



Fall 2026 Teacher Training Program

Learn more about Highland Yoga's Fall 2026
teacher training program in Nashville, TN.



HIGHLAND YOGA

FIND YOUR FLOW



Deepen Your Practice. Connect with Community. Flexible Program.

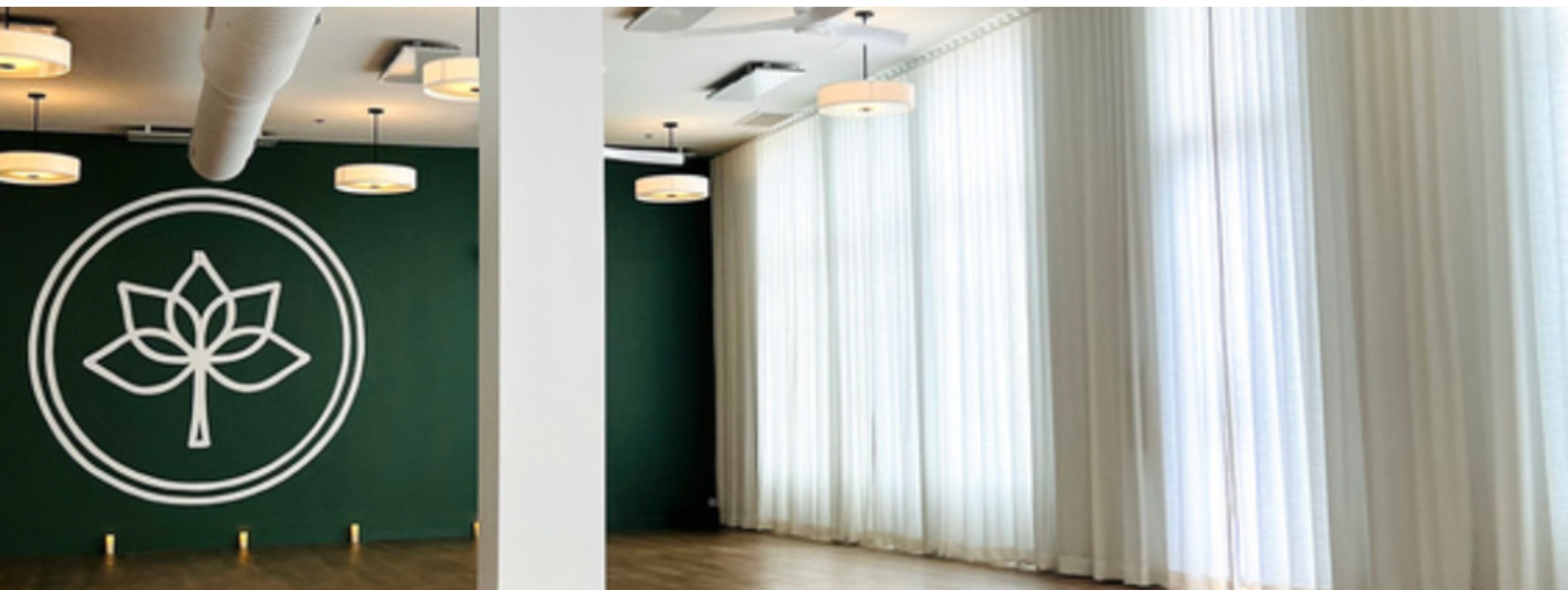
Consider earning your 200-hour certification through Highland Yoga's immersive training program. Through our program, you will deepen your understanding of yoga, connect with a supportive community, and learn how to confidently lead an hour-long vinyasa class.

TOPICS COVERED

- Yoga history and philosophy
- How to safely and intelligently sequence a Vinyasa yoga class
- Finding your voice as a yoga teacher
- Anatomy
- Inspiring your students
- Meditation and mindfulness
- The business of yoga
- Sculpt basics
- Ayurvedic nutrition
- Advanced teaching techniques
- And much, much more!

