

How VNYSA Online School of Yoga Works



Train with highly experienced teachers in Vancouver

Define and deepen your own path as a yoga practitioner and as a yoga teacher

Learn to teach & practice your own strong, inspirational, unique vinyasa classes

Take your practice and your life to the next level through a heightened understanding of yoga

Vibe higher in life, in work, and in play

Now is the perfect time

As unique as you are.

We are all at different stages in our lives. Whether you wish to amplify yoga in your life, strengthen your yoga practice, or take on the incredible privilege of teaching yoga to others, something has brought you to this moment and we are glad you are here. Maybe deep down you know you are ready to take this leap forward – and it is in this process of learning that will change your life forever – for the better.



Our training will meet you where you are and help you grow from there.



Enroll in the 200 Hr YTT. All modules are bundled into one at a discounted price.

Summer start-date scheduled for May 1st and Fall registration is open for September 1st. We encourage you to finish your 200 Hr YTT within 4 months' time, however you have access to the program for 1 year. A 4-month completion date is suggested to keep you committed, integrated, and focused.



200 Hr YTT includes a comprehensive practicum. All the practical experience you need to lead a yoga class safely and effectively as well as solidify your knowledge and integrate yoga into your life. Including opportunity to lead real life classes in real studio setting at VNYSA studio (based in Vancouver, BC.) or record your practicum teaching sessions and submit to VSOY team for evaluation.

How VNYS Online School of Yoga Works



Receive your VNYS Online School of Yoga certification by completing our 200 Hr YTT course bundle and practicum. Certification is Yoga Alliance Certified.



Ongoing support from our founders is offered in the full 200 Hr YTT bundle. You also have the option to book private lessons with your lead teachers.



Access Live Sessions where you will meet your peers, discuss thought provoking yoga topics, and practice your teaching. Graduation requires participation in 12 Live Sessions.

A step-by-step breakdown of our 200 HR YTT

- Apply to VSOY
- Set up an interview
- Receive a welcome package
- Enrolment to VSOY and access content
- Receive VNYS Digital Studio access for 1 year
- Set up call 1 month into program to check up and offer connection with other students and set up study groups and set goals
- Attend at least 12 weekly Live sessions
- Complete content, tests, worksheets, quizzes
- Set up a meeting before beginning practicum, set up a plan and goal
- Book at least 1 teacher in training session (individual or group) prior to practicum evaluation
- Book final practicum evaluation
- Complete take-home final exam
- Apply for graduation once practicum is complete

