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Pure Toms River Yoga
2026 200 Hr Teacher Training



Pure Toms River Yoga

Yoga Teacher Training

Pure Toms River Yoga Focus Flow Teacher Training Program (RYT-200) uniquely blends the history and teachings of yoga with the essential components of asana, anatomy, and sequencing. In this training, you will get hands-on experience beginning day one. You will be taught and supported by a team of certified educators. Our teachers are dedicated, experienced, and passionate about yoga.

Our teacher training program focus is Vinyasa Flow but we incorporated different styles of yoga that you may be interested in studio further including but not limited to Restorative, Yin, and Fusion. You will leave comfortable and able to teach a dynamic, unique, and challenging yoga class, one appropriate for all levels.

Whether your purpose is to teach or simply deepen your own practice this program has something for everyone. You will get practical teaching experience and graduate from the program confident in your abilities moving forward on your mat. We strive to empower others to refine their practice, find their strength, balance, confidence, and peace on and off the mat. Are you ready to learn more and start your next adventure?



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Why Pure Toms River Yoga?

At Pure we offer a range of yoga styles and been serving the community since 2016. With over 20+ classes weekly, private on-site and off-site classes and events we pride ourselves on not only in teaching quality yoga classes but cultivating wellness, connections, and relationships within the community firmly grounded in our philosophy that yoga be accessible for “every shape, every size and every person.”

Our program intends for graduates to be well rounded, confident, compassionate, and ready to serve the needs of diverse individuals and groups of students. We guarantee that you will graduate from the program confident in your abilities. It is our mission to help you find your true yoga teacher self and voice. We will facilitate and support you as you begin this exciting adventure.

What is Including in Your Enrollment:

- 200 Hour Yoga Alliance Certificated Training led by Experience Teachers
- A Digital Copy of the Pure Focus Flow Manual
 - * A Hard Copy can be purchase from Pure Toms River Yoga for an additional cost of \$150
- A 3 Month Membership to Pure Toms River Yoga from February 1 - April 30, 2026
 - *All Current Memberships would be put on hold and resume on May 1, 2026.



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2026 Schedule

Dates and Times

In- Person at the Studio

Saturday In-Studio Dates: 11 – 7 PM

Sunday In-Studio Dates: 12 -7 PM

Includes a Break to Eat

February 21 & 22

March 7 & 8

March 21 & 22

April 11 & 12

April 25 & 26

Graduation Party TBD based on completion of program

This program will be hybrid and pre-recorded videos will be required to watch during your training on a schedule that fits your needs on teachable.com. You will begin to have access to videos Sept 1, 2025

Each Trainee is asked to have 100% attendance is for graduation. Additional hours have been added into the program in case of emergency. Please see our policy on the Students Expectations Page. If a student needs to miss a portion of the training, he or she must meet with the facilitators to develop a plan to make up lost hours. Make up instruction resulting from absences will be charged accordingly

Dates and Times

Virtual Zoom Training Dates

Wednesday 6 – 9 PM

March 4

March 18

April 1

April 22



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Program Curriculum

ASANA TECHNIQUES, TRAINING AND PRACTICE

Sun salutations, poses, alignment principles, hands on assists, and modifications will be studied and practiced, (beginning on day one). Students will receive practical teaching experience in this training.

TEACHING METHODOLOGY Students will learn how to create their own strong, creative, and powerful sequences based on a variety of methods incorporating pace, cueing, environment, and class management.

ANATOMY, BIOMECHANICS, AND PHYSIOLOGY Functional anatomy as it relates to teaching yoga poses, including precautions and safety.

SUBTLE BODY The chakra system, Koshas, Kleshas, and the energetic body

PRANAYAMA and MEDITATION Breathing techniques and Meditation Methods. Students will learn about Sacred Sound

HISTORY, YOGA PHILOSOPHY, AND LIFESTYLE The study of the Yoga Sutras of Patanjali and other major yogic text, key terms of yoga, Sanskrit, and Self Reflection

PROFESSIONAL DEVELOPMENT AND ETHICS The understanding of Yoga Related Professional Organizations such as Yoga Alliance, Ethical Commitment, including Scope of Practice, Code of Conduct, and Equity Position Statement. Continuing Education Requirements and Learning. Students will learn how to market and promote themselves, general professionalism, and Common ethical predicaments faced by yoga teachers.

AYURVEDA Science of life, yoga as medicine.

HOMEWORK/FINAL EXAMS/ PRACTICUM To graduate, students will need to complete homework, exams, practice teaching, and student-led practicum available to members of the studio, family, and friends.

