



Yoga 4
Change

200 HOUR YOGA TEACHER TRAINING

Fall 2026

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

Executive Director of Yoga 4 Change

2026-27 SAMPLE SCHEDULE

In-person sessions will take place in Jacksonville, Orlando, and South Florida (Hollywood). You must provide your own transportation and housing (if applicable).

***Some virtual and in-person sessions are TBD.
Some Wednesdays may be removed from the schedule at a later date.

Wednesdays: 6pm - 9pm

Saturdays: 8am – 6pm

Sundays: 8am – 4pm

Wednesday, October 7th (virtual)

Introductions & House-keeping

Sat & Sun, October 10th - 11th

Groundwork, History & Philosophy

Wednesday, October 14th, 21st and 28th

(virtual)

The Subtle Body

Sat & Sun, November 14th - 15th

Anatomy and Physiology and Alignment

Wednesday, November 4th, 11th and 18th

(virtual)

Contraindications, Alignment, Physiology

Sat & Sun, December 12th - 13th

Teaching Methodology and Sequencing

Wednesday, December 2nd, 9th & 16th

(virtual)

Dharma, Savasana, Chair Yoga

Sat & Sun, January 9th - 10th

Introduction to Pranayama & Meditation

Wednesday, January 6th & 27th (virtual)

Practice Teaching,
Active vs. Passive Cueing

Wednesday, January 20th (in-person)

Practice Teaching

Wednesday, February 10th, 17th (virtual)

Practice Teach & Pre-Work for Weekend

Sat & Sun, February 20th - 21st (virtual)

Intro to Trauma-Informed Yoga Practices,
Teaching Specific Populations

Wednesday, February 24th (in-person)

Practice Teach

Sat & Sun, March 14th - 15th

Practicums & Closing

Wednesday, March 3rd (virtual)

Self-Care/Boundaries & Professional
Development

SCHEDULED MAKE-UP DAYS

Wednesday, February 4th (virtual) and

March 6th OR 7th (in-person)



FACILITATOR BIOS



Lead Facilitator: Alexandra Ramirez | MS, C-IAYT, E-RYT500

Alexandra “Alex” Ramirez is a certified yoga therapist, trauma-informed E-RYT500 yoga and meditation instructor, Director of Development & Strategic Initiatives for Yoga 4 Change, 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 yoga instructor and the Executive Director of Yoga 4 Change. She has a passion for making yoga accessible, inclusive, and empowering. A North Florida native, she is deeply committed to expanding access to resources that support individual and community wellbeing. For more than a decade, Kim has worked alongside local nonprofits addressing mental health, substance use, domestic violence, food and housing insecurity, and civil rights.

Her path into yoga began during a period of personal grief and chronic back pain. After just a few classes, she experienced a surprising sense of release and ease—in her body, her mind, and her heart. That experience sparked a deeper curiosity and commitment to the practice, leading her to complete her 200-hour yoga teacher training at Centred on Yoga in Fernandina Beach. She went on to earn

her 500-hour certification through Asheville Yoga Center, where she received advanced training in Yin, Children’s, Women’s, and Trauma-Informed yoga.

Kim has been bringing yoga into jails, afterschool programs, employee wellness programs, substance use treatment and recovery centers, 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 Education and 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. Applications open on Friday, May 1st, 2026 and close on Friday, September 25th, 2026
2. Yoga 4 Change Trainers review applications on a monthly basis and send out decisions by the following month
3. Your training spot is reserved the moment you make your deposit. All deposits are due by Friday, October 2, 2026 and after this point, are non-refundable (your acceptance letter will have all details). Full payment expected by graduation in March 2027.

TUITION

Full tuition for Yoga 4 Change's 2026 Fall- Teacher Training: \$3,000.

Upon acceptance, a deposit of \$500 is due to reserve your spot in the training. All deposits are non-refundable after Friday, October 2nd, 2026. The remainder of tuition can be paid in full or through a payment plan in monthly or quarterly payments charged automatically to your card on file. All payments must be complete by graduation.

If you withdraw from the training at anytime, any payments made are non-refundable. You can request to apply these funds to the next training year or towards other Yoga 4 Change offerings such as the 20-Hour Trauma-Informed Yoga Certification. Please direct this request to Kim Simon: ksimon@y4c.org.

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.

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

Full attendance at all training sessions is required for graduation. Any absence must be requested in advance and approved by the Lead Instructor, with a maximum of 15 contact hours eligible for approved absence. Up to 11 make-up hours are included in tuition and must be completed during the designated make-up weekend. Additional missed hours, or hours not completed during the make-up weekend, must be made up through private sessions at a cost of \$75 per hour. Unapproved absences are not permitted and may result in probation or dismissal from the program, with final decisions regarding graduation made at the sole discretion of the Lead Instructor.

ADMISSION CRITERIA

Requirements:

- Be at least 18 years of old.
- 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.
- Must understand and sign Scope of Program document prior to the start of training.
 - Individuals navigating substance use or recovery are welcome, and are encouraged to consider their readiness to engage in an intensive training environment and to consistently uphold program expectations, including our sobriety policy. If you have questions about your readiness for the program, we welcome a conversation prior to applying.

Student Code of Conduct:

Students are required to understand and sign Yoga 4 Change's Code of Conduct prior to the start of training. 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.

Student Code of Conduct continued on the next page.

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.

GRADUATION CRITERIA

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.

Final Certification:

Certification in this Yoga Teacher Training (YTT) program is competency-based and awarded only upon full completion of all program requirements. Participants must successfully pass the final practicum evaluation by demonstrating safe, effective, and inclusive teaching, attend all required training hours (or complete approved make-up sessions), submit and receive approval for all assignments and coursework, and pay all tuition and associated fees in full. Certificates are issued only after these requirements have been verified, ensuring that all graduates are prepared to teach responsibly and uphold the program's standards of quality, accessibility, and participant safety. Upon certification, graduates are eligible to register with the Yoga Alliance.

Requirements:

Students have up to 60 days from the final training weekend to complete all outstanding assignments and make up any missed class hours. Trainees who do not pass the final practicum evaluation may retake the assessment up to two times, with the first retake completed within 45 days and the second within 60 days of the final weekend. If all requirements are not completed within this timeframe, students may join the following year's cohort by paying a non-refundable \$500 deposit, with previously paid tuition applied toward the new training cycle.

REQUIRED READINGS

Required Reading:

- BOOK 1: The Yamas and Niyamas by Deborah Adele
- BOOK 2: Functional Anatomy of Yoga by David Keil
- BOOK 3: Yoga Anatomy Coloring Book by Kelly Solloway
- BOOK 4: Teaching Yoga Essential Foundations and Techniques by Mark Stephens
- BOOK 5: Your Yoga Business by Ava Taylor (TBD)

Suggested Reading (but not required):

- 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 Bessel van der Kolk
- BOOK 6: Professional Yoga Teacher's Handbook by Sage Rountree
- BOOK 7: Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma by Danielle Rousseau

