

Lucky Elephant Yoga & Wellness
200-Hour Trauma-Informed Yoga Teacher Training
January – April 2026

Overview

This training is more than a certification. It's a healing, inclusive, and empowering journey that blends alignment-based vinyasa with a trauma-informed lens. Whether your goal is to teach or to deepen your personal practice, you will leave with skills to support diverse bodies, nervous system regulation, and safe, accessible yoga spaces.

Why Choose This Training

- Trauma-Informed Foundation – Learn to create a safe, empowering space for all students.
- Alignment-Based Vinyasa Methodology – Understand alignment principles and intelligent sequencing.
- Personal Transformation – Deepen your own practice and explore yoga philosophy.
- Teaching Readiness – Graduate ready to teach trauma-informed vinyasa and register as RYT-200.

Training Schedule & Format

Weekend Format:

Fridays: 6:00 – 9:00 pm

Saturdays: 12:00 – 7:00 pm

Sundays: 12:00 – 7:00 pm

Weekend Dates:

- January 16-18
- January 30 – February 1
- February 13-15
- February 27 – March 1
- March 6-8
- March 27-29
- April (Final classes to be scheduled)

Dates subject to change based on group needs.

What You'll Learn

- Anatomy & biomechanics for alignment-based vinyasa
- Sequencing for safety, creativity, and inclusivity
- Modifying practices for varying levels and abilities
- Trauma-informed teaching principles & language
- Meditation, pranayama, and nervous system regulation

- Yoga philosophy and history
- The business of teaching yoga & ethics

Prerequisites

- At least 1 year of consistent yoga practice
- Meet with Bridget prior to registration approval
- Desire to learn and grow through yoga practice

Investment & Tuition

Deepen Your Practice Track:

Early Bird (by Dec 1, 2025): \$2,400

Standard Tuition: \$2,750

Deposit: \$500

Payment Plans: Available

Includes unlimited classes and workshops.

Certificate of Completion (not certification).

Yoga Teaching Certification Track:

Early Bird (by Dec 1, 2025): \$2,900

Standard Tuition: \$3,250

Deposit: \$500

Payment Plans: Available

Includes all classes and materials.

Graduates may register as Yoga Alliance RYT-200.

Payment & Refund Policy

- Tuition excludes books/materials.
- Payment: cash, check, or credit card. 10% cash discount
- Withdrawal before 7th day of training: refund minus \$250 admin fee.
- Withdrawal after 1 weeks: no refund.
- Requests in writing to Bridget.
- Materials must be returned within one week of withdrawal.

Yoga Alliance Registration

This program meets the 200-hour Yoga Alliance requirement. Graduates receive a Certificate of Completion to register as RYT-200.

Info Session & Contact

Lucky Elephant Yoga & Wellness

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Address: 1460 Chapel Ridge Rd, Ste 250, Apex, NC, USA