate about ensuring that Yoga practices are safe, welcoming, and appropriate for people with arthritis nationwide.

Faculty + Guest Teachers



Becky Michalski, RN, BSN, C-IAYT, E-RYT 200

is a certified yoga therapist and registered nurse with over 20 years of experience in acute and critical care. She integrates clinical understanding with yoga's therapeutic practices to support whole-person health, meeting individuals with steadiness, compassion, and respect.

Her evidence-informed teaching emphasizes mindful movement, breath awareness, and guided relaxation practices that support integrated healing and recovery. Using gentle, practical mind-body tools, she helps students build stability, confidence, and ease in their bodies and minds. Her approach makes yoga accessible for those managing back pain, cancer recovery, and cardiac conditions.

Becky's work is deeply informed by her most influential teachers, Nischala Joy Devi and Richard Miller, and by the wisdom of the teachers within the Soul of Yoga Therapy program. She currently teaches Yoga for Cancer Survivors and Yoga for a Healthy Heart and works as a nurse in a Cardiac Rehabilitation Program in Anchorage, Alaska, where she bridges the art and science of healing to empower individuals and cultivate sustainable wellbeing.



Flossie Park, E-RYT 500 YACEP

always considering herself as a student of life, Flossie has dedicated her life to empowering herself and others through yoga, meditation, workshops, retreats, Sound Therapy and numerous other modalities for over 25 years. One of Flossie's passions is to support people wherever they are on their life's journey. With a down to earth approach, she draws from a lifetime of spiritual studies from many sources both from the eastern and western traditions. Applying the wisdom teachings to everyday living, she helps people to see their life from a higher perspective, gleaning understanding, enjoying the process and creating consciously. One of her strongest passions is supporting women, especially during pregnancy. This is a true opportunity for women to recognize their innate power learning to trust their bodies and intuition.



Ford Peck, E-RYT, MS

is a Certified Senior iRest Trainer, Mentor, and Supervisor. He has been teaching yoga, pranayama, and meditation for 27 years. In addition, he has practiced as a somatic healer for over 20 years. Ford also has a Masters Degree in Counseling Psychology and is currently an Associate Marriage and Family Therapist, providing both individual and couples counseling. He has managed, assisted, and taught at numerous iRest Teacher Trainings, as well as retreats with Richard Miller. Ford spent over a year and a half in India, studying and practicing intensively in the tradition of Advaita as well as the Karma Kagyu school of Tibetan Buddhism. He currently resides with his partner and their beloved cat in beautiful Marin County, where he loves to drink in the natural beauty of the land through hiking and mountain biking.

Faculty + Guest Teachers



Shannon Ramo, C-IAYT

comes from a colorful background: A career in accounting, studying the self through yoga and meditation, a musician, an artist, a farmer, and a preschool teacher! I became a mother in 2017 and in that process I connected with a new version of myself that was never known before. I found a deep desire to return to being playful and I prioritized beginning to feel what it truly was like to be in my body - to be me!

Along the journey I was fortunate to meet a local preschool teacher who allowed me to share my yoga practices with the kids at her school. We quickly realized there was so much more I could do with the children when we zoomed out and saw all the tools I have for social-emotional development, non-violent communication, embodiment, playfulness and joy! I spent five years under the mentorship of Liberty Winn at Oasis Preschool in San Diego and have been sharing yoga with kids for 7 years now. As a certified Yoga Therapist I have completed trainings for Trauma, Anxiety, Depression, Grief and more so that I am better equipped to meet the varying needs of those in our community.



Jivana Heyman (he/him), C-IAYT, E-RYT500,

is the founder and director of the Accessible Yoga Association, an international non-profit organization dedicated to increasing access to the yoga teachings. He's the author of Accessible Yoga: Poses and Practices for Every Body, Yoga Revolution: Building a Practice of Courage & Compassion (Shambhala Publications), and the upcoming book The Teacher's Guide to Accessible Yoga: Best Practices for Sharing Yoga with Every Body (January 2024).

Jivana coined the phrase, "Accessible Yoga," over ten years ago, and it has now become the standard appellation for a large cross section of the immense yoga world.



