200 HOUR YOGA TEACHER TRAINING IS LIFE-CHANGING

THE CURRICULUM

At One Soul Yoga, our 200-hour Yoga Teacher Training program is a transformative journey into the heart of yoga. Approved by Yoga Alliance and designed to meet their elevated standards, this program offers a comprehensive foundation in yoga philosophy, asana, anatomy, and teaching methodology. Rooted in the eight limbs of yoga, our curriculum honors both the traditional teachings and the modern needs of today's students, creating a well-rounded and deeply meaningful experience.

Our training follows a trauma-sensitive approach, encouraging students to cultivate awareness, compassion, and safe space—both in their personal practice and future teaching.

You will not only deepen your understanding of yoga but also uncover layers of your own inner wisdom, gaining insights into your patterns, potential, and purpose.

This is an intensive and life-changing course designed for those ready to commit to personal growth and professional development. We encourage students to immerse themselves into the training to develop confidence and bring their own voice and style to the mat.

Whether you plan to teach or simply wish to explore yoga on a deeper level, our YTT will empower you with the knowledge, skills, and confidence to step forward with clarity and authenticity.

1 TECHNIQUES, TRAINING, PRACTICE

Pranayama & Subtle Body: Including breathing techniques, Koshas, Chakras, drishtis, nadis, prana vayus, mudras and bandhas
Meditation: Meditation techniques including practice, teaching mantra chanting, sound
Asanas: Including seated, standing, prone, supine, inversions and arm balances as well as important anatomy considerations and alignment in addition to variations, sequencing, benefits and contraindications

2 ANATOMY & PHYSIOLOGY

Anatomy: major bones, types of joints, major muscles involved in asana, types of muscle contractions
Physiology: nervous system including fight, flight or freeze response, vagal theory, cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice, respiratory system
Biomechanics: types of joint movements, joint stabilization, safe movement in balance, stretching, awareness and limitations, contraindications and importance of proper alignment
**Anatomy & Physiology unit taught by a medical physician and certified yoga instructor.

3 YOGA HUMANITIES

Yoga History: lineages, styles & forms of yoga, notable yogis
Philosophy: yoga terms, yogic texts, eight limbs of yoga, kleshas, asana, pranayama and meditation
Ethics: Yoga sutras, ethics, equity in yoga, accountability, self-reflection on yoga ethics and teaching/practice

4 PROFESSIONAL ESSENTIALS

Teaching Methodology: teaching styles, trauma-informed practices, sequencing, pace, environment, cueing, class management, group class dynamics, demonstration, assisting
Professional Development: professional organizations, ethics, continuing education & life-long learning, yoga business, marketing, promotion, waivers, liability
Practicum: demonstration competencies, teach backs within training, observation within training, mentoring/feedback, teaching

+ ADDITIONAL

We will spend additional time learning about Trauma Informed Yoga, Sound Healing, Chair, Yin and Restorative Yoga.

One Soul Yoga & Wellness 1008 Main St, Sulphur Springs, TX OneSoulYogaStudio.com | onesoulyogastudio@gmail.com

YOGA TEACHER: YOU CAN DO IT!

THE REQUIREMENTS

Our 200-Hour YTT is thoughtfully designed for anyone with a sincere interest in yoga—whether you're looking to teach or simply deepen your personal practice—if you feel called to explore the teachings of yoga, this program is for you. The 2027 training is structured around nine immersive weekend sessions that offer rich, hands-on learning experiences in a supportive and inspiring community.

In addition to weekend sessions, students will complete a variety of outside assignments to help integrate their learning. This includes attending studio classes, completing reading and homework assignments, observing classes, and gaining teaching experience. These elements are designed not just to build your skills as a teacher but to deepen your personal relationship with yoga—mind, body, and spirit.

Upon successful completion of all training sessions, coursework, and practicum requirements, students will be awarded a certificate of completion and the title of Certified 200-Hour Yoga Teacher, which meets the standards set forth by Yoga Alliance. This credential allows you to register with Yoga Alliance and begin teaching with confidence, authenticity, and purpose.

ARE YOU READY?

If the YTT seed has been planted in your heart, trust that it's there for a reason. Our YTT is more than just a program—it's a journey meant for you. You don't have to be perfect, flexible, or experienced—just open and willing to grow. You are exactly where you're meant to be, and we would be honored to walk beside you on this transformative path.

Our 2027 program begins in January. If you have an interest in yoga, you can do yoga teacher training!

