



one yoga

One Yoga Studio

200-hr Yoga Teacher Training



JOIN US &

Become a Yoga Teacher

1

Interantional
Qualification

3

Month

∞

Friendship &
Mentorship

Key Elements of

Programme Content

Asana

Yoga Theory

Teaching Practice



**PROGRAMME
SNAPSHOT**

Improve your Asana through

In-Class Practice



Understanding

Yoga Theory



Learn better with

Interactive Learning



Gain teaching Experience through

Mock Teaching



Weekend Programme

Every Sat & Sun
9am - 4pm

Weekday Programme

Every Mon, Wed & Fri
8:30am - 12pm



FEQUENTLY ASKED QUESTIONS

Q1

What if I can't Attend some of the sessions?

Don't worry.

We allow a max
absent of **5 days**
with valid reasons

Q2

I do not have 6-month regular practice,
can I still join?

Absolutely. The most
important thing is
your **passion** for yoga
and willingness to
practise

Q3

What qualification will i get?

You can register with
Yoga Alliance as a
RYT200 (Registered Yoga
Teacher). It is **recognised**
internationally

Q4

Is the exam difficult?

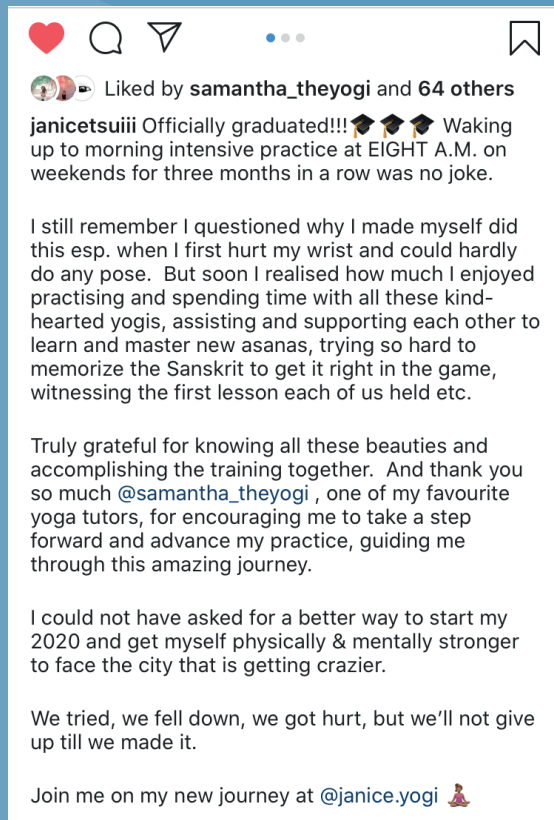
So far we have **100%**
pass rate. There is a
written exam on theory.
Class performance will
also be assessed



TESTIMONIAL

See comments from our

Past Graduates



Liked by [samantha_theyogi](#) and 64 others

janicetsuiii Officially graduated!!! 🎓🎓🎓 Waking up to morning intensive practice at EIGHT A.M. on weekends for three months in a row was no joke.

I still remember I questioned why I made myself do this esp. when I first hurt my wrist and could hardly do any pose. But soon I realised how much I enjoyed practising and spending time with all these kind-hearted yogis, assisting and supporting each other to learn and master new asanas, trying so hard to memorize the Sanskrit to get it right in the game, witnessing the first lesson each of us held etc.

Truly grateful for knowing all these beauties and accomplishing the training together. And thank you so much [@samantha_theyogi](#), one of my favourite yoga tutors, for encouraging me to take a step forward and advance my practice, guiding me through this amazing journey.

I could not have asked for a better way to start my 2020 and get myself physically & mentally stronger to face the city that is getting crazier.

We tried, we fell down, we got hurt, but we'll not give up till we made it.

Join me on my new journey at [@janice.yogi](#) 🙏



Liked by [yogafanjoyce](#) and 45 others

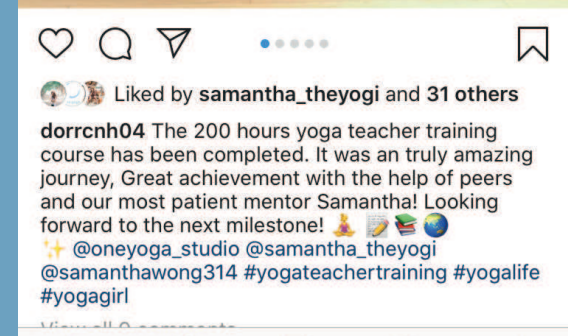

lynes102 四個月既training, 第一個挑戰係8點上堂。能夠堅持到, 我自己都覺得好神奇。回想起第一天morning intensive training之後, 我係到諗仲有4個月, 點過? 來到今天又覺得時間過得太快了。

