

REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES

YOGA ALLIANCE RYS-300 REGISTRATION IN PROCESS

300-HOUR ADVANCED TRAINING

go beyond the foundation

INFO PACKET • 2026

ROCKVILLE CENTRE, NY • LIVE + ONLINE

BEYOND FOUNDATIONS

The 300-hour training is designed for teachers and dedicated practitioners who feel called to go deeper.

A deeper immersion into philosophy, advanced practice, meditation, subtle body studies, inclusive teaching, and embodied leadership.

This program expands beyond foundational teacher training into advanced philosophy, subtle energetics, meditation, trauma-aware teaching, advanced sequencing, Sanskrit study, inclusivity, Yin and restorative methodologies, and deeper embodiment and leadership.

Students are encouraged not only to refine their teaching, but to **deepen their own relationship to practice, awareness, inquiry, and conscious living.**



The deeper the practice becomes, the more subtle the teachings become.

NEXT LIVE COHORT

BEGINS JANUARY 2027

LOCATION

ROCKVILLE CENTRE, NY

CREDIT

YOGA ALLIANCE RYS-300 REGISTRATION IN PROCESS

FORMAT

LIVE IN-STUDIO + ONLINE

LANGUAGES

ENGLISH OR ARABIC

APPLICATIONS

OPEN NOW

FOR THOSE READY TO DEEPEN

Mature practitioners and teachers seeking the next layer. Four common starting places.

i.

YOGA TEACHERS READY TO DEEPEN

Teachers seeking refinement, confidence, depth, and expanded understanding of their work.

ii.

DEDICATED PRACTITIONERS

Students interested in deeper philosophy, meditation, energetics, and advanced study, whether or not they teach.

iii.

LEADERS + SPACE HOLDERS

Teachers seeking to hold more inclusive, emotionally intelligent, and trauma-aware spaces.

iv.

LIFELONG STUDENTS

Individuals committed to continued study, inquiry, and personal growth across decades.

Prerequisite + Bridge Program. Completion of a 200-hour Yoga Alliance recognized training is required prior to enrollment. Graduates of any RYS-200 program are welcome; you don't need to have completed our 200hr to join. If you did not complete your 200-hour with us, you will be required to complete an included 3-month bridge program.



WHAT YOU WILL STUDY

Nine integrated modules. Designed to refine your teaching, deepen your practice, and expand your understanding of the tradition.

01

ADVANCED ASANA + SEQUENCING

Intelligent peak-pose sequencing, advanced posture studies, arm balances, inversions, transitions, and energetically coherent class design.

02

YOGA PHILOSOPHY + CLASSICAL TEXTS

The Yoga Sutras, Bhagavad Gita, the Upanishads, the Hatha Yoga Pradipika, subtle body philosophy, yogic psychology, the paths of Bhakti and Jnana, and the ethical foundations of practice.

03

MEDITATION + CONCENTRATION

Advanced meditation techniques, concentration practices, mantra integration, breath awareness, and nervous system regulation.

04

SANSKRIT STUDIES

Introduction to Sanskrit pronunciation, chanting, sacred sounds, terminology, and philosophical integration.

05

TRAUMA-AWARE + INCLUSIVE TEACHING

Nervous system awareness, consent-based adjustments, emotional safety, accessibility, inclusivity, and supportive space holding.

06

YIN + RESTORATIVE METHODOLOGIES

Advanced understanding of stillness-based practices, fascia, energetics, prop support, and nervous system restoration.

07

ADVANCED ANATOMY + ENERGETICS

Functional anatomy, biomechanics, energetic mapping, subtle body theory, and intelligent movement refinement.

