REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES

YOGA ALLIANCE · RYS-200

200-HOUR YOGA TEACHER TRAINING

become the change you wish to see

INFO PACKET · 2026

ROCKVILLE CENTRE, NY · LIVE + ONLINE

MORE THAN TEACHER TRAINING

This training is not simply about learning how to teach yoga. It is about learning how to live the teachings more deeply.

A transformational immersion into yoga, philosophy, movement, meditation, self-study, and embodied leadership.

Our 200-hour training is designed to support personal transformation, embodied leadership, philosophical inquiry, nervous system awareness, intelligent movement, emotional growth, and authentic connection.

Some students join with the intention to teach professionally. Others join because they feel called to deepen their understanding of yoga and themselves. **Both paths are equally welcome here.**

Self-study is part of the practice.

NEXT LIVE COHORT
BEGINS APRIL 2027

FORMAT
LIVE IN-STUDIO + ONLINE

LOCATION
ROCKVILLE CENTRE, NY

LANGUAGES
ENGLISH OR ARABIC

CREDIT
YOGA ALLIANCE · RYT-200

ADMISSIONS
ROLLING

MANY PATHS, ONE COHORT

No advanced poses or prior teaching experience are required to begin. We welcome students from many starting places.

i.

ASPIRING TEACHERS

Students seeking the tools, confidence, and knowledge to guide others safely and authentically.

ii.

DEDICATED PRACTITIONERS

Students wanting to deepen their understanding of yoga beyond the physical practice.

iii.

WELLNESS PROFESSIONALS

Healers, therapists, coaches, educators, and practitioners seeking integrative knowledge.

iv.

SEEKERS + LIFELONG LEARNERS

Those interested in philosophy, meditation, embodiment, and conscious living.

v.

CAREER CHANGERS

Individuals navigating transitions and seeking more meaningful, aligned work.

What matters more than physical advancement is willingness to grow, ask questions, and stay open.

CHOOSE THE PATH THAT FITS YOUR LIFE

Same Yoga Alliance certified curriculum, two ways to move through it. Take it live in the studio with a cohort, or self-guided online at your own rhythm.

	PATH 01 **ONLINE SELF-PACED** *at your own pace, any time*	PATH 02 **LIVE IN-STUDIO COHORT** *together, in real time*
START	Any time. Enroll and begin immediately.	**April 2027.** Rockville Centre, NY.
PACE	Self-guided. 12-month maximum completion. Some finish in 1 month, others in 12.	2 to 3 months with monthly weekend intensives. Make-up sessions and recorded module access available for missed weekends.
FORMAT	Recorded modules, written materials, assignments, peer cohort messaging, and direct teacher feedback on your practice teaching submissions.	Sundays in-studio (full day) plus online portal during the week. Homework, practice teaching, and personal reflection between weekends.
LANGUAGES	English only.	English or Arabic. Arabic is delivered via Zoom for the hybrid cohort only.
TUITION	Contact us for current online tuition.	**$3,333** · $800 deposit reserves your spot · Early bird saves $200.
APPLICATION	Rolling admissions.	Rolling admissions. Early applications preferred.
CERTIFICATION	Yoga Alliance RYS-200. Eligible for RYT-200 registration.	Yoga Alliance RYS-200. Eligible for RYT-200 registration.
IDEAL FOR	Those who live outside NY, work an unpredictable schedule, or simply prefer learning at their own rhythm.	The deepest version of the experience: community, mentorship, real classroom hours, and a graduating cohort that often becomes lifelong.

WHAT YOU WILL STUDY

Integrated modules covering everything from anatomy to philosophy. Designed to be intelligent, embodied, and immediately useful.

01
ASANA + INTELLIGENT MOVEMENT
Alignment, biomechanics, safe sequencing, modifications, and embodied practice. Vinyasa Krama foundations.

02
YOGA PHILOSOPHY
Yogic philosophy, the Yoga Sutras, ethics, history, and traditional teachings, made relevant to modern life.

