



Yoga 4
Change

200 HOUR YOGA TEACHER TRAINING

Fall 2025

Dear Prospective Trainee,

Thank you for your interest in the 200-Hour Yoga Teacher Training with Yoga 4 Change. We're excited to share this opportunity with you and are grateful that you're considering joining us on this life-changing journey.

This training is more than a certification, it's a commitment to growth, service, and transformation. Grounded in the values of trauma-informed care, accessibility, and community healing, our curriculum is uniquely designed to support you as both a student and a future yoga teacher.

This program brings a rich blend of real-world experience and yogic wisdom developed and facilitated by the passionate leaders of Yoga 4 Change, all whom are professionals with backgrounds in research, mental health, yoga therapy, education, criminal justice reform, and community engagement.

Our intention is to cultivate well-rounded, socially conscious yoga teachers who can lead from the heart and are equipped to teach in a variety of settings, from studios to schools, prisons, and beyond. This training offers the knowledge and skills you need to pursue teaching professionally if you choose to, but just as importantly, it provides space to deepen your personal practice and explore how yoga can support your own healing and service journey.

Please review the information in this packet carefully, including training dates, curriculum highlights, required materials, and expectations. If you feel called to join us, we would be honored to receive your application.

With respect and appreciation,



Kim Simon & Shiva Thompson

Interim Co-Executive Directors of Yoga 4 Change

2025-26 SAMPLE SCHEDULE

In-person sessions will take place in Jacksonville or South Florida (Broward County). You must provide your own transportation and housing. Virtual and In-Person Sessions are TBD.

October 8th

Introductions & House-keeping

October 11th & 12th

Groundwork, History & Philosophy
Saturday 8am – 6pm; Sunday 8am – 4pm

October 15th, 22nd and 29th

The Subtle Body
Wednesdays 6pm - 9pm

November 8th & 9th

Anatomy and Physiology and Alignment
Saturday 8am – 6pm
Sunday 8am – 4pm

November 5th, 12th and 19th

Contraindications, Alignment, Physiology
Wednesdays 6 - 9pm

December 13th & 14th

Teaching Methodology and Sequencing
Saturday 8am – 6pm; Sunday 8am – 4pm

December 3rd, 10th & 17th

Dharma, Savasana, Chair Yoga
Wednesdays 6pm - 9pm

January 10th & 11th

Introduction to Pranayama & Meditation
Saturday 8am – 6pm
Sunday 8am – 4pm

January 7th & 14th

Practice Teaching,
Active vs. Passive Cueing
Wednesdays 6pm - 9pm

January 21st & 28th

Practice Teaching & Make-up Day
Wednesdays 6pm - 9pm

February TBD

Intro to Trauma-Informed Yoga Practices,
Teaching Specific Populations
Saturday 8am – 6pm
Sunday 8am – 4pm

February 11th, 18th and 25th

Practice Teach
Wednesdays 6pm - 9pm

March 8th

Make-up Day
Wednesday 6pm - 9pm

March 14th & 15th

Practicum & Closing
Saturday 8am – 6pm
Sunday 8am – 4pm



FACILITATOR BIOS



Lead Facilitator: Alexandra Ramirez | MS, E-RYT 500

Alexandra “Alex” Ramirez is a trauma-informed yoga therapy clinic intern, experienced 500-hour yoga and meditation instructor, mental health advocate and mother to an adventurous toddler. She holds a Masters degree in Yoga Therapy from Maryland University of Integrative Health and her trainings include Trauma-Informed Yoga, Adaptive Yoga, Prenatal Yoga, Children’s Yoga, Yoga for Athletes, Yoga Nidra, Mindfulness-Based Stress Reduction, and Reiki Level 2. Alex’s educational and lived experiences have inspired her to share the powerful tools of yoga in communities with limited access and she has been a part of the Yoga 4 Change team since 2019.

Since 2017, she has woven her spunky and authentic personality into trauma-sensitive teaching at yoga studios, substance-use treatment centers, schools, homeless shelters, assisted living homes, and more. She leads with compassion and enjoys creatively bringing her students back into connection with Mind and Body. Her journey to the mat was part of her own overcoming of anxiety, depression, and substance-related challenges, and she is passionate about offering these tools to others as an integrative and “whole”-istic path to cope with life’s twists and turns.



