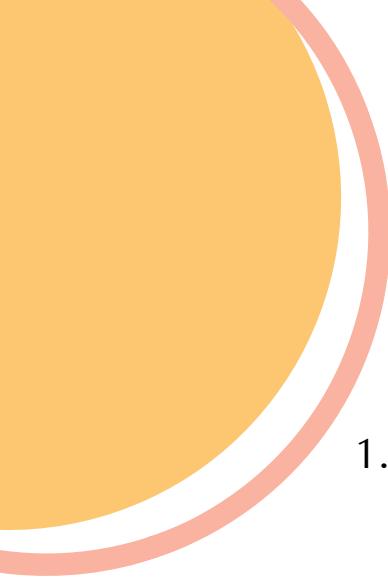




10 REASONS
to become a Christ-centered
YOGA INSTRUCTOR

HOLY  YOGA®



1. Be Embraced by Community

Once you become a Holy Yoga Instructor, you're a member of our community for life! If you asked our instructors what their favorite thing about completing the training was, many of them would say "the community." In training, you will be assigned a Small Group that you will meet with weekly — but it doesn't stop there! There are many opportunities to build lifelong friendships and connections in the Holy Yoga community.

2. Start Your Own Small Business

Although some of our students go through training for their own self-practice, there are many who go on to teach at studios, or even open their own small businesses! Our 200 Hour First Time Instructor Training will provide you with the certifications you need to become a yoga instructor (select trainings are Yoga Alliance® approved; contact us for more information).

3. Connect with Your Family

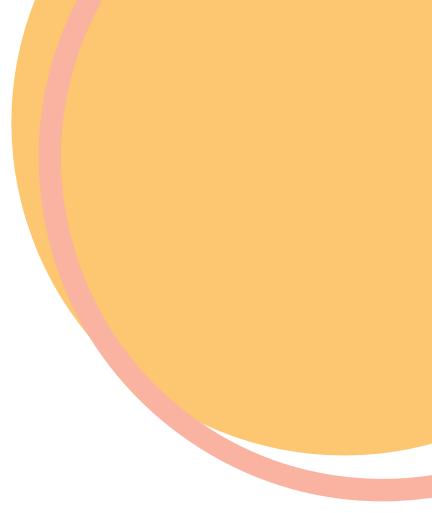
Yoga has many benefits, but did you know that it can also help strengthen relationships? Use your instructor knowledge to facilitate a yoga date night, or keep the kids active and busy by guiding them through some fun yoga activities! Families that flow together nama-stay-together!

4. Expand Your Self-Practice

Do you wish you had the tools to guide yourself through a yoga flow, but you just don't have the yoga knowledge? While becoming a Holy Yoga Instructor will give you all of the tools you need to teach yoga to others, many of our instructors take the 200 Hour First Time Instructor Training simply for their own self-practice!

5. Deepen Your Connection with Christ

There are many places to get certified as a yoga instructor, but you'll find that one thing is missing: Jesus! We always say, "it's not (just) about the yoga." At Holy Yoga, you'll find yourself connecting with God on your mat, and deepening your relationship with Him in ways you never thought were possible.



6. Live Beyond Yourself

You may think that being a Holy Yoga Instructor simply means guiding people through a yoga class, but there's so many ways that you'll be able to enrich the lives of others! Our instructors are empowered by God to help their students spiritually, mentally and physically.

7. Improve Your Well-Being

Let's face it, everyone at some point in their life feels overwhelmed. In Holy Yoga Instructor Training, you'll learn how to mindfully meditate and create a calm space to facilitate stress relief (both for yourself and your students)!

8. Share the Gospel

Mission work has always been in the DNA of Holy Yoga. We believe He is inviting us to enter into the work He is doing right here and right now. That mission work may take place in your own personal life, or it may happen in a local or even global mission field. Holy Yoga Instructors can use the modality of Holy Yoga to shine His love and light to every dark corner of this earth.

9. Explore Yoga Philosophy Through a Christ-Centered Lens

What is the history of yoga? Where does it come from? How can it be practiced by a Christ-follower? Learn the history of yoga and the science at the heart of these powerful practices. Discover how it can all lead us to a deeper relationship with God and how we can experience a new way to worship with all our heart, soul, mind and strength.

10. It's the Ultimate Flexible Working Life

Yoga teaching isn't a 9-5 career — unless you want it to be. You can choose how classes work alongside your personal life and you can create your own weekly schedule that works for you. If you love to travel, you can migrate like a bird from season to season at yoga centers around the world, or you can work locally in a variety of spaces.