

HOW TO GRADUATE!

The screenshot shows a web browser displaying the '200hr Yoga Teacher Training' course page on 'EDGE YOGA SCHOOL'. The page is titled 'Course Curriculum' and features a progress bar indicating '73% COMPLETE'. The curriculum is organized into sections: 'Welcome Letter', 'Announcements May 10th', 'Manual PDF', 'Q&A Course Overview (59:48)', 'Syllabus', 'Resources', and 'Videos'. Each item has a status icon (checkmark or circle) and a 'Start' button. The 'Announcements May 10th' item is currently selected.

EDGE YOGA SCHOOL

200

YOGA ALLIANCE

200hr Yoga Teacher Training

73% COMPLETE

Course Curriculum

Included Courses

Your Instructor

Course Curriculum

Start next lecture > Announcements May 10th

Welcome Letter

- ✓ STEP ONE
- ✓ About the Program
- ✓ Table of Contents
- ✓ Welcome! (6:17)
- ✓ Checklist
- Announcements May 10th [Start](#)
- ✓ Manual PDF
- Q&A Course Overview (59:48) [Start](#)
- Syllabus [Start](#)

Resources

- ✓ A Yogis Path (1:12)
- Book Report [Start](#)
- ✓ Discovery Session

Videos

180 CLASSROOM HOURS



LISTEN TO THE PODCASTS

80% COMPLETE

How to Create a Workshop (35:41)

Levels of Yoga (3:49)

Modifications (2:11)

Props (6:49)

Qualities of Movement (2:49)

Teaching an Inclusive Class (60:03)

Yoga Retreats (10:26)

Yoga Styles (7:34)

Yoga in the Workplace (7:49)

Storytelling with Kay, Edge Ambassador, E-RYT 200

Yamas and Niyamas (89:12)

Building on Asanas (91:45)

Unpacking the Asanas (109:09)

Understanding Asanas (123:11)

Sun Sals B & More (94:47)

Pranayama (40:26)

How to Create a Workshop

EDGE YOGA SCHOOL
mind body academy

HOW TO
CREATE A
WORKSHOP

WITH MICHELLE RAE SOBI

35:41

FILL OUT YOUR WORKBOOK



COMPLETE THE ANATOMY

83% COMPLETE

Anatomy - Cardiovascular System: Asana and Meditation (59:43)

HOMEWORK

TAKE-AWAY

CREATE A CLASS TO INCLUDE DOWNWARD FACING DOG AND A MEDITATION SCRIPT.

THE WORKBOOK

CREATE A CLASS

It's your turn to teach! Create a yoga segment. Be sure to include different movements of the spine: neutral, flexion, extension, lateral bends, rotations and inversions. Break out into groups and teach one another 3-4 posture sequences.

Name of class:

Posture #1:

Cue:

Qualities:

Modifications:

Posture #2:

Cue:

Qualities:

Modifications:

Posture #3:

Cue:

Qualities:

Modifications:

Posture #4:

Cue:

Qualities:

Modifications:

EDGE YOGA SCHOOL • THE YOGA ASANA HANDBOOK

59:43

Cardiovascular System.pdf

1 of 10

Automatic Zoom

SUBMIT WITH YOUR WORKBOOK

SUMBIT YOUR WORK

100% COMPLETE

BONUS: Ayurveda

- ✓ Ayurveda
- ✓ Ayurveda Fundamentals
- ✓ Ayurveda: How to Take the Quiz (40:56)
- ✓ Ayurveda and Scope of Practice (30:12)
- ✓ Jen's Ayurveda and Humanities Chat (61:41)
- ✓ Ayurveda with Anastasia Part I (73:19)
- ✓ Ayurveda with Anastasia Part II (121:26)

Submit Your Workbook

- 🕒 FlipGrid
- ✓ Complete the Lessons

FlipGrid

It's time to submit your workbook! Just make a ten minute video of you flipping through your work. Only the Edge team will be able to view your video, and it will not be shared.

200hr workbook video submission

by Michelle Rae Sobi

[Log in with Google](#)