REQUIRED READINGS Students will need to purchase the following required titles on their own:

The Yoga Sutras of Pantanjali by Sri Swami Satchidanda

The Language of Yoga by Nicolai Bachman

The Key Muscles of Yoga: Scientific Keys, Vol 1 by Ray Long

SUGGESTED READINGS: other suggestions will be giving throughout the training such as

The Key Poses of Yoga: Scientific Keys, Vol 2 by Ray Long



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Requirements for Graduation

ATTENDANCE: Attending a minimum of 200 hours of in person, virtual, videos and class participation. Make Up Instruction resulting from absences will be charged accordingly. All make up Instructions required to completed by Sept 1, 2026

CLASS PARTICIPATION: Attend 25 Classes throughout the course of the Training

CLASS OBSERVATION: Beginning mid-way through your training Pure Toms River Yoga will ask for you to assist and observe 12 additional classes

READING AND ASSIGNMENTS Complete required readings and all homework assignments.

ANATOMY EXAM Students must pass with 75% or higher. Students may retake the exams one time during training hours. If a student does not pass an exam on their second attempt, students will be required to schedule retakes within one week after training date at a rate of \$80/hour.

FINAL WRITTEN EXAM The final exam will be a comprehensive test, that students will take at the studio that students must pass with 75% or higher. Students may retake the exams one time during training hours. If a student does not pass an exam on their second attempt, students will be required to schedule retakes within one week after training date at a rate of \$80/hour.

PRACTICUM EXAM Sequencing and teaching a donation based full one hour class that all donations will be giving to a charity. This Class must be schedule and completed prior Sept 1, 2026

FULL PAYMENT Payment of tuition and any other make-up hours and fees that are needed to meet completion requirements. All Payments will be required to be paid in full by May 1, 2026.

Student progress will be monitored and communicated both through written and verbal feedback throughout the training. If at any point progress is not satisfactory, students will be notified immediately to schedule a meeting with facilitators for an improvement plan. Upon satisfactory completion of this training, students will receive a certificate of completion. Students will then be able to register with Yoga Alliance to become RYT-200. Facilitators have the right to communicate to the students that they will be required to retake the entire teacher training.



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Students Expectations

ATTENDANCE 100% attendance is required for graduation. Attendance will be taken each day and will be kept on file. If a student needs to miss a portion of the training, he or she must meet with the facilitators to develop a plan to make up lost hours. Make up instruction resulting from absences will be charged \$80/hour. If a student has an emergency that causes him or her to miss an entire day or more of training, the student and facilitators will arrange a plan to make up the hours. If the student misses for non-emergency reasons and does not communicate and develop a plan with the facilitators the student will be dismissed from the program, and the refund policy will apply. All Make Up Instructions must be completed by Sept 1, 2026.

TARDINESS Students will need to arrive on time, and be prepared for the start of each class/session. If a student is more than 15 minutes late for a session, they will be considered tardy. One hour will then be deducted from the total contact hours and may result in make up instructions.

LEAVE OF ABSENCE In the event a student must discontinue participation due to circumstances beyond the student's control, the refund policy will be applied. All attempts will be made to assist the student in completing their training either through a future training, if available, or at the make-up hour rate.

STUDENT CONDUCT Ethics are an essential aspect of yoga and will be stressed and firmly enforced throughout the Program.

DISMISSAL/ RE-ADMITTANCE A student will be considered for dismissal if he or she needs additional instruction, has fallen behind, or is incomplete with assignments and all efforts made to work with the student has not been met. A student will need to show improvement and progress, subjective to the facilitators approval. Failure to make improvements, progress, or satisfactory grades, will result in dismissal, refunds per the refund policy will apply. Any criminal activity associated with this training will result in immediate dismissal. Students who violate our student conduct code of ethics policy, will receive a written notification or warning and dismissal from the program may result. Refunds will apply per the refund policy. A student who has been dismissed may apply for readmission to a future training, but acceptance is not guaranteed

Each Student will be asked to review and sign our Code of Ethics, Agreement and Liability Release Forms



Pure Toms River Yoga Yoga Teacher Training

Tuition, Fees and Policies

Simple, Accessible Pricing

- **\$2,800 for everyone**
- **In past years we offered this price as the early bird pricing—now we've simplified with one clear, accessible rate for all.**

NON REFUNDABLE DEPOSIT \$500 Required and Payment Plans will be set up with Pure Toms River Yoga and the Student.

Payments may be made by check or credit card on Mindbody or Venmo to Pure Toms River Yoga. Total tuition due by May 1, 2026 unless agreed upon with Pure Toms River Yoga

NON-DISCRIMINATION POLICY Pure Toms River Yoga does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

EMPLOYMENT SERVICES POLICY Pure Toms River Yoga does will help and guide students in pursuing a career in yoga as they are progressing through our program. We do not guarantee employment placement.

CANCELLATION/ REFUND POLICY. Students will receive a full refund of all money paid minus the non-refundable deposit if the student cancels within 7 days prior to beginning of training and The student will receive the refund within 10 business days.