YTT STAFF:

One Soul YTT will be lead by a group of qualified yoga instructors including:

DeAnna McDearmont (Lead Trainer, E-RYT 500, YACEP)
Scott McDearmont (MD, E-RYT 200, YACEP)
Rachel Finney (CYT 500)
Emma Hampton (RYT 500)
Clarice Bowen (CYT 500)

Guest instructors may also assist from time to time.

INCLUDED WITH TRAINING:

In-person YTT offers a rich, immersive experience, giving you direct mentorship, real-time feedback and connection with other trainees. Our students receive:

- Hands-on and interactive training and mentorship
- Training manual
- 24 class pass for One Soul classes
- Online support/supplemental material
- Community with cohorts
- Continued mentorship after graduation
- Certified 200 Hour Yoga Teacher certification upon successful completion.

YOGA TEACHER TRAINING IS AN INVESTMENT IN YOURSELF!

THE INVESTMENT

We believe that YTT is life-changing and truly an investment in yourself, whether you plan on teaching or just deepening your yogic knowledge.

Tuition is more than just a payment—it's a powerful investment in yourself, your growth, and your future. You're not just learning to teach yoga; you're stepping into a life-changing journey of self-discovery, confidence, and purpose. When you invest in this program, you're saying yes to your calling.

In accordance with submitting your application and non-refundable $400 deposit, you are securing your spot in the training. Tuition does not cover required textbooks (about $50). A list will be emailed after registration. Applications and deposit are due no later than December 31, 2026.

Students will be required to have the following:

- Textbooks (list will be emailed after registration)
- Yoga mat
- Spiral notebook, pen
- Active email address and Facebook account
- Willingness to learn

2026 YTT TUITION

Full Payment Discount ($2040 total):

- $400 non-refundable deposit due at registration)
- Remaining $1640 due 7 days before 1st session

Payment Plan ($2400 total):

- $400 non-refundable deposit due at registration
- Remaining $2000 due in 5 payments of $400 each
- Payments due before 1st, 3rd, 4th, 6th and 8th session

**Please note, there will be a $25 late fee for payments received more than 7 days after the training weekend it is due.

Requirements for Certification:

- Attendance and completed program
- Tuition paid in full
- Completed homework and logs
- Completed and passed final teach-back
- Pass final assessment with 70 or above

Once these requirements are completed you will earn the title "Certified 200 Hour Yoga Teacher" and will have the option to register with Yoga Alliance to become a 200-HR RYT (Registered Yoga Teacher)

ATTENDANCE POLICY

Attendance is mandatory in order to complete certification. This policy is designed to honor the depth and integrity of the training experience. Consistent, in-person participation ensures you learn the material, build strong connections, and receive support and mentorship. This commitment not only upholds the high standards of our certification but also reflects your dedication to personal growth and becoming a confident, capable teacher. Showing up fully is part of the transformation. Missing more than 15 hours of the 200-hour training program may result in dismissal from the program.

REFUND POLICY

A full refund (minus $400 deposit) is given only on the full-pay option up to 7 days BEFORE training begins. Participants will receive a prorated refund based on the number of sessions not completed. A $100 administrative fee will be deducted to the refunded prorated tuition. There are no refunds for for those using the payment plan after YTT begins and tuition is due for all sessions attended.
Refunds are issued via check within 30 days of request.
Thank you for understanding that these policies help us maintain the integrity of our small group training and allow us to plan accordingly.

2025 ONE SOUL YOGA 200 HOUR TEACHER TRAINING DATES

THE 2027 YTT DATES

Optional Information Meeting: Monday, September 28 at 7:00 pm.

SESSION 1: Jan. 9 & 10
SESSION 2: Jan. 30 & 31
SESSION 3: February 20 & 21
SESSION 4: March 6 & 7
SESSION 5: April 3 & 4
SESSION 6: May 15-16
SESSION 7: June 26 & 27
SESSION 8: July 10 & 11
SESSION 9: July 24 & 25

In addition, we will have a private Facebook group where we will post additional material. YTT Clinics may be scheduled throughout training according the the groups availability. Please note, should bad weather occur on a training date we will meet via Zoom.

SESSION HOURS

Weekend sessions will run approximately 9:00 am-5:00 pm on Saturdays and Sundays with a one-hour break for lunch.

Schedule could slightly change according to the needs of the class and will only be done so with all in agreement.

Session 8 will include a full review and Session 9, the final weekend, will consist of written exam, teach-backs and graduation.

PREREQUISITES TO JOIN:

While we do not have official prerequisites to join our 200-hour YTT, we strongly recommend the following:

- Prior/current yoga practice
- Familiarization with One Soul Yoga
- Physical Preparation (you don't have to be "bendy" or "stretchy" but you should feel comfortable moving through a basic yoga class and be open to building strength, stamina, and body awareness
- Mental Preparation: Come prepared with curiosity, self-discipline, and a commitment to personal growth
- Time: Time to commit to practice and outside assignments

QUESTIONS?

