

Dear Yoga Student,

Welcome Home Yoga and Wellness's Yoga Teacher Training Program comes from a long lineage of students who have chosen to walk the path of beauty, truth, and liberation. Our mission is to welcome others to the journey of self-growth, self-discovery, and self-transformation. We recognize how special a moment it is when you are "welcomed home" and decide to commit to understanding yourself more clearly, learning to care for your health and well-being. Finding your voice as a yoga teacher is a beautiful way to deepen your understanding and begin to share the blessings of what you've learned with others. To truly convey the heart of yoga, our yoga school maintains that one must live a life of yoga, practice consistently and begin to grasp the most subtle of understandings: the nature of oneself.

The teachings we provide are directly connected to the Ashtanga Yoga lineage. David Williams was a student of Pattabhi Jois in India, and the first American to bring Ashtanga Yoga to the United States. Over 35 years ago, as one of David's first students, my teacher, Jonny Kest, began to practice yoga. He then went on to become the Midwest's leading voice in Ashtanga/Vinyasa Yoga and a true pioneer for the shift in Vinyasa culture nationally. His teacher training curriculum is unparalleled. In 2013, in search of healing and recovery, I became a dedicated student of Jonny's, and through the practices of yoga and meditation found tremendous healing. After this powerful experience in self-transformation, I felt duty-bound to share the gifts I received with others and have dedicated my life to making yoga accessible to the most vulnerable in society. I've been teaching yoga and meditation ever since, receiving additional certifications in Yoga for 12-Step Recovery (Y12SR) with Nikki Meyers and Trauma-Informed Yoga Training with Hala Khouri & Kyra Haglund. In 2018, with the blessing of my teacher, my wife, Melissa, and I opened Welcome Home Yoga & Wellness, where we have begun to welcome others "home," as my teacher so freely welcomed me.

Our 200-hour YTT program will explore the Ashtanga/Vinyasa lineage as an ancient system for healing and integration, offering a practical approach to modern-day challenges. Within the structure of a robust curriculum, we will touch on practice, study, philosophy, and life skills that extend far beyond the yoga mat, guiding a program rich in asana and meditation practices that involve the cultivation of healthy habits, emotional stability, compassion, empathy, and forgiveness. We will breathe, move, challenge, accept, and learn to listen with the whole body, developing an open mind and an open heart.

On behalf of the entire Welcome Home Yoga & Wellness team, we are committed to providing a comprehensive understanding of the principles of teaching yoga and the tools required to share this practice. We're honored and inspired to share with others what has profoundly blessed our lives in every way. Our feedback process and mentorship programs with senior teachers will be available post-graduation so growth may continue throughout their teaching careers. Yoga Alliance Accreditation for full-time programs requires 200 hours to be completed within the program's specified timeframe. Trainees who miss more than 10 hours (up to 14 hours) of training must schedule private makeup sessions, at an additional cost, during the program's timeframe. If more than 14 hours of training are missed, students will not be able to complete the program with the current cohort, and will need to retake a future 200-hour program in its entirety. Application for acceptance in a future program will be required, and full tuition rates for that program will apply. Placement in any future program is not guaranteed.

In Love & Gratitude,
Robyn Childers, E-RYT 500, YACEP
Co-Founder/Owner of Welcome Home Yoga & Wellness