Sangha means community in Sanskrit.

In the last five years we have watched this industry we love go through tremendous trials and tribulations, but one thing is clear – there is a passion out there for those that love teaching and sharing health and fitness and we are going to continue to spread this message.

On the other side, Yoga has become so diluted for how it is practiced in North America and most of the world outside of India. There is a gross misunderstanding that it is something you do, and fitting yourself into complex poses is how you do it better.

Yoga is a state of mind.

In addition, the lack of diversity among teachers and those teaching teachers in a country (Canada at least) that prides itself in multiculturalism doesn't make sense. This narrative has to be changed now.

And so this is a community effort. This is a collective of passionate, heart centred people that want to share the gift of Yoga that has impacted them so deeply with others. I hope you will join us in sharing our **vision and mission** of honouring the culture and practice of Yoga and sharing this with everyone.

We are.. Sangha Yoga Collective.

sanghayogacollective.com

200-hour

Trauma-Informed
Yoga Teacher Certification

Sangha Yoga
Collective

Ready to take the first step in becoming a certified Yoga teacher?

Our unique modular format, flexible pacing, and heart-centred community make it easier than ever to begin your Yoga journey — whether you're starting fresh or deepening a long-held practice.

Unique to Sangha Yoga Collective

The Sangha Yoga Collective Student Portal is your dedicated **home base for all in-person and online Yoga courses, created to foster community, support learning, and deepen your journey.**

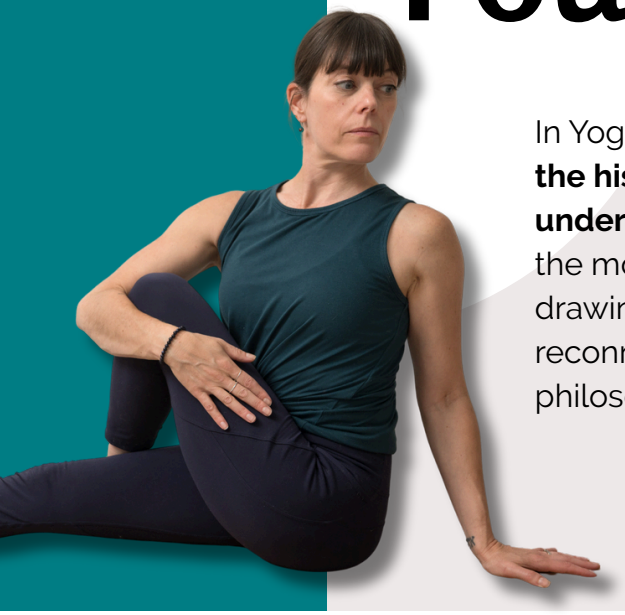
Free for anyone to join, the portal offers access to course materials, community forums, and ongoing support throughout your training. **With optional subscriptions, you can also stream Yoga classes, join live events, and participate in exclusive workshops**—ensuring you stay connected, inspired, and grounded in your practice every step of the way.

The 200-hour Yoga Teacher Training Certification is divided into five distinct modules, each focusing on a core aspect of Yoga education:

Yoga Foundations (37.5 hours): Explore Yoga philosophy, the Yoga Sutras of Patanjali, Sanskrit basics, and the history and ethics of Yoga.
Yoga in Practice (45 hours): Delve into functional anatomy, pose breakdowns, sun and moon salutations, and foundational pranayama techniques.
Yoga Energy Body (37.5 hours): Study the seven chakras, five koshas, meditation practices, and mantra work to deepen your mind-body connection.
Yoga for Wellness (45 hours): Learn trauma-informed practices, modifications for various conditions, chair and gentle Yoga sequences, and mental wellness strategies.
Yoga Teaching Skills (35 hours): Develop sequencing skills, authentic teaching methods, virtual teaching components, and business practices in the wellness industry.

Yoga Foundations

Sangha Yoga
Collective



In Yoga Foundations, we embark on **an immersive exploration into the history and philosophy of Yoga**, laying the groundwork for **understanding Yoga beyond the physical postures**. Moving beyond the modern, Western interpretation of Yoga, we return to its origins, drawing from the wisdom of our Yoga Masters in India. This is a call to reconnect with the foundational teachings that form the spiritual and philosophical bedrock of yoga practice.

