

300-Hour: Elevate Yourself as a Teacher

An Immersive Advanced Yoga Teacher Training

The **300-Hour Elevated Teacher Training** is designed for experienced yoga teachers and those who have completed a recognized 200-hour yoga teacher training.

This is not a repetition of foundational material. **It is an invitation to go deeper.**

Rather than revisiting the basics, our time together is devoted to advanced application, refinement, mentorship, self-inquiry, and the evolution of your individual teaching voice.

Through immersive practice, advanced study, teaching laboratories, philosophy, subtle-body exploration, Ayurveda, meditation, pranayama, and experiential learning, you will examine not only **what you teach, but why you teach it and who you are becoming through the teaching.**

The intention is not to create teachers who teach alike. It is to help you become **more authentic and refined as a teacher.**

Sample Immersive Training Day

7:00–8:00 AM | Breakfast + Morning Connection

Relaxed breakfast and time to connect with fellow teachers before the day's deeper studies.

9:00–10:30 AM | Morning Practice

An intentional advanced asana practice exploring:

- Sophisticated sequencing and creative transitions
- Energetic themes and intelligent adaptations
- Alignment and functional movement
- Vinyasa, Yin, and mindful movement
- The art of creating an intentional class experience

Students will have opportunities to lead portions of practice, experiment with sequencing, and receive feedback.

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

Explore meditation, pranayama, concentration, awareness, and the subtle effects of breath on the body and mind, including how contemplative practices can be authentically and appropriately integrated into teaching.

11:00 AM–12:00 PM | Advanced Philosophy + Self-Inquiry

Move beyond intellectual study and into lived philosophy.

Topics may include:

- The Eight Limbs and Yoga Sutras
- The Bhagavad Gita and Dharma
- Yogic philosophy
- The subtle body, chakras, doshas, mantras, and mudras
- The subconscious mind and Yoga Nidra
- Nervous system and the Vagus nerve
- Ayurveda applied to the yoga class structure
- Meditation and advanced pranayama
- Intuition and self-inquiry
- Ethics and responsibility of guiding others
- The relationship between personal practice and teaching
- The evolution of the teacher

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

A nourishing lunch followed by unstructured time to swim, rest, journal, explore, read, nap, connect, or spend time with the trees.

The space between the teachings is part of the training.

2:00–3:30 PM | Advanced Teaching Lab

A practical laboratory for refining the art of teaching.

Explore:

- Advanced verbal cueing and language
- Sequencing and pacing
- Observation and reading the room
- Hands-on and verbal adjustments
- Modifications and mixed-level classrooms
- Demonstration
- Responding in real time
- Creating coherent class themes

Rather than simply learning what to teach, students examine **why they make particular teaching choices.**

This is where teaching begins to move from memorized methodology toward **embodied mastery.**

3:30–4:30 PM | Specialty Study + Advanced Workshops

Rotating subjects may include:

- Yin methodology
- Advanced sequencing
- Subtle-body studies
- Chakra theory
- Ayurveda and lifestyle
- Meditation and advanced pranayama
- Nervous-system-informed movement
- Teaching philosophy
- The business of teaching yoga
- Creating meaningful class themes
- Developing retreats and workshops
- Teaching special populations
- Modifications for physical limitations and injuries
- Cultivating presence as a teacher
- Refinement of the Sanskrit language
- Mantras and Mudras

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

Step fully into the role of teacher.

Each participant will have opportunities to teach, experiment, receive constructive feedback, and refine their approach through peer observation and mentorship.

The question becomes:

What makes my teaching uniquely mine?

The goal is not perfection. It is greater **awareness, confidence, clarity, authenticity, and skill.**

5:30–6:00 PM | Integration Practice

A quieter closing practice may include:

- Yin
- Restorative movement

- Yoga Nidra
- Meditation
- Breathwork
- Sound bath
- Guided visualization
- Quiet reflection

A chance to move from **learning into integration.**

6:00–8:00 PM | Dinner + Free Time

8:00–9:00 PM | Optional Evening Study + Satsang

Select evenings may include philosophy discussions, guided meditation, Satsang, sound, teaching roundtables, journaling, storytelling, community conversation, and reflections from the day's teachings.

Other evenings will intentionally remain open.

Not every moment needs to be scheduled.

Beyond the Daily Schedule

The 300-hour immersion intentionally balances **rigorous advanced study with spaciousness, integration, and experience.**

Select days may include:

- Extended workshops
- Student-led classes
- One-on-one mentorship
- Teaching assessments
- Specialized studies
- Personal practice
- Group excursions

Because yoga is not confined to a yoga mat, there will also be opportunities to experience the environment around us, including:

- Horseback riding
- Beach walks
- Birdwatching
- Rainforest exploration

- Swimming
- Hiking
- Nature immersion
- Quiet time in nature

Some afternoons may simply be yours to spend in silent reflection.

No agenda.

No assignment.

No expectation.

Just space to integrate.

The Intention

The purpose of this training is not to fill every available hour or give experienced teachers more information simply for the sake of knowing more.

It is to create an environment where teachers have the **time, space, mentorship, and experience necessary to evolve.**

You will practice consistently, teach repeatedly, receive meaningful feedback, question what you think you know, explore new methodologies, and deepen your personal practice.

And, perhaps most importantly, you will have the opportunity to listen more closely to **the teacher who is already emerging within you.**

This is not about becoming a different teacher.

It is about becoming a more fully expressed version of the teacher you already are.

Elevate your practice.

Elevate your teaching.

Elevate yourself.

The Investment

Copa de Arbol Accommodation + Meals

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

13-night accommodations and meals at Copa de Arbol.

Double accommodation.

Reserve your room directly with Copa de Arbol.

300-Hour Training Tuition

\$3,995

Includes:

- 6 online training modules
- 2-week immersive experience
- Access to the online yoga class library for 3 months
- Training manual
- One-on-one session with Jackie

Reserve your space with Jackie with a 50% deposit to enroll.

This version keeps the **full substance and your language**, but the biggest repetition is gone: the advanced-study themes are consolidated, the teaching-development message appears once in each relevant section rather than several times, and the investment is much easier to find.