About Highland Yoga

Highland Yoga is an Atlanta-based studio founded in 2015. Although this is the first program in Nashville, Highland Yoga has a total of nine locations across Atlanta, Athens and Nashville and has led over 15 teacher training programs! Highland Yoga's unique breath-to-movement style incorporates exercise science-based sequencing, breath/pranayama practices, and meditation techniques designed to bring students a transformative experience in each class.



Our YTT Team

HEATHER SPAKE	Co Lead
CINDY LUNSFORD	Co Lead
LAUREN SALGADO	Co Lead
SYDNEY GROVES	Co Lead

AND MORE!

Important Details

LOCATION

Highland Yoga Nashville
827 19th Ave S Suite 1050, Nashville, TN 37203

DATES

August 22nd - December 6th 2026
This does not include showcase schedule

MEETING TIMES

Saturdays 1:15pm-6:45pm
Sundays 12pm-5:30pm (includes attending the 4:30 HY Power Flow class)
Four 2hr virtual sessions to take place from 6:15pm-8:15pm on 9/1, 9/22, 10/6 and 11/10

COST

\$3250 full price paid in full by August 21st 2026 / \$3150 early bird if paid in full by August 1st 2026

INCLUDED IN YOUR TRAINING

Free unlimited yoga at all Highland Yoga locations August 17th - December 13th. Highland Yoga's comprehensive training materials, and access to online companion course.



Testimonials

Sandra McGury, 2019:

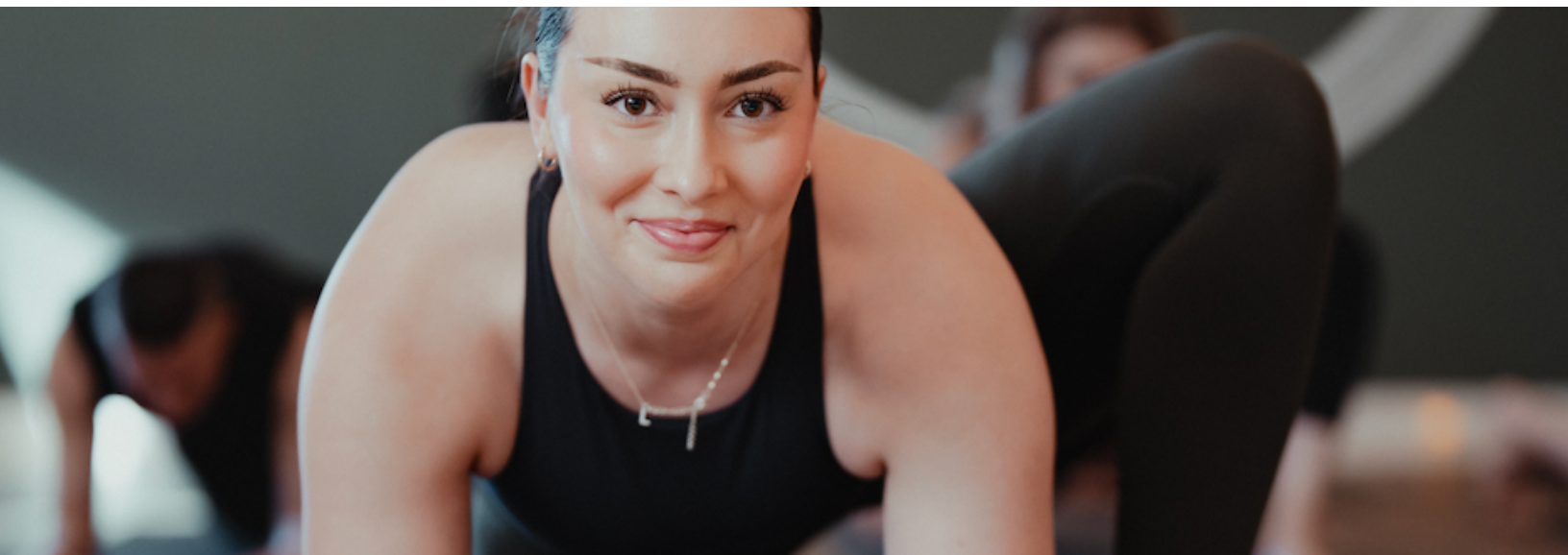
If you are considering becoming a vinyasa yoga teacher, I recommend HY's YTT for an invaluable experience. Of course, the instructors are experts in their fields and do their very best to teach you the foundations you need to become a good teacher yourself, but that's a given. What made my training at HY so memorable is much more than the certificate at the end of the semester. After the first two sessions, the cohort was a family, a safe space, and the training became a shared journey with nobody left behind. Without the strength of my fellow trainees, I would not have been able to pull through. We all came out of this training better, more considerate, patient and understanding people than we were at the beginning.

