

Asheville  
YOGA  
Center

# Find Your Niche in AYC's 300-Hour Program





Close your eyes and think back to when you started your 200-hour teacher training. You stood on your yoga mat on the first day of training a little nervous, but mostly overcome with excitement for the journey lying ahead of you. Over the course of your teacher training experience, you dove deep into your soul, broke down barriers, connected with who you are and found your passionate first love for yoga. This connection formed an everlasting bond between you and your practice, and you knew in that moment that life would never be the same.

The breadth of new information and wisdom that filled your soul and developed your mind didn't stop when you received your certification. There is still so much more for you to learn and apply to your practice and skill set. Search within yourself and find what elements spark your passion and curiosity most. You can take those interests to the next level and advance your training, giving you more confidence as a teacher. There is an ocean of knowledge out there waiting for you to dive into. What are you waiting for?



### The Value of Continuing Your Education

Focusing on the physical practice of yoga barely scratches the surface of what yoga truly is and the infinite gems of wisdom that it provides. Advancing your



training means opening the doors to exploring the roots, history and philosophies that make yoga the life-altering practice that it is. By understanding elements of yoga on a deeper level, you will be able to enhance your own life and practice but also further impact the lives of your students.

As a yoga teacher, advancing your training will empower you to build a stronger foundation to teach from and will boost your confidence as you lead your classes. You may choose to focus on anatomy which will help you teach, adjust, and sequence your classes to comply with individual student needs, an area where many 200-hour teachers feel they could use more instruction. You may want to advance your training to teach students one-on-one. If this is the case, you should look into taking trainings on Ayurveda, and Flow and Yin. Perhaps you're most comfortable with Vinyasa flows, and you're ready to explore outside of your comfort zone. Receiving training on Power Yoga, Ashtanga, Yin and Bhakti will help you widen your yoga skill set and give you greater knowledge to share. Sometimes the yoga that you're avoiding is exactly the yoga that you need!



### Stand Out





Yoga is becoming more and more popular, and there are now thousands of 200-hour certified yoga instructors out there, which is why your 300-hour training will distinguish you from all of the others. Imagine a 200-hour certification as achieving your bachelor's degree and your 300-hour certification as having a master's degree. You're equipped with greater knowledge and a wider skill set to share. Advancing your knowledge of yoga will set you apart from the rest of the crowd and strengthen your credibility within your yoga community.



Your yoga niche is what you love most and what you want to eagerly share with others time and time again. Think about what makes you the most excited about yoga. What subject gets your wheels turning and stirs up your inner passion?

Take some time to really meditate on what it is you love. Keep a teaching journal and reflect on past experiences or thoughts that you have after class. Determine what you've enjoyed teaching the most and why. Reflect on what other people have told you they like most about your classes. You're on your way to developing what it is that you should study further.



### Explore What You're Most Passionate About

Through a 200-hour teacher training or through your teaching career, you may have found yourself gravitating towards pre/post-natal yoga, yoga for athletes, yoga for children, yoga therapy, yin yoga, or any other specialty. An advanced studies training will guide and support helping you feel confident exploring a specialized field of yoga.

Izzy Adair, AYC 300-hour graduate, found her path as a teacher and her yoga niche through her experience in AYC's 300-Hour Training Program:

*I completed two 200-hour teacher training programs in Tucson, AZ and to tell you the truth I wasn't happy with either. At the time I didn't have any intention to teach, but I still wanted to get more out of my trainings than I really did. Yoga was always a stable, grounding force for me, so when I moved to Asheville, I decided to enroll in Asheville Yoga Center's 300-hour program to meet more like-minded people and to expand my knowledge beyond what I learned in my initial teacher trainings.*

*I was so excited to fully dive into the traditional aspects of yoga covering them in more in-depth trainings. I felt like I was really studying yoga in the 300-hour program led by true experts in the field who had years and years*



*of experience. The experience made me feel so much more confident and made me feel like the foundation I was standing on was firm and grounded. You learn so much, and it's not just brushing up on topics in a day. You are fully immersed, learning and growing for days at a time. You're also not just memorizing and regurgitating information. You're fully embodying knowledge before you then go out and share it with others.*

Izzy found her love for Ayurveda through her studies in the Advanced Modular program at AYC. She said, "I first was introduced to Ayurveda in my 300-hour training, and that inspired me to pursue Ayurvedic training and become certified in it. I would not have gotten into my Ayurvedic program if it hadn't been for the workshop I attended." Izzy has continued to pursue her love of holistic style medicine beyond her 500RYT and is now on track to becoming a certified midwife, something that she's deeply passionate about.



## Find a Deeper Connection to Yoga

Developing your yoga training will lead you down a path to discover a deeper relationship with yoga and a yogic lifestyle. You'll feel more inspired, motivated, committed and dedicated through your advanced studies. There's no better way



to reignite your passion for yoga than by once again rediscovering the beginner's mind.

Ruth Morrow, AYC 300-hour graduate, describes her experience in AYC's 300-Hour Training Program.

*I started the 300-hour program in August of 2018, because I really wanted to learn more and expand my knowledge. It had been four years since I became 200RYT certified, and I just knew it was time to step it up. I mean there's only so much you can cover in your 200-Hour teacher training, and I really wanted a higher level of education to be taken more seriously as a yoga teacher. I've definitely been able to achieve that in the 300-hour program. For example, in Joe's training we learned how to mindfully set up a room. This included knowing how to properly light a classroom, getting mats ready and in order, and how to hold the seat of the teacher. Joe also taught us how to expertly theme a class with both a physical and spiritual theme, which I didn't have a good format for before the training. These were aspects of teaching yoga that we didn't have the time to get into during my 200-hour teacher training, but it's those kinds of little inside hacks that have really boosted my confidence as a yoga teacher.*

*When I jumped into the program, I was beyond ready to immerse myself and learn. Since then I've made countless friends in different cities all over the*

*If you are committed to expanding your personal yoga practice and you want to learn more about yoga, you are ready for a teacher training.*





southeast and connections that are invaluable. One of my favorite parts about this experience so far is getting to know so many different yoga teachers, learning what they've been doing in their classes and careers and being able to develop those key relationships.

I wanted to be a part of this program because of the diverse trainings offered and the different range of teachers and backgrounds. I'm still working on finding my niche, but I truly believe that it's going to happen as I continue onward in this program. I've learned so much and it really has been the best decision I have made for my career as a yoga teacher.

Ruth Morrow is also an instructor at Asheville Yoga Center teaching Power Flow and Flow & Yin yoga classes weekly.



### Advance Your Training at AYC

The next step to developing a deeper connection with yoga comes from immersing yourself in a program that works best for you and will meet your needs. AYC's 300-Hour Training Program gives you the opportunity to make individual choices in the aspects of yoga that inspire you most. Complete the yoga essentials core curriculum courses and your choice of elective courses to earn your 300-hour RYT. Begin your 300-hour journey by enrolling in either the Yoga Essentials Immersion or 8-weekend trainings in-person at our studio. The Yoga Essentials course accounts for 140 contact hours of the 270 hours required for graduation. The remaining course hours can come from any elective course from any instructor at AYC so you can pick whichever trainings are of interest to you.