從來都係一個好心多既人, 要multi task到一個點係一邊敷mask 一邊吹頭再一邊玩電話咁先覺得係善用時間。話要master savasana 唔係完全講笑, 因為我真係俾其他老師話過連大休息都周身都 😂。TT200 除左#asana 仲訓練我個人既專注。

#inversion 係我從未接觸過的事, 無想過自己可以做到。作為一個愚鈍既學生, 係老師身上看到了有教無類。就算係對我泥講無可能做到既動作, [@samantha_theyogi](#) [@yogafanjoyce](#) 都會陪我試, 幫我試。當一個瑜珈老師身重於言教。

[@oneyoga_studio](#) [@oneyoga_academy](#) namaste 🙏 校學外是亂世, 課室內卻好有愛。同學們的鼓勵和主動的協助都是同行的動力。希望大家繼續陪我練習, 一齊成長 IG [@ahappyogis](#) 畢業證書不可以令你一夜成為導師, 這只是帶你去學習做瑜珈老師的入場券。

#毋忘初心 #RYT200 #startfromhere



Liked by [samantha_theyogi](#) and 31 others

dorrcnh04 The 200 hours yoga teacher training course has been completed. It was a truly amazing journey, Great achievement with the help of peers and our most patient mentor Samantha! Looking forward to the next milestone! 🙏📖🌍

🌟 [@oneyoga_studio](#) [@samantha_theyogi](#) [@samanthawong314](#) #yogateachertraining #yogalife #yogagirl

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[kaka.travel](#) Yoga teachers 2020 in the house 😄!! After 3.5 months of giving up our weekends, getting to class before 8am, injuries bruises and countless muscle pains, we made it girls!!! I'm so happy to spend my yoga journey with you all through this difficult time together (HK protest and coronavirus). Many thanks to [@samantha_theyogi](#) for her dedication and effort. [@raywong314](#) for being an awesome photographer with so much patience to help us out and [@yogafanjoyce](#) for teaching and sharing her yoga journey with us. 💕
Hello friends, let's stay healthy and do yoga together ;) 🧘
Follow [@kaka.the.yogi](#)
[#ifyouthinkyoucanyoucan](#)
[#RYT200](#)

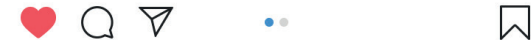
[hiltonevian](#) 💡 Never too late...

I still can't imagine I finally did it.

Honestly, I'm a rookie yogi. I don't have any mat yoga experience except aerial. And then one day, I wanna to do sth to grow myself. Two days later, I enrolled [#ryt200](#) without a second thought.

These 4 months, we've been through thick and thin together. (esp. thread into protests and pneumonia) Thanks father God, we made it on time at the end, with these 18 beauty, heart-warming, cheeky, noisy 🤗 yogis.

I still rmb how my fds/fam murmured me about the full schedule from weekdays to weekends, 8am weekdays work + 8am weekends intensive practice is trying to push the envelope 🤗👉. But soon you will find time gone so fast when you're having fun with all these energetic yogis, enjoying practice new poses/ sequences, master the asanas, study the Sanskrits via "Big TV" game, chanting the mantras etc. ∞ Having these beautiful souls supporting each other from the first lesson till graduation is amazing ❤️. What I have learnt from the journey is not only theoretical and practical of yoga, also how yoga brings unity by connecting the body, mind and soul ✨. Of course there's no doubt yoga can bring people closer tgt. 💕



Liked by [samantha_theyogi](#) and 66 others

[janetcheung_wai](#) 新技能解鎖 ✨
16/11/2018 ~ 9/2/2020

老實講, RYT200 真係冇人地講得咁簡單, 上完第一堂, 就開始諗究竟係咪真係畢到業, 學咗咁耐 yoga, 從來都有諗過可以咁辛苦 🤗.

Thank you 屋企人幫我睇住 🍀

Thank you 老公係我遲到嘅時候車我返學 (每個星期六日 8am 到 Central, 大家都反晒白眼出門口 🤗)

Thank you [@samanthawong314](#) [@yogafanjoyce](#) & miss 同咁多位 yoga buddies 🤗 令一個由第一堂已經想放棄 ge 人可以去到畢業。miss 好有耐性, 對住個咁擾攘 ge 我都有放棄 🤗

從來都有聽過一間 yoga studio 會喺上堂嘅時候有人幫你影相, 幫你記錄低上堂過程! 好細心 🤗

到最後個日睇住大家一齊進步左好多好感動 🤗 大家要繼續加油 🍀

Pricing

Early Bird

HK\$27,500

Regular Price

HK\$30,000

Include 40 Regular Classes



CONTACT US



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one yoga