Grace Hennessy, 2019:

After over 4 years of practicing yoga as a student, I decided to take Highland Yoga's training to become a teacher. The training gave me invaluable knowledge about alignment, breath, and how to effectively and safely guide students through a yoga class. In addition, I learned lots of bonus content in anatomy, prenatal yoga, meditation, and many other interesting and relevant topics.

Highland yoga's teacher training taught this perfectionist to embrace imperfections, be comfortable in the discomfort, and to shift my focus towards the present moment. On top of it all, I made connections with people with whom I'll be lifelong friends.

The instructors take a genuine interest in developing the trainees into the best yoga teachers they can be and I feel so fortunate to have gone through this training through Highland Yoga with them.



Testimonials

Cari Goldberg, 2025

After years of consideration, I finally decided to pursue Highland Yoga's Teacher Training, and I'm so grateful that I did because it turned out to be one of the most profound and transformative experiences of my life.

I went into the training expecting to gain extensive knowledge of the practice, from history to anatomy to class structure to meditation and teaching best practices from experienced teachers. I gained all of that and more, but what I didn't expect was the personal growth journey that would unfold along the way.

As with any yoga class, the lessons of this training extend far past your practice on the mat. I learned how to embrace vulnerability and discomfort, use my voice, and show up authentically. My instructors genuinely cared about me and equipped me with the tools and confidence I needed to teach, while challenging me to fulfill my highest potential. My fellow trainees and all the Highland Yoga teachers I met along the way supported and encouraged me.

This training requires hard work, dedication, and a willingness to step outside your comfort zone, but every single moment is 100% worth it. This program brought me home to myself and for that I will be forever grateful. Today, as a Highland Yoga teacher, I feel confident in my teaching abilities because of my strong foundation and the space I am given to teach from a place of authenticity.



Sample Syllabus

- **August 22nd-August 23rd**

- The History of Yoga
- Yoga Philosophy
- Breath Cues - Upward/Downward Movement
- Sun A and Sun B

- **September 12th-13th**

- Pranayama
- Diversity & Inclusion in Yoga
- Permissive Language
- Starting Poses
- Practice Teaching

- **September 19th-20th**

- Introduction to Alignment
- Anatomy Deep Dive
- Sequencing - Macro & Micro
- Standing Poses
- Practice Teaching

- **October 3rd-4th**

- Cues Discussion
- Sequencing - Additional Topics
- Standing Poses
- Backbends
- Practice Teaching

- **October 17th-18th**

- Meditation
- Sequencing - Additional Topics
- Seated Poses
- Inversion Workshop
- Practice Teaching

- **November 7th-8th**

- Advanced Teaching Techniques
- Music
- Arm Balances
- Walking Meditation
- Practice Teaching

- **November 14th-15th**

- Blocks to Listening and Holding Space
- Restorative and Nidra
- Chakras
- Closing Poses
- Practice Teaching

- **December 5th-6th**

- Business of Yoga
- Ayurveda
- Theming
- Practice Teaching

- **December 12th-13th**

- Showcases

- **Virtual dates**

- 9/1, 9/22, 10/6, 11/10



Additional Information

Requirements to Graduate

- Complete Online Companion Resource Course
- Daily meditation and journaling
- Practice 3-4x a week in-studio or online throughout duration of training

Required Reading

- Teaching Yoga, Second Edition by Mark Stephens
- The Yamas and Niyamas by Deborah Adele

Ready to Apply?

Email sydney@highland-yoga.com for additional information before or at time of sign up.



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