

How is FREE LIFE PEOPLE different from other yoga teacher trainings?



At FREE LIFE PEOPLE™ we believe that your biggest teacher is already within you. We believe that the practice of mindfulness gives you all the tools you need to land in presence and therefore live your freest, happiest, most powerful life. The rest is up to you!

We believe that learning to CONNECT with your students trumps all other skills you will learn. We show you how to keep joy and connection alive in your teaching.

We teach you how to weave the central teachings of yoga and mindfulness into everything you teach. You will learn how to articulate this in a way that speaks to today's modern world. Most importantly, we will teach you how to do this within a dynamic class!

We believe it is our responsibility to send you off feeling confident in your teaching. Much of your learning will be experiential and we feel confident you will feel good about standing and teaching your class upon graduation.

It is common for yoga teachers to get burnt out or to lose their joy in teaching. We will send you home with proven ways to keep your teaching fresh and full of life! We believe that you are meant to always find joy in teaching.

We teach an intelligent approach to understanding alignment and anatomy. We actually question the common textbook approach to yoga postural alignment. We consider the vast deviation amongst human bodies and what this means about the way we teach.

We won't waste time having you memorize a dialogue. We believe that what this world needs is true life connection that comes from seeing who is in front of you and speaking relevantly in the moment. We will give you skills to do this in a relaxed yet powerful way.

Our training is 100% practical and applicable. We won't waste time on things that won't make you a powerful teacher.

The Yoga

Core Elements of a FREE LIFE PEOPLE yoga class

- Mindfulness
- Connection
- Curiosity
- Body awareness through investigative anatomical teachings
- Hands on teaching
- Synchronization
- Joy
- Transformation
- Focus on quality of movement rather than fast movement

The predominant style you will learn to teach at a Free Life People training is vinyasa. You will also have a good understanding of how to modify a class to be more restorative, slow flow or yin focused.