Lead Facilitator: Kim Simon | MPPA, E-RYT 500

Kim is a Yoga Alliance certified E-RYT 500-hour yoga instructor with a passion for making yoga accessible, healing, and empowering. A North Florida native, she is also deeply committed to the region’s growth and expanding access to vital resources. For over a decade, Kim has worked with local nonprofits addressing mental health, substance use, domestic violence, food and housing insecurity, and civil rights.

Her journey into yoga began during a period of personal grief from losing her mother and a chronic back pain diagnosis. After just a few classes, she already felt a surprising sense of release and ease — in her body, her mind, and her heart. Inspired by how yoga had impacted her, she jumped into a 200-hour yoga teacher training at Centred on Yoga in Fernandina Beach, followed by her 500-hour yoga teacher certification at Asheville Yoga Center, where she received advanced training in Yin, Children’s, Women’s, and Trauma-informed Yoga. In 2022, she also became a Reiki Master through Soulshine Reiki Healing.

Kim has been bringing trauma-sensitive yoga into jails, afterschool programs, employee wellness programs, substance use treatment and recovery centers, homeless shelters, and more since 2020. As a lead facilitator, Kim brings deep knowledge, lived experience, and a heartfelt commitment to nurturing each student’s unique path.



Lead Facilitator: Greg Nardi | C-IAYT, E-RYT 500

Greg Nardi, C-IAYT, E-RYT 500 is the S. Florida Program Director with Yoga 4 Change. Greg began his yoga journey in 1996. Yoga helped him feel healthy after years of childhood illness, anxiety, and depression and most importantly yoga gave him a sense of meaning and purpose. He dedicated himself to a yogic lifestyle as part of his healing journey.

Greg took four separate teacher trainings in the United States and Europe between 1997 and 2003. He took a dozen extended trips to Mysore, India between 1999-2016 to learn yoga with a focus in asana, yoga history and philosophy, pranayama, meditation, and chanting eventually receiving the authorization level 2 from the Ashtanga Yoga Institute in Mysore, India. He graduated from the Kripalu School of Integrative Yoga Therapy in 2024 and he now serves as a mentor for future yoga therapists enrolled in the program. Greg has taught classes, workshops, teacher trainings as well as having been an owner/operator of several successful yoga studios. Greg has dedicated himself to educating yoga practitioners about power dynamics and consent driven, person-centered approaches to the teaching and practice of Yoga. Greg's teaching utilizes whole person wellness models and community based health equity models to support individual and collective transformation.



Assistant Facilitator: Dr. Danielle Rousseau | PhD, LMHC, RYT 500

Danielle Rousseau, PhD LMHC, is an Assistant Professor at Boston University, licensed therapist, certified yoga teacher and Director of Research at Yoga 4 Change. She is a scholar activist and justice educator. Dr. Rousseau served as a trauma therapist in carceral settings and in communities doing crisis response and victim advocacy. Her research, teaching and practice focus on justice, trauma, gender, mental health, mindfulness, inclusivity, and resilience. She is an advocate of integrative, holistic approaches that support embodied self-care.

Dr. Rousseau is a sought-after national speaker and trainer and has developed a diverse range of curricula and training. Her work is published in numerous academic books and journals. She is the editor and contributing author of *Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma* and an author of *Best Practices for Yoga in the Criminal Justice System*.

NEXT STEPS

1. Complete Training application y4c.org/training by August 31, 2025
2. Yoga 4 Change Trainers review applications and send out decisions by September 8, 2025
3. Cohort deposit due (your acceptance will have all details) by October 1, 2025. Full payment expected by graduation in March 2026.

TUITION

Full tuition for Yoga 4 Change's 2025 Fall- Teacher Training: \$3,000. Deposit of \$500 due by October 1st with enrollment in monthly or quarterly payments charged automatically up until graduation.

