

200-Hour Hybrid-Immersive Yoga Teacher Training

August 1–14, 2027 | Copa de Arbol, Costa Rica

Yoga Alliance Certification | Led by Jackie Chiodo, E-RYT 500

Learn. Practice. Teach.

Complete your 200-hour yoga teacher training through an immersive hybrid experience combining structured online education with **two transformative weeks of hands-on training in the Costa Rican rainforest.**

The program begins online with Jackie Chiodo, establishing a strong foundation in the history, philosophy, anatomy, and paths of yoga before traveling to Copa de Arbol for the immersive portion of your training.

Once you arrive, **theory becomes experience.**

For two weeks, you will live, practice, study, observe, teach, and learn together in one of the most extraordinary natural environments on Earth. Surrounded by rainforest, ocean, wildlife, and the rhythms of nature, you will have the space to step away from everyday distractions and focus deeply on your development as a yoga teacher.

This is more than learning how to lead a yoga class. It is an opportunity to explore yoga as a **way of living, seeing, listening, and connecting.**

The Curriculum

Our curriculum combines the traditional teachings of yoga with the practical skills necessary to become a confident, thoughtful, and compassionate teacher.

You will explore:

- The Eight Limbs of Yoga and The Yoga Sutras
- Foundations of yogic philosophy
- Asana, alignment, and functional anatomy
- Modifications for all levels of practice
- Meditation, pranayama, and mantra
- Yoga Nidra and the power of the subconscious mind
- The nervous system

- Teaching methodology
- Intelligent sequencing, verbal cueing, class planning, and pacing
- Vinyasa and Yin Yoga
- Introduction to the chakra system
- Introduction to Ayurveda
- Self-inquiry and personal practice
- Observation and teaching skills

Throughout the training, you will practice teaching in a supportive environment, receive meaningful feedback, and gradually develop your own teaching voice.

Why the Immersion Matters

Online learning can provide information. Immersion allows you to embody it.

At Copa de Arbol, you will move beyond watching, reading, and discussing yoga and begin actively practicing the skills of teaching.

You will learn to:

Observe a body.

Communicate clearly.

Build an intelligent sequence.

Modify for different students.

Hold space for a group.

Teach from experience rather than memorization.

Becoming a yoga teacher is not simply about mastering poses. It is about cultivating **presence, awareness, discernment, compassion, and confidence.**

Training Includes

- Yoga Alliance-certified 200-hour curriculum
- 4 Online Modules: 3 to prepare for the Immersion & 1 session to Integrate the Experience
- Access to the Yoga Class online library for sequencing, themes, and transitions
- Two-week practical immersion: **August 1–14, 2027**
- Yoga Sutras with a focus on the Eight Limbs
- Asana, alignment, anatomy, and modifications
- Pranayama, mantra, meditation, and Yoga Nidra
- The subconscious mind and nervous system

- Teaching methodology and intelligent sequencing
 - Vinyasa and Yin Yoga
 - Chakra system and Ayurvedic lifestyle principles
 - Hands-on practice, observation, teaching, and peer feedback
 - Small-group learning environment
 - Daily yoga and meditation
 - Nourishing meals throughout the immersion
 - Shared and private accommodation options
 - Dedicated rest and integration time
 - Rainforest exploration and nature immersion
 - Optional experiences including horseback riding, birdwatching, beach time, swimming, and exploring the Osa Peninsula
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A Sample Immersive Training Day

7:00–8:00 AM | Breakfast

Nourishing breakfast, fresh fruit, coffee, and time to connect.

9:00–10:30 AM | Morning Asana Practice

Jackie leads a daily practice incorporating Vinyasa, foundational Hatha principles, alignment, breath, and mindful movement.

As the training progresses, students experience the practice from a teacher's perspective, observing sequencing, transitions, pacing, cueing, themes, and the relationship between movement and breath.

10:30–11:00 AM | Meditation + Pranayama

Daily meditation and breathwork, including foundational techniques, concentration, awareness, and the relationship between breath and the nervous system.

11:00 AM–12:00 PM | Yoga Philosophy + The Eight Limbs

Study and discussion of the Eight Limbs, Raja Yoga, The Yoga Sutras, Yamas and Niyamas, ethics and responsibility, and the relationship between practice and daily life.