Shawnee Thornton Hardy

is a Certified Yoga Therapist, Author, Somatic Experiencing Practitioner and the Founder of Asanas for Autism and Special Needs and Founder/Director of Yoga Therapy for Youth. She has worked with children and teens of diverse abilities and backgrounds for close to 30 years. She authored Asanas for Autism and Special Needs - Yoga to Help Children with their Emotions, Self-Regulation and Body-Awareness and Yoga Therapy for Children and Teens with Complex Needs - A Somatosensory Approach to Mental, Emotional and Physical Wellbeing. She is the creator of the C.A.L.M.M Yoga Toolkit and Body Sensations Curriculum, a yoga and somatic curriculum designed to support children's diverse sensory, communication, emotional, physical and learning needs. Shawnee leads workshops and trainings online and throughout the US and Internationally She is passionate about supporting youth with developing self-regulation skills, connecting to their own inner power, building resilience and allowing their unique strengths and gifts to shine.

Faculty + Guest Teachers



Michelle Cassandra Johnson

is an author, activist, spiritual teacher, racial equity consultant and educator, and intuitive and shamanic healer. She approaches her life and work from a place of knowing we are, can, and must heal individually and collectively. Michelle facilitates workshops and immersions, leads retreats and transformative experiences nationwide, and offers an array of healing services for individuals and groups. For over 25 years as a racial equity educator, she has worked with large corporations, non-profits, and community groups. Michelle is a six-time published author, most recently recently released books are *The Wisdom of the Hive* and *You Are Protected*.

Michelle was a TEDx speaker at Wake Forest University in 2019 and has been interviewed on several podcasts in which she explores the premise and foundation of Skill in Action, along with embodied approaches to racial equity work, creating ritual in justice spaces, our divine connection with nature and Spirit, and how we as a culture can heal.

Michelle leads courageously from the heart with compassion and a commitment to address the heartbreak dominant culture causes for many because of the harm it creates. She inspires change that allows people to stand in their humanity and wholeness in a world that fragments most of us.



John Vosser

is passionate about providing education on how thoughts, emotions and physical being are connected. As an energetic bodyworker for more than 25 years, John is able to assess each client and determine the best modality or combination of modalities to help them connect with their divine consciousness and inner healer.

Through meditation, movement, holistic bodywork and Conscious Coaching, John's Los Angeles-based wellness practice has empowered countless clients to improve their lives. Executives, athletes, celebrities, busy moms and burnt-out professionals are attracted to his intuitive awareness and vast knowledge of the science of meditation. And, his infectious humor and compassionate heart make working with him a joy-filled experience.



Amitice Lisa Saremi, LMFT, C-IAYT

is a Licensed Marriage and Family Therapist and Certified Yoga Therapist through Soul of Yoga. Lisa has advanced training in trauma, depth psychology, and somatic healing. She holds Level 1 and 2 iRest® Yoga Nidra training and integrates evidence-based therapy with yoga philosophy and practice. As the founder of Limitless-U and creator of Yoga Shadow Work™, Lisa specializes in trauma recovery, shadow integration, and mind-body healing. She also serves as an accreditation field reviewer with IAYT, supporting the advancement of ethical, scope-aligned yoga therapy education.

Faculty + Guest Teachers



Stephani Sutherland, PhD, RYT500

earned her doctoral degree in neuroscience in 2001 and has worked as a freelance science writer for the past 15 years; her work has appeared in the Los Angeles Times, Scientific American, Scientific American Mind, Pain Research Forum, and The Journal of Neuroscience. Stephani has practiced yoga for over 20 years, and she trained with Gary Kraftsow of American Viniyoga Institute.



Dr. Sundar Balasubramanian

was born in Karambakkudi, Pudukkottai District, Tamil Nadu, India, into a family that has practiced Yoga and Siddha medicine for generations. He learned and mastered asana, pranayama, meditation, and kirtan from a young age, later deepening his practice at Swami Chitbhavananda's Vivekananda Gurukula College.

He is a cell biology researcher in the Department of Radiation Oncology at the Medical University of South Carolina, a certified yoga therapist (C-IAYT), and the founder and CEO of PranaScience Institute, which he established in 2017 to study Pranayama through evidence-based research, including techniques rooted in the ancient Siddha tradition. His work has linked yogic breathing to measurable health biomarkers, spanning applications in cancer care, aging, mental health, and employee wellness.

Sundar is the author of *PranaScience: Decoding Yoga Breathing and Mind Your Breathing: A Yogi's Handbook* with 37 Pranayama Exercises (published in Tamil, English, and Hindi), and his TEDx talk on the science of yogic breathing has drawn over a million views.



Jillian Pransky, C-IAYT

is an international presenter and the author of *Deep Listening: A Healing Practice to Calm Your Body, Clear Your Mind, and Open Your Heart*. She leads retreats, yoga teacher trainings, and restorative workshops—both in person and online—for students all over the world. Jillian gave a TEDx Talk on metta meditation; created and leads Yoga Journal's online course Restorative Yoga 101; and is a featured yoga expert to magazines such as Prevention, Mindful, Yoga Journal, Yoga International, and more. Jillian infuses her yoga classes with mindfulness practices, compassion, and ease and inspires an integrative, holistic healing experience.

