

Laughing Elephant Yoga 200 Hour Teacher Training

Letter of Intent

We believe in the importance of belonging. We believe that feeling safe and seen in this busy world is what makes a home. Our 200-hour Yoga Teacher Training seeks to offer that belonging, together with expansion and learning, for all those who feel called to attend. Our training is a robust and thorough exploration of yoga, including history, philosophy, anatomy, asana, pranayama and meditation. It is meant for those who wish to teach as well as those who simply yearn to know more.

We expect our students to come with open hearts and minds with the goal of deepening their understanding of yoga and all of its many facets. We expect our students to conduct themselves with the utmost professionalism and respect. We expect them to be accepting and patient with one another as well as the material and that they be willing to grow as a result of this experience - perhaps in ways they never imagined.

In return, we will deliver the same high level of professionalism and respect toward each and every student in our program. We will strive to convey the material in a way that is clear and engaging. We pledge to support every student along this journey, taking into account that each person is unique, with a unique set of life stresses and circumstances. Moreover, we will facilitate community whenever possible, calling on our students to contribute their ideas, presence and talents for the good of the whole.

We are thrilled to offer this 200-hour Yoga Teacher Training because we have put together what we believe to be the best program on the market today. Our training is a collaborative creation by some of the best minds in the business and our teaching team boasts literally decades of knowledge and real-life experience. But perhaps more importantly, we are excited to share our training because we believe that our program graduates will ultimately represent a collection of diverse souls, gifts and vantage points that exist beyond the boundaries of any training or building. We hope that our teacher training produces a community wherein we will all continue to grow and thrive in our shared love of yoga as the Laughing Elephant Yoga family.