08

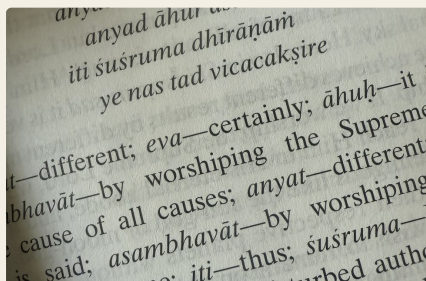
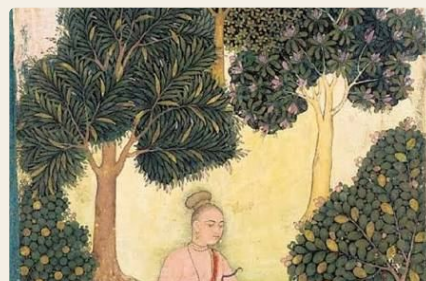
AYURVEDA + SEASONAL SEQUENCING

Deeper exploration of Ayurvedic energetics and sequencing aligned with constitution, season, and nervous system balance.

09

TEACHING LEADERSHIP + MENTORSHIP

Refinement of voice, teaching presence, sequencing confidence, mentorship, leadership, and authentic facilitation.



DEPTH WITHOUT PERFORMANCE

Many advanced trainings focus primarily on external performance or increasingly complex physical postures. At Revolution Yoga, the emphasis is different.

We believe advanced practice is not simply about doing more difficult poses, even though those will also be covered. The Vedas give us clear instructions for what qualifies one to teach yoga, and through this training you will be given the tools to develop those qualities deeply.

Advanced practice is about greater awareness, deeper embodiment, emotional maturity, energetic sensitivity, refined teaching, compassionate leadership, and subtle understanding.

GREATER AWARENESS

The mind softens. The seeing sharpens.

DEEPER EMBODIMENT

The teachings live in the body, not just the notebook.

EMOTIONAL MATURITY

Holding hard rooms without flinching.

ENERGETIC SENSITIVITY

Reading the room beyond what is said.

REFINED TEACHING

Less talk. More precision. More space.

COMPASSIONATE LEADERSHIP

Teachers who serve, not perform.

THE EXPERIENCE

The training creates space for inquiry, refinement, mentorship, vulnerability, exploration, and continued evolution. Students often describe it as deeply transformative, not only professionally, but personally.

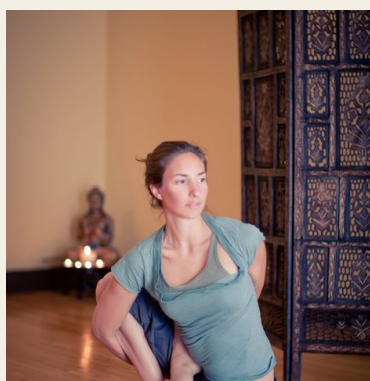
CHOOSE THE PATH THAT FITS YOUR LIFE

Take it live in the studio with a cohort beginning January 2027, or self-guided online. Same RYT-500 pathway curriculum, your pace.

	PATH 01 ONLINE SELF-GUIDED <i>at your own pace</i>	PATH 02 LIVE IN-STUDIO COHORT <i>together, in real time</i>
START	Enrollment opens with the January 2027 cohort. Applications are open now.	January 2027. Rockville Centre, NY.
FORMAT	Self-guided. Recorded modules, written materials, assignments, peer cohort messaging, and direct teacher feedback on practice teaching submissions.	Saturdays in-studio plus online portal during the week. Mentorship from senior faculty, real Sanskrit and philosophy circles.
PACE	18-month maximum completion.	Approximately 6 months from start to graduation.
LANGUAGES	English only.	English or Arabic. Arabic is delivered via Zoom for the in-person cohort. Contact us for Arabic program details.
TUITION	Self-Led \$1,111 • \$497 launch Mentored \$2,222 • \$1,777 launch Apply now to reserve launch pricing.	\$4,444 • Revolution Yoga 200hr graduates receive \$1,500 off • \$800 deposit reserves your spot • Multi-month payment plans • No-interest financing on request • Scholarships available.
PREREQUISITES	200hr Yoga Alliance certified training (any RYS-200).	200hr Yoga Alliance certified training (any RYS-200). Graduates outside Revolution complete an included 3-month bridge program.
APPLICATION	Rolling admissions.	Applications open now for January 2027. Rolling, early apps preferred.
CERTIFICATION	Yoga Alliance RYS-300 registration in process. Designed as an RYT-500 pathway when combined with a 200hr.	Yoga Alliance RYS-300 registration in process. Designed as an RYT-500 pathway when combined with a 200hr.

