

## Welcome to your yoga teacher training program!

We appreciate your commitment to furthering your understanding of yoga. The cornerstone of our training is to make yoga available to all by offering approachable, inclusive classes.

The training is arranged in snippets for your ease of learning. Many teachers find that transitioning from one pose to the next is the most challenging component of instruction. By offering our training in segments of three, much of the work is done for you. This approach is the hallmark of our training program. It provides interchangeable snippets so that the instructor is not so dependent on class plans. We believe this makes for a more versatile instructor that can respond to the group class element with ease. We often do not know who our students we be until they arrive, this style allows for the instructor to deliver a class that fits their group.

Edge Yoga School® is committed to providing you a comprehensive knowledge base of yoga asanas (poses). These asanas can be taught in an array of formats from the stillness of Hatha Yoga to the seamless flow of Vinyasa Yoga. The poses remain the same, while the pace and order of the snippets are decided by the instructor.

It is said that the best instructors remain students throughout life. We look forward to walking alongside you on your journey.

Edge Yoga School® is a proud member of Yoga Alliance® and The American Council on Exercise.

Shanti,



Michelle Rae Sobi  
Owner, Edge Yoga School



EDGE YOGA SCHOOL  
mind body academy

**A Registered  
Yoga Alliance® School**



**“Yoga has no destination”**  
– Michelle Rae Sobi