

SOUL OF YOGA

INSTITUTE™



200 Hour Yoga Teacher Training 2026-2027 INFORMATION PACKET



THE Best 200HR Yoga Teacher Training Available Anywhere!

All trainings can certify you to teach a yoga class...

...this one shares unparalleled wisdom ensuring you embody the teachings!

It is our mission to guide you on a journey that leaves you so inspired and transformed that you can't stop yourself from sharing the teachings with others.

Let's get started:

Included in this info packet is:

- Our unique philosophy
- Training dates and course descriptions
- Tuition and payment plan options

It's easy to connect with us. [Click on the link below](#) for your preferred communication method:

- [1-1 Discovery Call](#) with Kei Colby
- [Group Information Sessions](#) every two weeks
- [Application](#) if you are ready to apply
- [I'm ready to enroll now!](#)

YOGA



is the journey of the self,
through the self,
to the self.

The Bhagavad Gita

Why do we believe we offer the best 200 hour program anywhere?

1. Our curriculum offers an unparalleled breadth of inspiring wisdom taught by world renowned master teachers and our school is accredited by Yoga Alliance.
2. We deliver the training in a combination of 48 weekly Asana Labs, quarterly Core Teachings, and your choice of 1 of 4 Specialty Paths.

Weekly ASANA LABS 48 Hours			
CORE TEACHINGS 120 Hours (In Three Separate 5-Day Modules)			
HATHA GENTLE YOGA Specialty Path 50 Hours	VINYASA YOGA Specialty Path 50 Hours	SHAKTI KUNDALINI Specialty Path 50 Hours	YIN YOGA Specialty Path 50 Hours

3. You can pace the training as you like. You can start the training at any time, and finish in as little as 9 months (depending on when you start and which specialty path you choose).
4. Throughout the training you will have the flexibility to choose how you train and adjust based on changing life circumstances.

IN PERSON In Encinitas, CA	LIVE ONLINE Through Zoom	RECORDED VIDEO Makeup Sessions
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5. We offer Payment Arrangements financially accessible for everyone or discounts if you'd like to pay in full.
6. All 200 hour students will receive the following additional benefits: 12 free yoga classes, The Yoga Poster, teaching practicum opportunities and a free development workshop on the business of yoga.

PROGRAM PHILOSOPHY AND COURSE OBJECTIVES

The Soul of Yoga 200 Hour Yoga Teacher Training is about your own personal growth and evolution. This is about embodying the teachings rather than just learning intellectual information. Whether you want to teach yoga or not, we invite you to take a deeper dive into the understanding of this ancient science. It will impact your life forever, raising your consciousness and thereby raising the consciousness of the planet.

This training includes the major components of the various systems of yoga: principles for balanced living, right posture/alignment, pranayama and meditation practices, anatomy, and teaching methods. It is ideal for those seeking a thorough and complete understanding of yoga and its components in order to teach powerful and impactful classes as well as those seeking to embrace a deeper spiritual understanding of yoga.

Yoga teachers are being called to lead our communities through darkness to the light, to offer guidance, stress relief, and a much-needed practice of wellness. Do you feel ready to meet the calling of your community? It needs healing now more than ever before! At Soul of Yoga, we've seen the power of Yoga to facilitate personal and collective healing & the recovery process and we want to support you in being a leader in the wellness movement.

Our Faculty:

- Flossie Park ~ Gentle Module, Sutras, Philosophy & Subtle Bodies
- Stacy McCarthy ~ Vinyasa Module, Asana Labs, Teaching Methodology, Professional Development
- Joe Barnett ~ Yin Yoga Module, Biomechanics, Activism & Ethics of Yoga
- Michael Brian Baker ~ Pranayama, Breathwork, Awakening and current trends of Plant Medicine and Shamanism
- Richard Miller ~ Meditation, Physiology, Philosophy, Mudra
- Monique Lonner ~ Anatomy & Physiology
- Dennis Chowenhill ~ History and Philosophy of Yoga
- Sita Severson - Kundalini Yoga and Ayurveda
- Mark Whitwell ~ Heart of Yoga
- Jonathan Richard ~ Asana Labs
- Visvambhar Sheth ~ Bhakti Yoga
- Ryan Stanley ~ Director 200 Hour, Co-Owner Soul of Yoga
- Dr. Alexandra Crosswell, PhD. ~ Epigenetics and Yoga Research Studies
- Rosalind Atkinson ~ Heart of Yoga, Yoga Philosophy

In addition, our program is enriched by qualified visiting presenters who share their expertise (please see our website for more information).