SENIOR MENTORS

Learn from experienced teachers and practitioners rooted in years of dedicated study, mentorship, and embodied practice. Our 300hr faculty includes lead instructors and visiting senior teachers covering Sanskrit, philosophy, trauma-informed work, and advanced sequencing 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 from the University at Albany, graduated Sonic Yoga's 200-Hour Vinyasa Teacher Certification in 2007, and in 2009 Revolution was born. She weaves yoga, philosophy, and Ayurveda, yoga's sister science, into her teaching.

- 500-Hour YTT, Sadhana Yoga (Sondra Loring + Raghunath Cappel)
- Apprenticeship under Keith Wittenstein, Sonic Yoga
- Yoga Sutra Studies with Edwin Bryant · Bhagavad Gita Studies with Joshua Greene
- Yogic Lifestyle and the Hatha Yoga Pradipika with Yogi Amit
- Ayurveda Studies with Vasant Lad (2022–Present)

STUDENT EXPERIENCES • IN THEIR OWN WORDS

“

This training completely changed how I understand yoga and teaching. I came in confident in my 200hr work and left realizing I had been operating at the surface of what's possible.

GRADUATE • 300-HOUR ADVANCED YTT, 2024

“

I became more grounded, more confident, and more authentic as a teacher. The Sanskrit and philosophy modules transformed how I cue, hold space, and design class.

GRADUATE • 300-HOUR ADVANCED YTT, 2024

COMMON QUESTIONS

DO I NEED TO TEACH PROFESSIONALLY TO JOIN?

No. The 300hr is open to dedicated practitioners and teachers alike. Many students join simply because they want to study at this level. Both paths are equally welcome.

IS THIS YOGA ALLIANCE RECOGNIZED?

Yoga Alliance RYS-300 registration is in process. The program is built as an RYT-500 pathway: once registration is complete, graduates who also hold a 200hr certificate can register as RYT-500 with Yoga Alliance. Our 200-hour program is already a Yoga Alliance Registered School (RYS-200).

HOW ADVANCED DO I NEED TO BE PHYSICALLY?

Less advanced than you'd think. The 300hr is more about depth of awareness than physical complexity. We work with advanced postures intelligently but the focus is precision, sensitivity, and teaching safely.

WHAT IF I'M NERVOUS ABOUT ADVANCED POSES?

That nervousness often becomes useful information. We work with you. Inversions and arm balances are taught with progressions, modifications, and the understanding that not every body needs every pose.

IS THERE A MEDITATION COMPONENT?

A significant one. Meditation, concentration practices, and contemplative inquiry run throughout the training. Many graduates describe this as the most transformative part of the program.

HOW MUCH PHILOSOPHY IS INCLUDED?

A meaningful amount. Yoga Sutras, Bhagavad Gita, subtle body philosophy, yogic psychology, and Sanskrit are all woven through the curriculum. Philosophy is the ground under everything.

CAN I WORK WHILE COMPLETING THE TRAINING?

Yes. Live cohorts are designed around weekends so working students can attend. Online self-guided learners set their own pace within an 18-month maximum window.



08 • CONTINUE THE JOURNEY

PICK YOUR PATH IN

The 300-hour training is an invitation into deeper practice, deeper study, and deeper embodiment, for those called to continue exploring the richness of yoga beyond the surface.

APPLICATIONS OPEN NOW

**JANUARY 2027 COHORT -
EARLY APPS PREFERRED**

[revolution-yoga.pages.dev/
yoga-trainings/300-hour-apply](https://revolution-yoga.pages.dev/yoga-trainings/300-hour-apply)

EMAIL

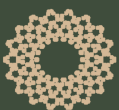
revolutionyoga@gmail.com

CALL

516.619.6421

QUESTIONS BEFORE YOU
COMMIT?

Email us or schedule a call to
talk it through.



Revolution Yoga Institute for Yoga Studies · Rockville Centre, NY