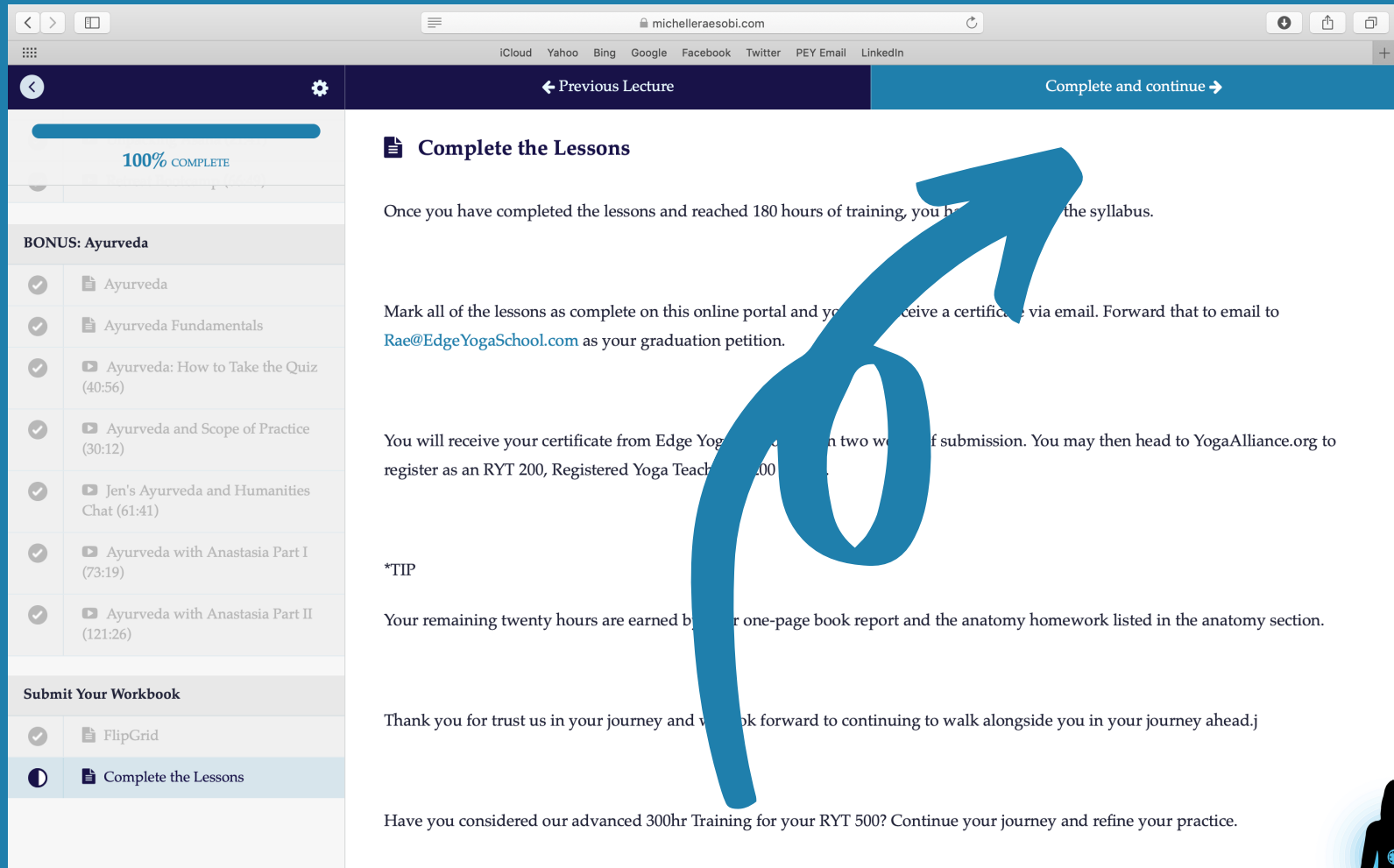
[Log in with Microsoft](#)

Join the Grid using your school email.

☐ Remember Me

FLIPGRID

COMPLETE YOUR FINAL LESSON



100% COMPLETE

BONUS: Ayurveda

- ☒ Ayurveda
- ☒ Ayurveda Fundamentals
- ☒ Ayurveda: How to Take the Quiz (40:56)
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Submit Your Workbook

- ☒ FlipGrid
- ☒ Complete the Lessons

Complete the Lessons

Once you have completed the lessons and reached 180 hours of training, you have completed the syllabus.

Mark all of the lessons as complete on this online portal and you will receive a certificate via email. Forward that to email to Rae@EdgeYogaSchool.com as your graduation petition.

You will receive your certificate from Edge Yoga School within two weeks of submission. You may then head to YogaAlliance.org to register as an RYT 200, Registered Yoga Teacher 200.

***TIP**

Your remaining twenty hours are earned by completing a one-page book report and the anatomy homework listed in the anatomy section.

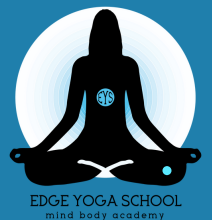
Thank you for trust us in your journey and we look forward to continuing to walk alongside you in your journey ahead.

Have you considered our advanced 300hr Training for your RYT 500? Continue your journey and refine your practice.



Web browser interface showing the Edge Yoga School website. The URL is michelleraesobi.com. The page displays the 200hr Yoga Teacher Training progress, which is 100% complete. The left sidebar includes links for Course Curriculum, Included Courses, Your Instructor, and Certificate. The main content area shows a Petition for Graduation form for Michelle Rae Sobi, with the text "Online Coursework Completed 200hr Yoga Teacher Training" and "Date: 2020-06-14". The Serial No. is cert_qb9y157x. A Download button is visible below the petition form.

EMAIL YOUR PETITION



EDGE YOGA SCHOOL
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Thank You!



Michelle Rae Sob