03
MEDITATION + MINDFULNESS
Concentration practices, awareness training, breath-centered meditation, and nervous system regulation.

04
PRANAYAMA
Breathwork practices designed to cultivate energy, focus, balance, and awareness.

05
ANATOMY + PHYSIOLOGY
Functional anatomy and movement science integrated into modern practice safely and intelligently.

06
TEACHING METHODOLOGY
Sequencing, cueing, class structure, holding space, voice development, and leadership skills.

07
AYURVEDA + YOGIC LIFESTYLE
Introduction to Ayurvedic principles, energetic balance, daily rhythms, and conscious living.

08
PRACTICE TEACHING
Hands-on teaching experience, feedback, mentorship, and supported growth in real classroom settings.

09
KIDS YOGA
Foundations for teaching children: age-appropriate sequencing, classroom management, games, storytelling, and safe, joyful space.

10
PRENATAL YOGA
Trimester-by-trimester practice: modifications, contraindications, common discomforts, and holding sacred space for pregnancy.

11
SOUND OF YOGA
Mantra, kirtan, sacred sound, and the use of voice and music in practice. Sound as a tool for tuning the nervous system.

12
BUSINESS OF YOGA
Building a sustainable teaching career: pricing, marketing, scheduling, ethics, scope of practice, and going from student to professional.

DEPTH OVER PERFORMANCE

The teachings shared within this training are rooted in traditional yogic lineage while being thoughtfully integrated into modern life.

At Revolution Yoga, students are encouraged not only to study information, but to integrate the teachings into their daily lives and lived experience.

We believe yoga should be accessible, embodied, emotionally intelligent, philosophically rich, practical, safe, and deeply human.

DEPTH *over* PERFORMANCE

We measure growth in awareness, not in handstands.

EMBODIMENT *over* PERFECTION

We teach what we live. We don't teach what we don't.

INQUIRY *over* EGO

Students are encouraged to question, challenge, and stay curious.

COMMUNITY *over* COMPETITION

Cohorts that become families. Lifelong support beyond graduation.

A LIVING COMMUNITY

Many students describe the training as transformational not only because of what they learn, but because of the community formed throughout the process.

The training environment emphasizes mentorship, support, reflection, inquiry, vulnerability, growth, and meaningful connection.

Students are encouraged to ask questions, think deeply, challenge assumptions, and grow at their own pace within a supportive environment.

Mentorship · reflection · inquiry · growth · connection

HOW THE TIME UNFOLDS

Both paths lead to the same Yoga Alliance certification. Here is what each asks of your calendar.

LIVE IN-STUDIO COHORT

BEGINS APRIL 2027

DURATION

Roughly 2 to 3 months.

WEEKENDS

Monthly weekend intensives, with Sundays in-studio (full day) in Rockville Centre, NY.

DURING THE WEEK

Weekly meetings and an online portal. Homework, practice teaching, and personal reflection between weekends.

MISSED A WEEKEND?

Make-up sessions and recorded module access are available. We work with you when life happens.

ONLINE SELF-PACED

START ANY TIME

DURATION

Your pace, within a 12-month maximum completion window.

REAL EXAMPLES

Some finish in 1 month, others in 12. It depends on how much time you have to dedicate to it.

HOW YOU LEARN

Recorded modules, written materials, assignments, and peer cohort messaging.

FEEDBACK

Direct teacher feedback on your practice teaching submissions.

How intensive is it? Expect homework, practice teaching, and personal reflection between live weekends. Online learners set their own rhythm, and everyone is supported along the way.

TEACHERS WHO LIVE IT

Learn from experienced teachers and practitioners rooted in years of dedicated study, practice, mentorship, and teaching experience. Our 200hr faculty includes lead instructors and visiting teachers covering each module with depth and authority.

LEAD TEACHER TRAINER

AMANDA DIGIOVANNA

Founder / Director · Revolution Yoga

Amanda began her personal yoga practice over 28 years ago. She holds a BA in Psychology and weaves yoga, philosophy, and Ayurveda, yoga's sister science, into her teaching.