The intention is to move beyond memorizing philosophical concepts and begin asking:

How can these teachings actually change the way I live—and the way I teach?

12:00–2:00 PM | Lunch + Midday Integration

Enjoy a nourishing lunch followed by time to swim, walk the beach, journal, explore, read, nap, or simply sit beneath the trees and listen.

The space between the teachings is part of the training.

2:00–3:30 PM | Anatomy + Asana Lab

Explore functional anatomy, alignment, posture analysis, modifications, contraindications, common movement patterns, safe adjustments, and working with different bodies and abilities.

The goal is not to make every student fit the same version of a pose, but to learn how to make yoga accessible to the person in front of you.

3:30–4:30 PM | Teaching Methodology + Sequencing

Learn how to create and confidently teach a complete yoga class through class structure, sequencing, transitions, verbal cueing, demonstration, pacing, theme development, breath integration, modifications, and closing with intention.

4:30–5:30 PM | Practicum + Practice Teaching

Students teach one another in small groups, progressing from individual poses and short sequences toward increasingly complete classes.

You will practice, observe, receive feedback, make adjustments, and teach again—building confidence through experience, repetition, reflection, and supportive mentorship.

5:30–6:00 PM | Integration Practice

Close the formal training day with Yin, restorative yoga, meditation, Yoga Nidra, breathwork, sound, journaling, or guided visualization.

6:00–8:00 PM | Dinner + Free Time

8:00–9:00 PM | Select Evening Sessions

Certain evenings may include chakra studies, Ayurveda, philosophy discussions, guided meditation, sound baths, journaling, group reflection, or Satsang.

Other evenings remain completely open.

Not every moment needs to be scheduled.

Beyond the Daily Schedule

The two-week immersion will vary from day to day, allowing for deeper study in anatomy, sequencing, teaching methodology, philosophy, Yin, meditation, pranayama, chakras, Ayurveda, and extended teaching practicums.

There will also be designated time for **rest, integration, and adventure**, with opportunities for:

- Horseback riding on the beach
- Birdwatching
- Rainforest exploration
- Swimming
- Beach walks
- Nature immersion
- Exploring the Osa Peninsula
- Quiet time in the jungle

Because yoga is ultimately about relationship and awareness, **nature becomes part of the classroom.**

Imagine your morning practice immersed in the heart of the rainforest, with the sounds of birds and monkeys becoming part of your meditation, sharing meals with people who have traveled from around the world to answer the same call, and walking through the rainforest after class as the day's teachings settle.

This is an environment where distractions become quieter—and your own inner voice becomes easier to hear.

Investment

Copa de Arbol Accommodation + Meals

\$395 per night per person, for 13 nights \$5135 (excluding tax)

Includes 13 nights of accommodations, three daily meals, coffee, and snacks.

Reserve your room directly with Copa de Arbol.

200-Hour Certification Tuition

\$2,995

Reserve your space with a **50% deposit directly with Jackie.**

Upon registration, you will receive a required reading list and digital training manual.

You will also have access to online classes with Jackie from **June 19–August 31, 2027**, introducing you to her teaching style and methodology before arriving in the jungle.

Online Training Sessions

June 19, 2027 | 10:00 AM–4:00 PM EST

June 20, 2027 | 10:00 AM–4:00 PM EST

July 10, 2027 | 10:00 AM–4:00 PM EST

Post-Certification Integration

September 18, 2027 | 10:00 AM–1:00 PM EST

An online integration session will help support your transition from the immersion into the classroom as you begin teaching.

The Intention

The goal of this training is not simply to give you 200 hours of information. It is to give you an experience that changes your relationship with yoga.

You will learn the foundations, practice teaching, receive feedback, discover your strengths, become more comfortable being seen, and begin to trust your own voice.

By the end of our time together, you will have actively practiced the skills of **teaching, sequencing, observing, communicating, adapting, and holding space for others.**

You arrive as a student.

You leave as a teacher.

This 200 Hour Yoga Certification is suitable for all ages and stages of practice.

Optional Add-ons include:

Mindset Coaching session with Jackie

Ayurveda Consultation