You are invited to attend an optional information meetings on Monday, September 28 at 7:00 pm to learn more about the YTT program at One Soul Yoga and to address any questions or concerns you may have. You do not have to attend to sign up for YTT.

You can also contact us via email at: OneSoulYogaStudio@gmail.com or call/text 903-689-2811.

2027 ONE SOUL 200 HR YTT APPLICATION

PLEASE FILL OUT AND RETURN WITH $400 NON-REFUNDABLE DEPOSIT DUE BY 12/31/26.
NO ADMITTANCE AFTER DEADLINE.
MAKE CHECKS PAYABLE TO "ONE SOUL YOGA"

DATE _____

NAME _____ DOB _____

ADDRESS _____

PHONE NO _____

EMAIL _____

BY TURNING IN THIS APPLICATION YOU UNDERSTAND (PLEASE INITIAL):

_____ YOU ARE REGISTERING FOR IN-PERSON 200-HOUR YOGA TEACHER TRAINING AT ONE SOUL YOGA

_____ YOU HAVE READ AND AGREE TO THE PROGRAM COMPLETION REQUIREMENTS, ATTENDANCE POLICY & CODE OF ETHICS

_____ YOU HAVE READ AND AGREE TO THE PROGRAM PAYMENT AND REFUND POLICIES

_____ YOU UNDERSTAND THE PROGRAM'S RECOMMENDED PRE-REQUISITES

YTT INVESTMENT & PAYMENT & REFUND POLICY

In accordance with submitting your application and deposit, you are securing your spot in the training. Tuition does not cover required textbooks.
There is a non-refundable $400 deposit due at the time of your application (due 12/31/26).
Full Payment Discount ($2040 total):

- $400 non-refundable deposit due at registration)
- Remaining $1640 due 7 days before 1st session

Payment Plan ($2400 total):

- $400 non-refundable deposit due at registration
- Remaining $2000 due in 5 payments of $400 each
- Payments due before 1st, 3rd, 4th, 6th and 8th session

There is a $25 late fee for payments received more than 7 days after the training weekend it is due. Full payment must be paid to complete graduation requirements. Full refund (minus deposit) is given only on the full-pay option up to 7 days BEFORE training begins. Participants will receive a prorated refund based on the number of sessions not completed. A $100 administrative fee will be deducted from the remaining prorated tuition. No refunds for those on payment plan. The $400 deposit is non-refundable unless One Soul cancels training due to lack of registration.

ON A SEPARATE SHEET OF PAPER, PLEASE ANSWER THE FOLLOWING QUESTIONS:

- What experience do you have with yoga (yoga background/how long have you been practicing/frequency of practice/where do you practice, etc.)?
- Although not required, it is highly recommended that you have taken classes at One Soul and are familiar with the studio before registering. What is your experience with One Soul Yoga?
- How do you describe yourself as a yoga student?
- What type of yoga are you most drawn to and why?
- What are your goals for taking YTT Training?
- What are your teaching expectations after completing YTT?

Select a payment option (only deposit is due at application): FULL PAY 5-PAY

Please return with deposit and following signed waiver, and Code of Ethics to: ONE SOUL YOGA, 1008 Main St, Sulphur Springs TX 75482 Questions? Email us at Onesoulyogastudio@gmail.com

One Soul Yoga Waiver

Name_____Date_____

Email (required)_____ Cell_____

Address_____DOB_____

Emergency Contact Name_____Emergency Contact Number_____
How did you hear about One Soul Yoga?