TRAINING CURRICULUM

This 200Hr Yoga Teacher Training consists of 48 Asana Labs, 3 Core Modules and a Specialty Module.

Weekly Asana Labs

We offer (2) weekly 1 hour Asana Labs where you will learn how to safely build & teach the poses.

Weekly Asana Lab One	Weekly Asana Lab Two
Stacy McCarthy	Jonathan Richard
Wednesdays at 11:00am PST	Sundays at 3:00pm PST

Core Modules

Monday-Friday from 8:30am-6:00pm (PST)

Daily schedules include an hour and a half lunch break, as well as mid-morning and mid-afternoon breaks, to ease screen fatigue for those training virtually.

Tapas and the Courage to Change	Spirit, Science, and the Power of Yoga	Samadhi and Skill
Sept 21-25, 2026	Jan 11-15, 2027	May 17-21, 2027
Asana & Practicum, Epigenetics, History & Meaning of Yoga, Anatomy, Physiology & Biomechanics, Yin Yoga, Accessibility, Yoga Alliance Code of Conduct, Scope of Practice, and Equity in Yoga.	Asana & Practicum, Philosophy, Sutras, Subtle Bodies, Pranayama, Breathwork, Awakening, Current trends of Plant Medicine and Shamanism, Meditation, Anatomy, Physiology & Biomechanics, Gentle Yoga, Mantra & Mudra	Asana & Practicum, Anatomy, Physiology & Biomechanics, Vinyasa Yoga, Bhakti Yoga, Yoga Mythology, Teaching Methodology, Professional Development, Heart of Yoga

Specialty Modules

You can choose between 1 (or more*) of the following 4 Specialty modules.

Vinyasa	Yin Yoga	Shakti Kundalini	Hatha Gentle
Jul 20-24, 2026	Oct 9-14, 2026	Feb 8-12, 2027	Mar 22-26, 2027

* Additional fees will apply

PAYMENT ARRANGEMENTS

Tuition

\$3833

Available Discounts

- \$150 Pay-In-Full Discount when tuition is paid in full at time of enrollment
- 10% Military, Senior (65+), or Full-Time Student Discount (not to be combined with any other discounts)

Payment Plans

For those students who are unable to pay in full at the time of enrollment, Soul of Yoga offers non-credit check payment plans. A 25% non-refundable deposit is required. The remaining balance, plus an 8% service fee to cover administrative costs, will then be placed on the student's account. To cover the balance due, monthly auto-payments will be set up using a Visa or MasterCard.

Sample Payment Options

	Tuition	Admin Fee	Initial Pymt	Monthly Pymt
Pay in Full	\$3683	n/a	n/a	n/a
11 Month	\$3833	\$230	\$958	\$282

[I'm ready to enroll now!](#)

Additional Specialty Modules Each additional module is \$900

*** Tuition and administrative fees must be paid in full prior to students receiving their certification ***



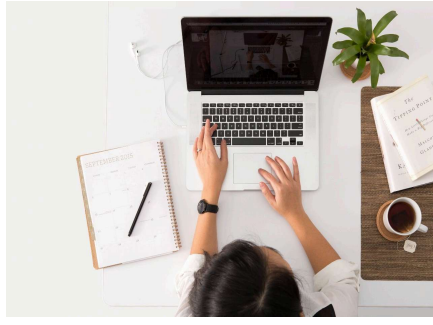
TRAINING PREREQUISITES

- Love of yoga

REGISTRATION PROCESS

- Complete and submit application online
- Registrants are interviewed via phone, zoom or in person by the Director Ryan Stanley or Program Specialist, Kei Colby.
- Once accepted to the program, Kei Colby will contact you to complete the financial portion of your enrollment.
- Prior to the start of the program, you will receive a welcome packet and essential program details

FLEXIBLE TRAINING OPTIONS

In Person	Online Live Streamed	Video Recording
At our beautiful training facility in Encinitas, California	From anywhere in the world!	Videos will be provided for review & make up of missed portions
		

IN PERSON TRAINING LOCATION:

Soul of Yoga Institute
701 Garden View Court
Encinitas, CA 92024

It would be a true honor to walk alongside you on your yoga path. We invite your questions and insights as part of this shared journey.

My name is Kei and I'll be your guide. Let's get started!

[Click here to book your Discovery Call :\)](#)



You can also reach me at kei@soulofyoga.com or (760)705-5190