

200 Hour Hybrid Soma Yoga Teacher Training - 2025

Goal: Provide a foundational understanding of Soma Yoga, combining traditional yoga practices - including philosophy, pranayama, and meditation - with somatic awareness techniques.

Requirements: Students with at least one year of regular yoga practice, interested in becoming yoga teachers with a somatic focus.

Duration: 200 hours, divided into 115 hours of in-person training at The Yoga Loft in Farmingdale, NJ and 85 hours of virtual learning.

Basic Course Overview:

Foundational topics in Yoga Philosophy

- The true meaning of Yoga, OM, and Namaste
- Yoga history and of tenets of the practice
- Energetic Anatomy

Anatomy & Physiology

- The following body systems: Muscular, Skeletal, Cardio-Respiratory, Nervous, Digestive
- Joint movements and biomechanics as they relate to yoga asana

Exploration of Soma Yoga and Somatic Education

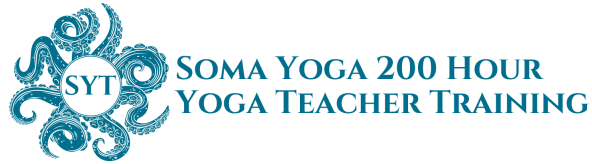
- What is Soma Yoga
- Body awareness, self-regulation, and intuitive movement
- Creating a safe and inclusive learning environment that fosters personal growth

Pranayama/Breathing techniques

- Foundational yogic breathing practices
- Breathing mechanics
- Breathing and the nervous system

Asana

- Standing poses, Seated poses, Forward/Backward bending poses, Twists, Hip Openers, Basic inversions, Core stabilization, Lateral bends
- Alignment, variations, contraindications



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Basic Course Overview (continued):

Meditation and mindfulness

- Basic meditation techniques and foundational mindfulness concepts
- Using language that is understandable, inclusive, and accessible
- Tone of voice, volume, pacing

Practice teaching sessions

- Opportunities to teach in dyads, triads, small groups, and whole classes progressively throughout training
- Receive constructive feedback from mentors and peers

Professional Essentials

- Yoga Alliance requirements
- Continuing education
- The Business of Yoga

Coursework Components:

- Homework and Practice Teaching Assignments
- Daily personal practice, journaling, and reflective writing assignments.
- Reading required books
- Preparation and class planning for practice teaching
- Final practical exam: a 90-minute Master Class incorporating learned principles of Soma Yoga.