

HolisticMe Health & Wellness || TheStudio

200-HR
INTEGRATED
Yoga & Embodiment
TEACHERS TRAINING COURSE



ALIGN YOUR BODY, CALM YOUR MIND, EMBRACE PEACE.
WHERE ANATOMY BECOMES EMBODIED. WHERE PHILOSOPHY BECOMES LIVED.
WHERE TEACHERS ARE MADE.

An integrative yoga teacher training course
designed for movement professionals, healers, and committed practitioners seeking
depth, transformation, and teaching excellence.

Graduates receive a 200-Hour Yoga Teacher Certificate
aligned with international yoga standards

Investment: From R28,000.
Payment plans available. Early-bird discount for pre-registration.

Location: TheStudio @ HolisticMe Studio, Wilgeheuwel, Johannesburg.

More Information: yoga@holisticme.co.za

www.holisticme.co.za

*Where anatomy becomes embodied and philosophy becomes lived.
200-Hour YTT with small-group mentorship.*



COURSE INFORMATION PACK & APPLICATION DOCUMENTS 2027

This 200-hour Yoga Teacher Training is designed for practitioners who want to deepen their embodied understanding of yoga, refine their personal practice, and become confident, work-ready teachers. Rooted in fascia-informed movement principles and enriched by classical yoga philosophy and modern applied anatomy, this training brings together the intelligence of the body, the rigor of lineage, and the demands of contemporary teaching environments.

Our signature approach begins in the **fascial network**, threads through breath, biomechanics, philosophy, and teaching methodology, and returns full circle to an integrated, embodied state of understanding.

Duration: 6 months (March 2027 – August 2027)

Format: Blended in-person contact hours + independent study

Contact Hours:

- 📖 4-hour weekly theoretical session (in studio)
- 📖 1 x monthly 6-hour intensive *or* 2 x 3-hour intensives
- 📖 2 x weekly 1-hour practical yoga classes (included)
- 📖 Final two months: 1 x shadow class every two weeks (observational + reflective)

Personal Study Hours:

Students submit complete timesheet tracking of:

- 📖 Self-practice
- 📖 Assigned readings
- 📖 Research
- 📖 Philosophy reflection exercises

Training Cohort:

- 📖 A maximum of 4 students per intake
- 📖 Intimate, mentorship-driven learning

Who this 200-HR Training suited to?

- 📖 Students ready to deepen personal practice
- 📖 Aspiring teachers seeking a strong anatomical and philosophical foundation
- 📖 Movers, dancers, bodyworkers, and wellness professionals
- 📖 Anyone called to an embodied, intelligent, and grounded path of yoga



Modules:

The programme integrates the following core modules:

- 📖 Embodied Anatomy & The Fascial Network
- 📖 Asana Technique & Biomechanics
- 📖 Pranayama, Subtle Body Theory & Meditation
- 📖 Sanskrit Foundations & Chanting (light but essential)
- 📖 Yoga Philosophy – classical texts + modern commentary
- 📖 Teaching Methodology & Sequencing
- 📖 Teaching Practicum
- 📖 Professional Foundations + Business of Yoga (core + optional premium)
- 📖 Elective Bodywork Workshops & Certifications (optional add-ons)
- 📖 Mentorship Add-On (private, business- and practice-integrated)

Certification:

Graduates receive the **HolisticMe Integrated Yoga & Embodiment Teacher Certification (200HR)**- In alignment with the international standard of Yoga, fully prepared to teach in studios, gyms, private settings, and online.

Investment and Payment options:

HolisticMe Integrated Yoga & Embodiment Teacher Certification (200HR) || R28 000.00

Standard student manuals are included; however, an additional reading list will be supplied - these texts are not included in the course costs.

Early Bird Discount	Full Payment by 15 January 2026	R26 000.00
Payment Plan (6-mth)	6 Month Interest-free option	R28 000.00
	Non-Refundable Deposit	R 9 800.00
	6 Monthly payments (1st day each month)	R 3 033.33

Course Application:

Kindly complete the below application document and submit the required information, images and review to complete your application. We are excited to receive your application – your spot on the training is confirmed once payment has been received.

YTT 200-HR COURSE APPLICATION 2026

Name:		Date of Application:	
Surname:		Nationality:	
D.O.B:		Identity No.:	
Cell No.:		E-mail:	
Emergency Contact:		Contact Numbers:	
Occupation:		How did you find us?	
Work No.:		Physical Address:	

1 How many months/years have you been practicing yoga?

2 What style(s) of yoga have you practiced, your favoured style and why?

3 Which teachers have you trained with? Which one or two has been most influential to your understanding of yoga? (Online or In-person)

4 Tell us about any other Yoga Teacher /Training programs that you have undertaken.

5 Do you currently teach yoga? If so, for how long and how regularly?

6 Please attach photos of yourself demonstrating the following poses; props or support are fine. We are **not** judging skill - photos only confirm everyone can practice these basics. If you cannot do a pose, choose a substitute and briefly say why. The poses to photograph are: **Trikonasana** (Triangle Pose), **Parsvakonasana** (Extended Side Angle Pose), **Adho Mukha Svanasana** (Downward-Facing Dog), **Urdhva Mukha Svanasana** (Upward-Facing Dog), **Virabhadrasana I** (Warrior I), **Urdhva Dhanurasana** (Wheel Pose) or **Setu Bandha Sarvangasana** (Bridge Pose), **Salamba Sarvangasana** (Supported Shoulderstand), and **Bakasana** (Crow Pose)

7 Do you currently have any physical injury or medical conditions that we should know about?

8 Please note any major illnesses, surgeries or any other physical conditions that you have had in the last 24 months

9 What sports, exercise or hobbies do you practice in addition to yoga?

10 Please tell me about your mental and emotional wellness. Have you in the past or do you currently suffer from addiction, depression, an eating disorder? Please give details

11 Please give us a little more information about your asana practice. (Brief overview)

12 On average, my daily practice is *Circle yours*

A – Private yoga teacher/mentor, B – Quiet self practice at home,
C – A class at a yoga studio D – Other. (Please give details)

13 Do you practice meditation? Provide a brief overview

14 Do you practice Pranayama? Provide a brief overview

15 What do you expect to gain from this course? Physically, mentally, emotionally, spiritually.

16 What is your motivation for wanting to join this teacher training course?



HolisticMe Integrated Yoga & Embodiment Teacher Certification



17 What is your understanding of the 8 Limbs of Yoga? (1 paragraph each max.)

Preferred Payment option: please check relevant box:

Early Bird Discount Full Payment (by 15.01.26) R26 000		Deposit (by 15.01.26) and 6 monthly Instalments R28 000	
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Applicants Signature: _____

Thank you for taking the time to complete the application form- please feel free to attached additional pages as necessary. Asana photos can be sent via Whatsapp: 083 391 1311. Completed Application Forms to be emailed to: yoga@holisticme.co.za

Please note that applications close on **05 January 2026**