Faculty + Guest Teachers



Monique Lonner, E-RYT 500, C-IAYT

is the Founder of Soul of Yoga's Accredited Yoga Therapy Program. A Yoga teacher for 20 years, she studied in India, New York and California with Master teachers and spiritual sages including, most notably, the teaching faculty of the Soul of Yoga Institute Advanced Program. Monique has developed the Advanced Teacher Training and Yoga Therapy Program for Soul of Yoga, bringing together those who are considered to be the best of the best Master yoga teachers in the world today. A devoted spiritual seeker, as well as an experienced anatomy and physiology teacher she has created a comprehensive program which balances the study of Yoga Therapy technique with the insight and wisdom of Yogic and metaphysical philosophy.



Cloe Obelar

is a Registered Ayurvedic Practitioner, Herbalist and Psychology Consultant, and owner of Health Revolution Ayurveda. She is Program Director at Sacred Flame Wisdom School, teaching Shaiva-Shakta Tantra philosophy, Ayurveda, Jyotish, and healing arts like Mantra and Marma Chikitsa. She holds a Masters in Public Health from the University of Liverpool and a BA in Religion from George Washington University (summa cum laude, Harry Yeide Prize). A Dharma teacher in the Sakya Tibetan Buddhist lineage and certified Jyotish astrologer, Cloe brings over a decade of tantric study and a background in infectious disease research to her teaching



Laurice (Lauri) D. Nemetz, MA, BC-DMT, LCAT, ERYT500, C-IAYT

is a longtime yoga teacher, yoga therapist, dance/movement therapist, educator, and author of The Myofascial System in Form and Movement (2023). Her work focuses on movement, yoga, anatomy, and fascia, and she has presented internationally at Harvard Medical School, Oxford University, and major professional conferences.

An Adjunct Professor at Pace University for over 20 years and recipient of the 2020 Pace President's Award, Lauri has also served as a visiting Associate Professor at Rush University Medical Center. She is a licensed Creative Arts Therapist, board-certified dance/movement therapist, certified yoga therapist, and Yoga Alliance 500-hour educator.

Lauri co-teaches movement and anatomy dissection labs through KNMLABS and participates in international fascia research and dissection projects. She is currently pursuing a PhD in Contemporary Human Anatomy Education at Old Dominion University. More information:

Faculty + Guest Teachers



Alana Keith

is Yoga Therapist, Traditional Naturopath, Health Coach + Mentor. She integrates this unique combination to provide a full mind, body, spirit approach to health + well-being.
Alana became a Yoga Therapist At The Soul of Yoga Institute in Encinitas, California. She studied as a Health Coach and Board Certified Naturopath with Trinity School of Natural Health. Her work has been influenced by teachers such as Skeeter Tichnor, Nischala Joy Devi, Monique Lonner, Mas Vidal, Richard Miller, Indu Arora and Justine Shelton, amongst other amazing teachers. All of these people lovingly and selflessly sharing their wisdom and knowledge empowering her to do the same.

Alana is from New Zealand but resides in Laguna Beach, CA where she owns The Wellness Commons - a health and healing clinic offering yoga therapy, health consultations and guidance. Before yoga found her she was a busy executive and business owner. Alana combines the skills of her first career, with her chosen career to guide and empower people in healing, health and happiness.

Student testimonials

The Soul Institute has fun and educational classes beyond the typical yoga teachers school. I have attended their classes (and a lot of others around the country). I am consistently impressed with both the teaching quality and the broad spectrum of classes they offer. There is a nice community, and everyone is so happy and grateful to be there. It is clearly money and time well spent!

- Christina W. Boston MA

The teacher training program at the Soul of Yoga has been formulated by a body of incredible human beings, each of whom has dedicated their lives to serving others and providing Yoga for the world. The program is thoughtful, effective, and gives the participants a fantastic education in the history, philosophy and practices of Yoga. The course does a great job covering each of the major modern lineages along with a look into the historical texts of the Bhagavad Gita and the Vedic traditions. The training also covers training in anatomy and physiology with specializations offered in Vinyasa, Gentle, Kundalini, and Yin yoga. I couldn't recommend this program enough – I'm so glad I chose Soul of Yoga, and look forward to participating in many more training opportunities with them.

- Alex T. San Diego, CA



Student testimonials

This was the most EPIC training I could have ever imagined. Next level. I recommend everyone to this training. It transformed my entire life.