- 500-Hour YTT, Sadhana Yoga (Sondra Loring + Raghunath Cappo)
- 200-Hour Vinyasa Teacher Certification, Sonic Yoga
- Prenatal Certified Yoga Teacher (R-PYT)
- Ayurvedic Health Consultant · Ayurveda studies with Vasant Lad
- Yoga Sutra studies with Edwin Bryant · Bhagavad Gita studies

OUR GRADUATES, NOW TEACHING AT REVOLUTION

PAULINE FESTA

MICHELLE LEVITSKY

MICHELINE DEBONO

PAOLA LUNA

JACQUI BYRNE

LISA RIES

ASHLEY LALL

ALYSSA PENTRACOSTA

NICOLE AYDINOGLO

KEITH ANGRISANI

BASMA KHAFAGA

Meet the full team at revolution-yoga.pages.dev/teachers

INVESTING IN YOUR PATH

$3,333

Live In-Studio Cohort beginning April 2027

RESERVE YOUR SPOT

$800

A deposit at registration holds your place in the cohort.

EARLY BIRD

SAVE $200

Register early (2 months before the start date).

PAYMENT PLANS

MULTI-MONTH PLANS

Available with a deposit at registration. No-interest financing on request.

SCHOLARSHIPS

SCHOLARSHIPS AVAILABLE

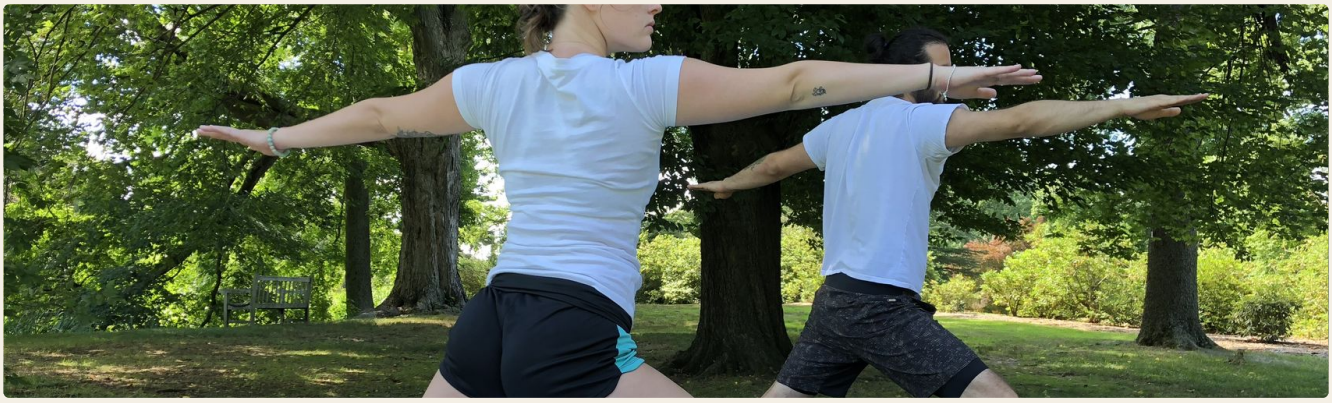
Reach out to learn more about scholarship opportunities.

ONLINE SELF-PACED

CONTACT US FOR CURRENT ONLINE TUITION

One-time payment. Email revolutionyoga@gmail.com for current rates.

> Email us for current tuition + plan details. We are happy to walk through the option that works best for you.



YOGA ALLIANCE RYT-200

Our 200-hour program is a Yoga Alliance Registered School (RYS-200). Graduates can register as RYT-200 with Yoga Alliance upon completion.

01 BEFORE YOU BEGIN

We welcome students with as little as 6 months of consistent yoga practice. No advanced poses or prior teaching experience are required. Some of our most successful graduates were relative beginners when they enrolled.