Through these scriptures, we investigate the **purpose of practice**, the **psychology of Yoga**, and the **ethical and spiritual principles** that guide the yogic path. This is not just about what we do on the mat, but **why we practice** and **how the ancient masters envisioned Yoga as a path to liberation**. Join us as we deepen our understanding of Yoga's philosophy, build a strong intellectual and spiritual foundation, and begin the transformative journey toward becoming a knowledgeable and inspired Yoga teacher.

What you will learn:

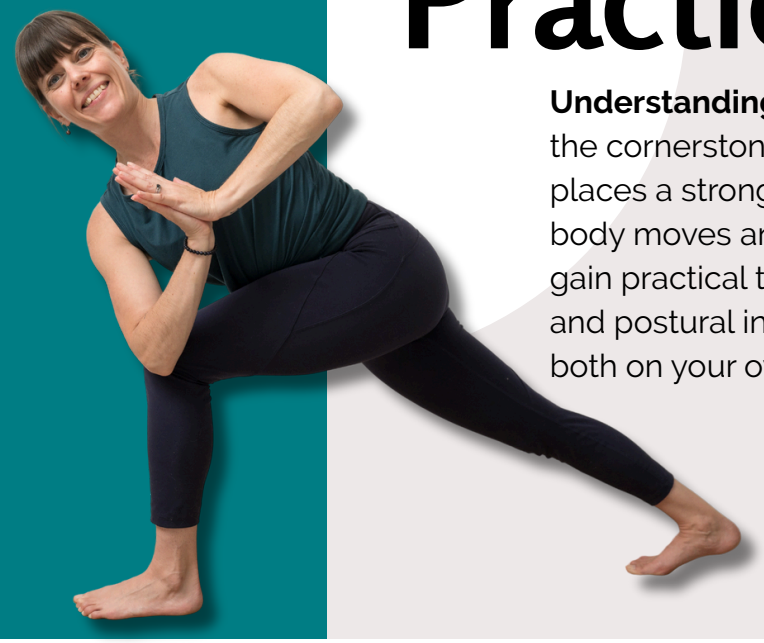
- History of Yoga
- Honouring Yoga's culture and diversity
- Introduction to the Sanskrit language
- In-depth study and exploration of the 8-limbs of Yoga
- Understanding of the permanent and impermanent obstacles
- The four-paths of Yoga
- The importance of Meditation
- Understanding purpose vs. right action
- Understanding the role of the Self as part of the greater whole.

YOGA
FOUNDATIONS

This is a **hybrid training consisting of 15-hours live/virtual** taught in 3-hour blocks over 5 sessions, followed by and additional **22.5 hours taught in-person** over 3 days (usually Friday – Sunday)

Yoga in Practice

Sangha Yoga
Collective



Understanding anatomy, biomechanics, and alignment principles is the cornerstone of a safe and sustainable asana practice. This module places a strong emphasis on functional anatomy, exploring how the body moves and how we can support longevity in our practice. You'll gain practical tools to assess joint movement, muscle engagement, and postural integrity to prevent injury and enhance performance—both on your own mat and in guiding others.

Establishing a safe and aligned yoga practice is vital for long-term physical health. In Yoga in Practice, we dive deeply into the biomechanical foundations of movement. Join us in elevating your practice through anatomy-informed alignment, pose breakdown, and the science of movement that supports every breath and every asana.

What you will learn:

- Major bones and muscle groups
- Joints and their movements
- Primary and secondary bandhas (locks)
- Pelvic floor and core muscle integration
- Sun and Moon salutations
- 60+ poses and their alignment principles
- Understanding back health and safety
- Understanding the stretch response
- Introduction to sequencing (active + gentle classes)
- Introduction to pranayama (breath work)

YOGA
IN
PRACTICE

Yoga in Practice is a **45-hour immersive training** breaking down over 60+ essential Yoga postures and starting you on the path to designing your own sequencing. Training includes **7.5-hours of pre-recorded material along with 5 in-person training days**, typically taught over 2 weekends.

Yoga Energy Body

Sangha Yoga
Collective

Yoga Energy Body offers a deep dive into the subtle body anatomy—a vital aspect of yogic tradition often overlooked in modern practice. In this 37.5 hour immersive training, we explore the chakra system, pranayama (breathwork), and meditation techniques that support energetic balance, emotional healing, and spiritual connection. This module is designed to awaken awareness of prana, or life force energy, and empower a more intuitive, energetically-informed yoga practice.

