



Welcome to your yoga teacher training program!

I am so excited to lead you through your 300-hour yoga teacher training and appreciate your trust in this program.

We offer a flexible schedule but do encourage regular attendance to allow for the growth of the student through practice and reflection.

The focus of this program is to refine your classes, provide the tools and time to offer workshops, retreats, teacher training, and continuing education courses.

Upon completion, you will have a complete portfolio for a 200-hour yoga teacher training program of your own. We are dedicated to offering teachers all of the tools necessary to share yoga with the world.

Our sessions will allow you to create workshops that can be presented to our studio students and will enable you to fine-tune your craft.

These workshops may be offered as Continuing Education Credit workshops upon achieving the E-RYT 200 designation, and registering as a YACEP with Yoga Alliance.

Students will have the opportunity to participate in our 200-hour program to fulfill their practicum hours.

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.



EDGE YOGA SCHOOL  
mind body academy

A Registered  
Yoga Alliance® School



"Yoga has no destination"  
– Michelle Rae Sobi