02 DURING THE TRAINING

Expect homework, practice teaching, and personal reflection. Live cohort students attend monthly weekend intensives and use the online portal during the week; online students complete recorded modules, written materials, assignments, and practice teaching submissions with direct teacher feedback.

03 COMPLETION WINDOW

Live cohorts run roughly 2 to 3 months. Online self-guided learners complete within a 12-month maximum.

04 YOUR CERTIFICATION

Graduates are eligible for internationally recognized RYT-200 registration with Yoga Alliance. Your certification is yours regardless of whether you ever lead a class.

IN THEIR OWN WORDS

> *This training changed the trajectory of my life. I came in to learn yoga and walked out understanding myself in a way I never had before.*

GRADUATE · 200-HOUR YTT, CLASS OF 2023

> *I came to learn yoga and left understanding myself more deeply. The philosophy alone reshaped how I move through the world now.*

GRADUATE · CLASS OF 2024

> *The community alone was transformational. Two years later we still meet monthly. These are some of the closest friendships of my adult life.*

GRADUATE · CLASS OF 2024

> *I joined for personal growth, never to teach. Halfway through I realized I'd been teaching all along, just in different rooms.*

GRADUATE · CLASS OF 2025

> *The teachers met me where I was. There was no shame about what I didn't know yet. Just encouragement to keep going.*

GRADUATE · CLASS OF 2023

COMMON QUESTIONS

DO I NEED TO BE ADVANCED?

No. We welcome students with as little as 6 months of consistent yoga practice. Some of our most successful graduates were relative beginners when they enrolled. Everyone starts at the same place, because teaching yoga is a different art than practicing yoga. We make sure you're well prepared by the end, no matter where you're starting from.

What matters more than physical advancement is willingness to grow, ask questions, and stay open.

CAN I JOIN FOR PERSONAL GROWTH ONLY?

Absolutely. A meaningful percentage of every cohort joins purely for personal study and never intends to teach professionally. Our trainings are designed equally for personal transformation and professional preparation.

IS THIS YOGA ALLIANCE CERTIFIED?

Yes. Our 200-hour program is a Yoga Alliance Registered School (RYS-200). Graduates can register as RYT-200 with Yoga Alliance upon completion.

WHAT IF I DON'T WANT TO TEACH?

Then you don't have to. Your certification is yours regardless of whether you ever lead a class. Many graduates use the training to deepen their personal practice, integrate yoga into existing careers (therapy, education, coaching, bodywork), or simply because the work continues to unfold long after graduation.

ARE PAYMENT PLANS AVAILABLE?

Yes. Multi-month payment plans are available with a deposit at registration. No-interest financing options on request. Scholarships are also available. Email us for current tuition + plan details.

WHAT IF I MISS A WEEKEND?

Make-up sessions and recorded module access are available for missed weekends. We work with you when life happens.

HOW INTENSIVE IS THE TRAINING?

Live cohorts run roughly 2 to 3 months with monthly weekend intensives. Expect homework, practice teaching, and personal reflection between weekends.

Online self-guided learners set their own pace within a 12-month maximum completion window. Some finish in 1 month, others in 12.

IS THE TRAINING OFFERED IN ARABIC?

Yes. The in-person cohort is available in English or Arabic. Arabic is delivered via Zoom for the hybrid cohort only. Contact us for Arabic program details.

13 · BEGIN THE JOURNEY

PICK YOUR PATH IN

Whether you are seeking deeper practice, personal transformation, or the path toward teaching, this training is designed to support authentic growth and meaningful connection.

REGISTER + APPLY

ROLLING ADMISSIONS · EARLY APPS PREFERRED

revolution-yoga.pages.dev/yoga-trainings/200-hour-apply

EMAIL

revolutionyoga@gmail.com

CALL

516.619.6421

FREE 1:1 CONSULT

Not sure which path is right? Book a 20-minute consult with a faculty member.

Revolution Yoga Institute for Yoga Studies · Rockville Centre, NY