Yoga Energy Body invites us to go beyond the mat—to **reclaim our connection to Self**, to move stagnant energy, and to **embody the teachings of Yoga in their most powerful, subtle, and sacred form**. Whether your goal is to teach or simply to live more mindfully and joyfully, this training is a **transformational cornerstone** for anyone seeking to deepen their personal practice and spiritual growth

What you will learn:

- In-depth exploration of the 7-chakra system
- Practices for each of the 7-chakras
- How to build a meditation practice
- Lineage of different styles of meditation
- Yoga of sound and mantra work
- Physiology of breath and HRV
- Basic kriya practices from Kundalini Yoga
- Pranayama practices
- The 5-koshas and creating a daily practice

YOGA
ENERGY
BODY

This is a **hybrid training consisting of 15-hours live/virtual** taught in 3-hour blocks over 5 sessions, followed by and additional **22.5 hours taught in-person** over 3 days (usually Friday – Sunday)

Yoga for Wellness

Sangha Yoga Collective

Yoga for Wellness is a trauma-informed yoga training designed to support both personal healing and professional growth. This training bridges modern trauma research with ancient yogic practices, drawing from the work of experts such as Bessel van der Kolk, Peter Levine, and Stephen Porges (Polyvagal Theory) to help participants understand the deep connection between trauma, the brain, and the body. You'll learn how to guide safe, inclusive, and healing-informed practices that empower both you and your students.

At Sangha Yoga Collective, we believe that every yoga teacher should be trauma-informed. Creating emotionally safe, inclusive environments is not only essential for healing but a responsibility we carry as facilitators of this sacred practice. This training will give you the tools to offer yoga in a way that is compassionate, body-wise, and sensitive to the lived experiences of your students.

What you will learn:

- How the brain and nervous system process trauma
- Foundation of the polyvagal theory
- What it means to be trauma-informed
- Understanding our somatic response to stress
- How to handle triggers
- Overview of chronic pain
- How to support general conditions through practice
- Intro to Yin + Restorative based practices
- Becoming a storytelling
- Intro to Ayurveda
- Intro to Yoga Nidra

YOGA FOR WELLNESS

This is a 45-hour hybrid training consisting of **7.5 hours pre-recorded, 15 hours live/virtual** taught over 2 days, followed by an additional **22.5 hours taught in-person** over 3 days (typically Friday-Sunday)

Yoga Teaching Skills

Sangha Yoga
Collective

Yoga Teaching Skills is the final module to complete your 200-hour Yoga Teacher Training journey. This is a 35-hour training to learn the skills needed to teach authentically and from the heart both on and off the mat. This immersive capstone training brings together all your learning and guides you in developing the practical and professional teaching skills needed to lead safe, authentic, and heart-centred classes—on and off the mat.

This module is designed to help you **integrate and embody everything you've learned throughout the previous four modules, stepping confidently into your new role as a certified Yoga Teacher**. Through hands-on experience, group work, mentorship, and guided practice, you'll gain the tools to teach with clarity, confidence, and compassion.

In addition to developing your teaching skills, this module also includes a **3-hour session on the business of Yoga** to help you find teaching jobs, know what to expect, what to charge and how to promote yourself as a newly certified Yoga Teacher.

What you will learn:

- Teaching authentically from the heart
- Understanding our ethical commitment as Yoga teachers
- Building great sequences (Active + Gentle classes)
- Working with themes
- Creating a database of cues
- Adjusting mis-alignments
- Group work and practice teaching asana (poses)
- Group work and practice leading meditation
- Creating workshops and workshop series

YOGA
TEACHING
SKILLS

This is a 35-hour hybrid training consisting of **31 hours in person** (taught over two weekends), **3 hours live/virtual + a 1 hour mentorship call** after your training hours are complete.

Payment Schedule + Fees

Start your 200-hr YTT journey anytime with your $450 CAD. deposit.

With your deposit, save 10% off each individual module, and have **unlimited time** to complete your 5 modules.

Balance for each module due 30 days before training start date.

200-hr YTT
Price* Breakdown

$450.00
deposit
+
$607.50
Yoga Foundations
+
$765.00
Yoga in Practice
+
$607.50
Yoga Energy Body
+
$765.00
Yoga for Wellness
+
$607.50
Yoga Teaching Skills

$3802.50
Total Investment

Sangha Yoga Collective offers a Refundable Tax Credit for Education in Canada (T2202)

*All prices listed in CAD and include **10% discount for 200-hr path** do not include applicable taxes

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