



one yoga

200 HR YOGA

TEACHER TRAINING



ONE YOGA STUDIO

∴ TWO OPTIONS

A Weekend Programme

Every Sat and Sun 9:00 am – 4:00 pm

B Weekday Programme

Every Mon, Wed & Fri 8:30 am – 12:00 pm



∴ PROGRAMME MAKE UP OF 3 COMPONENTS

01 In-Studio Training

02 Online Theory Learning

03 40HR Regular Classes

∴ COURSE DESCRIPTION



01 In-Studio Training

Focuses on Asana, Teaching Techniques and Teaching Practice.

02 Online Theory Learning

Focuses on yoga theories.

Bite-size pre-recorded materials which are accessible for 4 months.

- Yoga anatomy
- Yoga philosophy
- History of Yoga
- Sanskrit reading

03 40HR Regular Classes

For asana practice at One Yoga Studio as part of the teacher training programme (already included in the tuition fee)

Start immediately after enrollment.

： WHY US ?

Reason 1

Trained over 250 RYT200 since 2019
from 20+ batches of training.



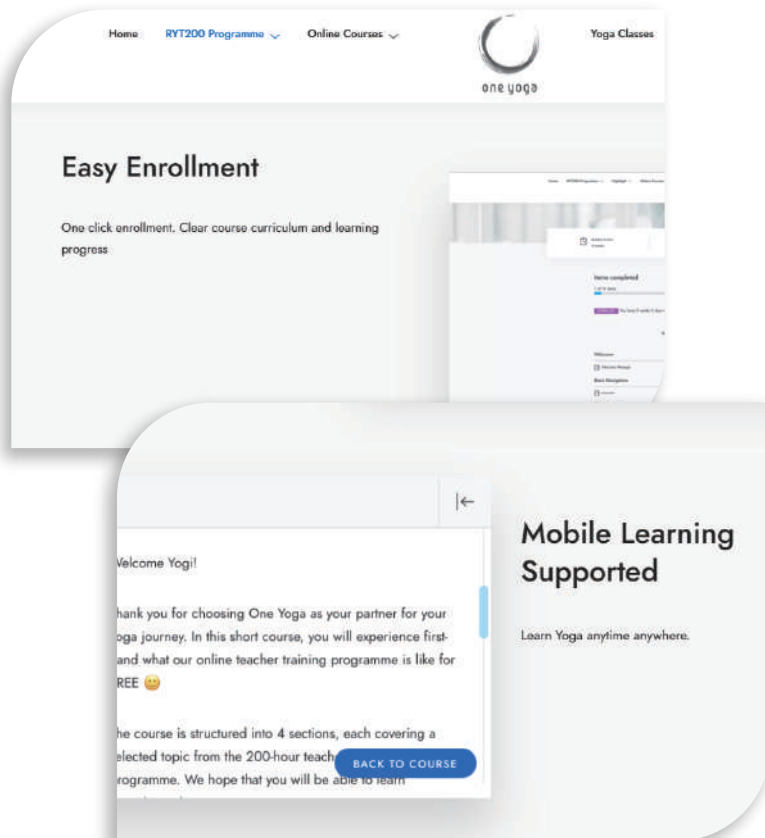
Reason 2

Experienced teaching team lead
by teacher Samantha (ERYT500)

: WHY US ?

Reason 3

Flexible learning



Reason 4

Excellent class vibe



WHY US ?

Reason 5

Strong alumni network.

Over 300 graduates in the past few years, a lot of which have started their own studio and look for yoga teachers from one yoga.





FAQ

I am a beginner. Can I still join the programme ?

Yes of course. Our programme **starts with the very basic** and gradually **builds up to the more advanced** topics. It is however easier to follow if you already have some basic yoga knowledge / regular practice.

I am not very flexible / not able to master the more difficult asana such as headstand. Will I struggle in class ?

Don't worry. You do not need to be able to do any particular asana in order to join. The purpose of the programme is to prepare you **for the more advanced asana poses through guided practice**. There is no strength/flexibility requirement **but passion**.

Will I be able to teach yoga after graduation ?

The programme is **Yoga Alliance accredited** and is **recognized in most countries** in the world. Once graduated you are a **professional yoga teacher** and **can start teaching**. Most of our past students have either opened their **own yoga studio or started teaching group classes** after graduation.

FEEDBACK FROM PAST STUDENTS



Liked by oneyoga_academy and 86 others

meisshun 關於成長👉去片
2021年4-5月 軍訓全紀錄
好開心識到班志同道合 齊上齊落
仲有好多老師嘅經驗之談同鼓勵
瑜伽唔單純式子做得幾完美
而係個份靜落黎嘅心
同日覆日去練習嘅毅力
唔怕失敗
相信自己其實可以😊😊
跳出自己comfort zone
去蛻變同成長個過程
多謝你地每一個嘅陪伴🙏

Thank you my master @samantha_theyogi
@waitingjune @yogafanjoyce @wujoyoga



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 & 男
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💪



Liked by jenny_lee_lhy and 11 others

winniewpy

RYT 200 completed 🙏🙏🙏
Finally get my certificate on hand 🙏🙏🙏

I am grateful that I have met a lot of amazing teachers in
@oneyoga_academy and learnt a lot from them.

Also, I gain more than expected - a group of friends. We
never get tired of discussing yoga, asana etc. Feeling so
good on practicing yoga with friends.

Thank you again to teachers and yogis for being part of my
yoga journey. 💖💖💖

#ryt200 #rytteachertraining #yogateacher #yogajourney
#yogapractice #yogahk #yogastudent #yogastudentforlife

: FEEDBACK FROM PAST STUDENTS



PROGRAMME INFORMATION

A Weekend Programme

HK \$23,500 Early Bird

HK \$28,500 Regular Price

B Weekday Programme

HK \$23,500 Early Bird

HK \$28,500 Regular Price

INCLUDE 40 REGULAR CLASSES



P | 6816 9457 (Whatsapp)

E | info@oneyoga-studio.com

W | oneyoga-studio.com

F | facebook.com/oneyogastudiohk





one yoga