

200hr Hybrid Yoga Teacher Training

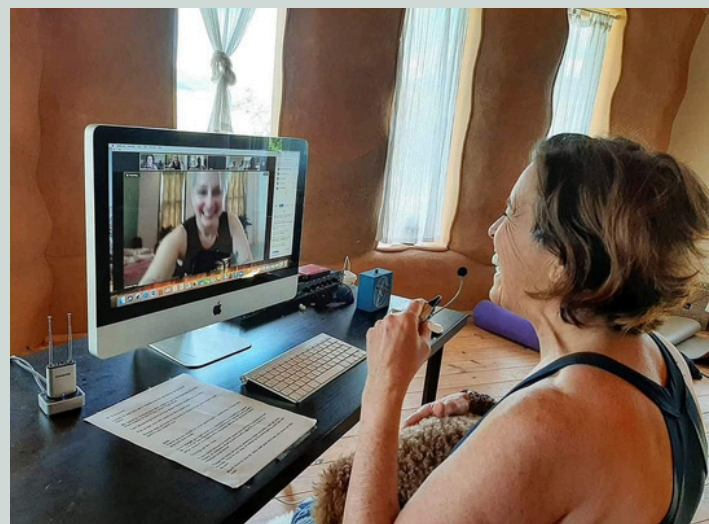


Transition to a Fulfilling Career in Yoga

Our 200-Hour Hybrid Yoga Teacher Training program offers the perfect blend of flexibility and in-depth learning, combining the convenience of online study with the immersive experience of in-person training for one week in sunny Andalusia, Spain..



FROG LOTUS YOGA
INTERNATIONAL



Course Overview

On-demand access to entire course content

- Once you register for the training you will get immediate access to the full online training content.

Optional Q&A calls

- Monthly calls to connect, review course material & ask questions

One week in-person immersive at the Award Winning Suryalila Retreat Centre, Andalusia

- In-person week to engage in live classes and teaching practice
- **22-29 March, 2025 or 9-16 August 2025**



What you'll learn

MODULE 1: PHILOSOPHY

Transform your understanding of yoga philosophy and history, enriching your life and teachings.

- HISTORY OF YOGA
- 8 LIMBS, YAMAS & NIYAMAS
- SUBTLE BODY SYSTEM
- KRIYAS & MUDRAS
- LIVING YOGA ON & OFF THE MAT
- UNDERSTANDING YOUR NATURE
- HOW TO BE HAPPY AND FREE

MODULE 2: ANATOMY

Dive deep into yoga anatomy, movement, and injury prevention, enhancing the safety and adaptability of your classes.

- YOGA ANATOMY FOUNDATIONS
- UNDERSTANDING MOVEMENT
- INJURY PREVENTION
- STRETCHING AND REFLEX ARCS
- NERVOUS SYSTEM
- BREATHING AND BANDHAS

MODULE 3: ASANA

Master the nuances of yoga postures, alignment, variations, and Sanskrit names.

- ASANA ALIGNMENT AND FORM
- MODIFICATIONS AND VARIATIONS
- HANDS-ON ASSISTING AND ADJUSTING
- SANSKRIT NAMES OF POSES
- MAKING YOGA ACCESSIBLE
- SAFETY AND LONGEVITY

MODULE 4: TEACHING

Teach confidently, emphasizing alignment, creativity, and safety.

- INCLUSIVE SKILLFUL CUEING
- QUALITIES OF A GREAT TEACHER
- FLY CLASS SEQUENCING
- PRANAYAMAS BENEFITS & HOW TO TEACH
- PRENATAL & RESTORATIVE
- START & RUN YOUR BUSINESS



Your in-person week at Award-Winning Suryalila Retreat Centre

Voted the Best Yoga Retreat by Om Yoga 2024 & 2023, Suryalila is a stunningly beautiful all-inclusive Yoga Retreat Centre in the heart of Andalusia, Southern Spain. Your stay will include:

- **Unique and beautifully decorated options**, including private rooms, shared rooms, glamping domes & eco-casitas.
- **Gourmet organic vegetarian buffet style cuisine**, freshly prepared with organic ingredients harvested locally and from our own farm.
- **Use of Serene Facilities**, from our on-site boutique and cafe bar to our salt-water pool and sauna. Enjoy our tranquil meditation gardens.



One-Week In-Person Immersive at Suryalila

- **Live Classes:** Deepen your understanding of yoga principles with expert-led sessions that integrate your online learning.
- **Hands-On Teaching Practice:** Build confidence with personalized feedback and guidance during in-person teaching exercises.
- **Adjustments & Alignments:** Learn how to make safe, effective adjustments under the supervision of experienced instructors.
- **Community & Connection:** Bond with fellow trainees in the serene surroundings of our retreat center, creating lifelong memories.



Meet your lead trainer – Vidya Heisel



With 50 years of teaching experience, Vidya Heisel is a renowned expert in yogic philosophy, meditation, and teacher training.

As the founder of Frog Lotus Yoga International, Vidya has dedicated the past 25 years to training yoga teachers across the globe. Her journey led her to establish Suryalila, a beautiful retreat center in Andalusia, Spain, where she continues to inspire and empower students through her 200-hour Yoga Teacher Trainings.

Voted Favorite Yoga Teacher Trainer in 2024, Vidya blends traditional wisdom with modern techniques, offering a transformative experience for all.

Tuition & Accommodation

200-hr Hybrid Tuition (online + in-person learning) = €1260



One Week Accommodation at Suryalila Retreat Centre

Accommodation type: From

- | | |
|--------------------------|-------|
| • Private King en-suite | €1085 |
| • Private Honeymoon Yurt | €1085 |
| • Deluxe Double/ twin | €910 |
| • Superior double / twin | €665 |
| • Eco Casa double / twin | €525 |
| • Glamping Yurt / Dome | €525 |
| • Glamping Tent | €490 |
| • Shared Dorm | €490 |
| • Vanlife area | €455 |

Accommodation costs include:

- 3 delicious daily organic meals
- use of the retreat centre facilities incl. saltwater pool, sauna, and yoga shalas, mats and props.

Join our Hybrid 200 Hour
YTT for a
Transformative Journey!

[Enquire Now](#)