Each module, excluding Wednesday night meetings, are open to the current Yoga 4 Change Program Implementation Team. By including more voices, the cohort will be exposed to varied experience and education and will allow for a deeper discussion.

All weekends are led by the Yoga 4 Change team.

Financial Assistance:

Yoga 4 Change hopes to create an atmosphere to allow equity and equality for all students regardless of socioeconomic status. Financial assistance requests should be made known in the application process.

To request a financial refund, please do so as soon as possible, and direct the request to Kim Simon: ksimon@y4c.org.

Yoga 4 Change, or the lead trainers, reserve the right to cancel any training before it begins. In that case, any payments applicants have made will be refunded in full.

ATTENDANCE POLICY

Graduation from our program requires the student's attendance at all training sessions. Any absence must be approved in advance by Yoga 4 Change's Lead Instructor. A maximum of 15 hours may be missed if arranged in advance and approved by the Lead Instructor. We will provide make-up hours, not included in the price of tuition. Yoga 4 Change will not accept unapproved absences and they may result in dismissal from the program. In this case, graduation will be at the sole discretion of the Lead Instructor.

REQUIRED READINGS

Required Reading:

- BOOK 1: The Yamas and Niyamas by Deborah Adele Functional Anatomy of Yoga by David Keil
- BOOK 2: Yoga Anatomy Coloring Book by Kelly Solloway
- BOOK 3: Teaching Yoga Essential Foundations and Techniques by Mark Stephens
- BOOK 4: Yoga Sequencing: Designing Transformative Yoga Classes by Mark Stephens
- BOOK 5: Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma by Danielle Rousseau

Strongly Suggested Reading:

- BOOK 1: The Path of the Yoga Sutras by Nicolai Bachman
- BOOK 2: Physiology of Yoga by Andrew McGonigle and Matthew Huy
- BOOK 3: Teaching Yoga Beyond the Poses: A Practical Workbook for Integrating Themes, Ideas, and Inspiration into Your Class by Sage Rountree and Alexandra DeSiato
- BOOK 4: Overcoming Trauma through Yoga: Reclaiming Your Body by David Emerson
- BOOK 5: The Body Keeps the Score by Stephen Porges
- BOOK 6: Professional Yoga Teacher's Handbook by Sage Rountree



ADMISSION CRITERIA

Requirements:

- Be at least 18 years of old.
- Individuals in recovery from substance misuse must be actively engaged in their recovery journey for at least one year.
- Have developed a consistent yoga practice for at least six months prior to enrollment.
- Willing and able to complete all program requirements.
- Submission of an application is required; please note that submitting an application does not guarantee acceptance into the program.

Final Certification and Yoga Alliance Registration:

Once all requirements are complete, including any tuition owed, students will receive a certificate acknowledging their completion of Yoga 4 Change 200hr Yoga Teacher Training. Our yoga teacher certification is designed to fulfill the requirements necessary to become a Yoga Alliance Registered Yoga Teacher (RYT). Graduates can apply for Yoga Alliance certification once they have received their graduation certificate.

Homework:

To graduate, a student must complete all required assignments and homework given throughout the program. This includes community service and personal reflective journaling. Students are required to make up all class hours missed, both excused and unexcused, by making arrangements with the Lead Trainer. Missed hours may also be made up by completing extra homework and papers. To make up for missed contact hours, students may organize into a small group to achieve the missed group experience on their own time.

Probation, Dismissal and Re-Admittance:

Students that miss too many contact hours and do not complete assignments will be put on probation and subject to dismissal.

Student Code of Conduct:

Students are required to follow Yoga 4 Change's Code of Conduct. Students will be expected to behave in a professional manner at all times. Yoga 4 Change's Code of Conduct Policy includes, but is not limited to:

- Sexual harassment of any type or form will not be tolerated.
- No substance use or misuse during training hours will be accepted.
- Breach of confidentiality will not be tolerated.

Failure to comply with the standards of conduct outlined above or with Yoga 4 Change's Code of Conduct will be addressed by the Lead Instructor.

Students who violate these standards may receive a formal conduct warning and, if necessary, may be subject to dismissal from the program.