Release and Waiver of Liability

I understand yoga classes and services offered at One Soul (including but not limited to sound baths, sound healing, Thai yoga, trauma release yoga and reiki) are not a substitute for medical attention, treatment, diagnosis or exam and that instructors/practitioners are not licensed medical professionals. Classes and services provided are complimentary to traditional medicine and are not to be used in place of those practices. I understand that yoga is a physical exercise activity that may include intense physical movement, stretching and balancing postures and may require a high level of physical exertion. As a result, as is the case with any physical activity, I understand the risks of injury, even serious or disabling, from practicing yoga, are inherent and are always present and cannot be entirely eliminated. I understand and voluntarily accept the risks inherent in the classes, events and workshops offered by One Soul Yoga LLC. I hereby represent that I have consulted with a medical doctor and I am healthy and physically fit to practice the types of yoga and services offered by One Soul Yoga LLC. If I experience any pain or discomfort, I agree that I will listen to my body and promptly modify or discontinue such posture. If I am or in the future become pregnant, I affirm that I will notify the instructor and will consult with and obtain approval from my physician before practicing in yoga. I hereby irrevocably and forever release and discharge, and waive any claims that I, or the participant, have now or hereafter may have against One Soul Yoga LLC, its instructors, officers, owners, contractors, partners (including owners or representatives of facilities in which the yoga classes are held) or employees, including for ordinary negligence on the part of any One Soul Yoga LLC Parties for and on behalf of myself, my heirs, survivors, successors and assigns, in connection with any injury, liability or theft or damage of personal property I may experience in connection with the participation at One Soul Yoga LLC. I further acknowledge and agree that instruction and services may include hands-on assists by the instructor and I hereby consent to being physically assisted from time to time by the instructor in connection with the practice of yoga, and should I ever withdraw my consent I will affirmatively state the same. One Soul Yoga LLC Parties will never touch students in an inappropriate or offensive manner. By registering for any class or workshop, I agree to allow my cell phone number to be entered into Remind 101 to receive text notifications on scheduling changes and allow my image to be photographed/videotaped without compensation unless I opt out by given written notice to the office. Images may be used by One Soul Yoga LLC for promotional materials and social media. Those under the age of 18 must have this form signed by a parent or guardian.

_____
Signature (or signature of parent if under 18)

CODE OF CONDUCT & ETHICS AGREEMENT

The word "associate" refers to all One Soul co-owners, instructors, YTT trainees, substitutes, practitioners and providers. The word "student" refers to any One Soul yoga student, or client in any class or practitioner setting. One Soul recognizes the sensitive nature of the student/teacher relationship and believes it is the responsibility of the associate to provide a safe and secure environment where the student can grow physically, mentally and spiritually. As such, the following is a set of ethical and accountability guidelines and code of conduct that One Soul and associates have adopted to follow:

Associates agree to (please initial each one and sign below):
_____Accept and appreciate that teaching Yoga is an honorable venture which aligns them with a long line of history and instructors before them and are committed to practicing Yoga as a way of life, following ethical standards both on and off the mat.

_____Uphold and maintain impeccable standards and integrity through professional competence and are committed as life-long learners of yoga and continue their education through self-study, personal practice and continuing education.

_____Agree to avoid substance abuse and should they succumb to dependency agree to halt teaching until they are free of substance abuse.

_____Accurately represent their training, education and yoga-related experience and will embrace truthfulness, privacy, confidentiality and respect when working with and communicating with students.

_____Commit to the mental, physical and spiritual well-being of their students.

_____Refrain from giving medical advice unless they have necessary medical qualifications.

_____Keep their class a safe space for all students irrespective of race, nationality, religion, gender, sexual orientation and social or financial status and are willing to accept students with physical disabilities providing they have adequate training to do so.

_____Understand every individual comes to class with their own set of opinions and ideas and they will never force their own on students. Associates will, however, communicate to students that yoga is meant to aid in mind, body and spiritual transformation.

____Avoid all forms of sexual harassment of students and will ask permission before physical assisting any student in any asana/treatment.

____ Seek peer counseling before entering in a consensual sexual relationship with any student (present or former). As such, associates will make all attempts to avoid exploiting the trust and potential dependency of any student.

___Acknowledge the importance of provide proper context for teaching and will avoid "casual" teaching without context and will demonstrate proper decorum in and out of class.

____ Practice understanding and tolerance for other instructors, studios/schools and traditions. Criticism should be approached carefully with fairness and factual information and agree that soliciting students from another instructor or studio/school is unethical and prohibited. As such, associates agree to keep all One Soul business and training materials confidential. One Soul forms and training materials are personal and private property and should not be duplicated without permission.

____Keep student information including personal information, medical disclosures and all communications with strict professional confidence and confidentiality. Public class photos, names and videos of students are only used with permission via waiver.

____Refrain from exchanging personal information (phone number, personal email, social media accounts, etc.) with students and will refrain from contacting any students in any manner or soliciting business outside of One Soul classes, workshops, retreats and events.

____Accept a professional courtesy relationship with One Soul Yoga in which they will not: open a yoga studio, gain ownership, or purchase a yoga studio/facility or open inside another space within a 30-mile radius of One Soul Yoga without counsel/permission. This professional courtesy agreement does not prevent associates from taking classes or teaching at another studio/facility. However, associates agree to not promote another studio/facility while training or teaching at One Soul without permission.

_____Agree to the One Soul waiver of liability, code of conduct and ethics, applications and/or employment contract and the outlined Anti-Harassment and Grievance policies adopted by One Soul Yoga & Wellness Center.

_____Printed Name _____Signature_____Date