- **Sophia Argabright**

Teacher training at the Soul of Yoga changed my life. It was not only an experience of asana, philosophy and spirituality, but a beautiful exploration of bonding and community with my fellow course mates. I would recommend it to anyone as an exercise in growth and leadership, regardless of their desire to teach yoga.

- Siobhan Barton

My advanced YTT experience at Soul of Yoga was excellent! Before I committed, the assistant director had several email & phone calls with me, answering any any all questions as well as providing a clear picture of the program and requirements. The trainings were extremely valuable to my growth as a teacher. Their facility is beautiful and so inviting! It is apparent that the staff at SOY truly cares about each student and desires to advance the practice and teachings of yoga.

- Amanda Wood



Student testimonials

Soul of Yoga teacher training is a gift, for the self and others who teachers go on to serve. It was professional and well-rounded, with exceptional master instructors leading students through a profound experience and education.

- Jenna Jacobsen

I absolutely loved my time with Soul of Yoga. The curriculum is strong and the teachers are amazing. I loved it so much I signed up for the Yoga Therapy Program. Highly recommend!

- Alli Houseworth

I am very much enjoying being a student at The Soul of Yoga Institute as I work towards my degree in Yoga Therapy. I recently completed my 300 Hour Advanced Training as part of my certification. The Yoga Therapy program is comprehensive with a strong science foundation. They offer a variety of courses that dive deep into the relationship between the mind-body-soul, integrating both science and spirituality into their courses and coursework. Being a student in this program has enhanced my own daily practices and teaching skills. The teachers and facilitators inspire me in my own personal growth and in my growth as a Yoga Professional. I look forward to continuing my education with The Soul of Yoga Institute. I feel very 'at home' in this particular program, and I am very grateful to be a part of it.

- Holly Ashton Wallin



Tuition Snapshot

This training has accessible options such as a pay in full discount and monthly payment plans.

Program	Tuition	Pay in Full Discount	Pay in Full Tuition
300 Hour Elective	$4,770	$200	$4,570
300 Hour Bridge	$4,770	$200	$4,570

Program	Tuition	Payment Plan Length	Payment Plan Admin Fee	Deposit	Monthly Payments
300 Hour	$4,770	14 months	$286	$1,192	$276
300 Hour Bridge	$4,770	14 months	$286	$1,192	$276



Start your Journey

Ready to enroll?

Click here to get started!

Want to schedule a Discovery Call?

Shannon Ramo, Assistant Program Director
Email: shannon@soulofyoga.com
Phone: (818) 939-6081
Calendly Link for meeting requests:
https://calendly.com/advanced-ytt-discovery-call

SOUL OF YOGA INSTITUTE

FAQ's

SOUL OF YOGA INSTITUTE

1 **What are the prerequisites to enroll?**

A 200-Hour Yoga Teacher Training certification is required.

2 **Do I have to complete the courses in a specific order?**

You can choose courses in any order, based on your interests and schedule.

3 **How long does it take to complete each program? Is there a deadline?**

Most students finish within 12-18 months years. You have up to 24 months to complete the full training.

4 **Are there online options for training?**

Yes! All programs are offered with in-person, livestream (Zoom), hybrid, or recorded formats. You may attend the entire training remotely.

5 **Are there payment plans?**

A 25% deposit is required to get strated and 14 month payment plans are available

6 **Is Soul of Yoga Institute approved for MYCAA Funding?**

Yes, Soul of Yoga Institute is an approved school for MyCAA scholarships.

7 **Can I apply course hours toward multiple certifications?**

Yes! For example, hours and tuition from the 300-Hour Bridge Program can roll over into the IAYT Accredited Program, and courses also apply toward the MA degree path.

FAQ's

SOUL OF YOGA INSTITUTE

8 Do you offer mentoring or support during training?

Yes! Our faculty and program directors are here to support you every step of the way.

9 What are some areas graduates are currently working in?

Teaching group and private yoga classes.

Specializing in work with seniors, children, recovery communities, and more.

SOUL OF YOGA™ INSTITUTE

For more than two decades, **Soul of Yoga** has empowered individuals to discover their purpose and share their light through the transformative power of yoga.

Main Studio: 627 Encinitas Blvd, Encinitas, CA 92024
Institute: 701 Garden View Ct, Encinitas, CA 92024

@soulofyogainstitute
/SoulofYoga
soulofyoga.com

Shannon Ramo, Assistant Program Director
Email: shannon@soulofyoga.com
Phone: (818) 939-6081
Calendly Link for meeting requests:
https://calendly.com/advanced-ytt-discovery-call