MOONTARA

YOGA + WELLNESS

200HR YOGA TEACHER

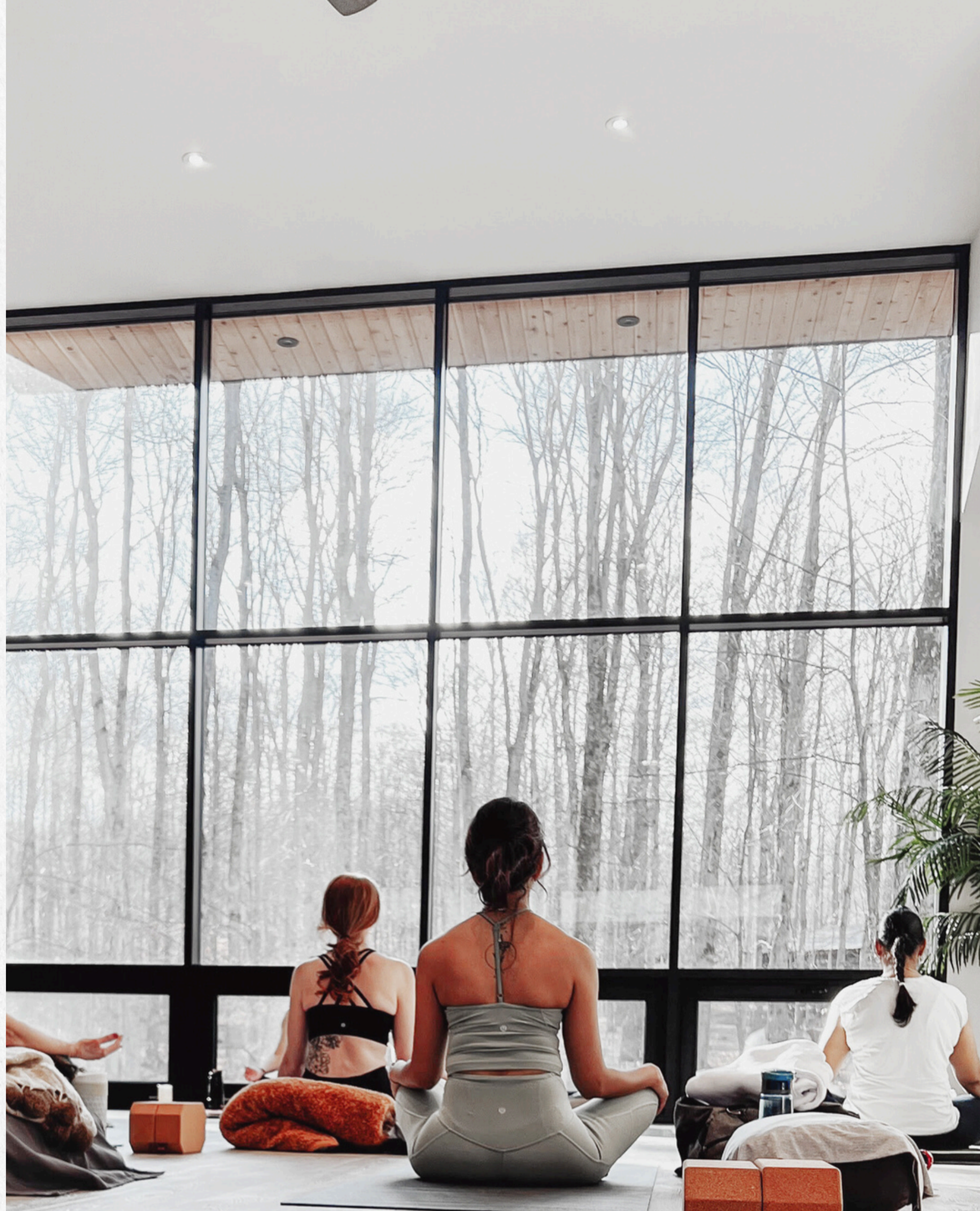
TRAINING PROGRAM



ABOUT US

At Moontara Yoga & Wellness, we are dedicated to fostering holistic well-being through the transformative power of yoga and wellness practices. Our mission is to create a nurturing environment where individuals can embark on a journey of self-discovery, healing, and personal growth.

Yoga Alliance Certified





MEET CYN

Cynthia is a powerhouse in leggings and a low bun — part yoga sage, part business strategist, and all heart. She's the kind of teacher who can cue your mula bandha and your mindset, hold space for transformation, and move through a hot class like a warrior queen.

As co-founder of Moontara Yoga School, Cyn has built a sanctuary for serious seekers — a space where grounded technique meets soulful exploration. She doesn't just lead flows; she weaves them. From intentional sequences to restorative journeys infused with energy work, every offering becomes both a practice and a portal.

She's also an inversion junkie, always ready to flip perspective — on the mat and off. Cyn is known for holding space without fluff, making yoga philosophy feel alive and relatable, crafting retreats that feel like forest fairytales, and turning ancient wisdom into modern magic.



MEET NES

Nesrin is a seasoned yoga instructor with a grounded presence and a deep love for transformation through practice. She believes yoga is more than movement — it's a powerful tool for self-discovery, healing, and inner strength.

As co-founder of Moontara Yoga School, Nesrin brings years of experience, heart-led wisdom, and a calming clarity to every space she holds. Her teaching blends mindful movement with purposeful breath and a quiet power that invites students to soften, explore, and evolve.

Nesrin isn't here to impress — she's here to help you remember who you are. Her presence is steady, nurturing, and deeply intuitive — the kind of guide who helps people feel seen, safe, and supported as they grow.

OUR PHILOSOPHY

At Moontara, we honour yoga as a deeply personal and evolving journey. Whether you've just begun or have been practicing for decades, every moment on the mat is an opportunity to reconnect, reawaken, and rise. We believe that yoga is not just a practice—it's a path of remembrance, healing, and empowered embodiment.

Rooted in ancient wisdom and infused with modern insight, Moontara's approach to yoga celebrates both the science and spirit of the practice. Our offerings are guided by integrity, inclusivity, and intention, supporting each student and teacher in finding their authentic voice and aligned path.

Our Teacher Training program has been thoughtfully designed for those called to deepen their practice, hold space for others, and live yoga off the mat. Each program is heart-led, and grounded in both traditional philosophy and contemporary approaches to somatic, energetic, and nervous system support. Whether you're here to teach, transform, or tend to your inner fire, **Moontara invites you to rise with us—rooted in purpose, aligned in truth.**





TEACHER-IN-TRAINING PROGRAM

Our teaching philosophy is focused on the integration of ancient wisdom and modern embodiment practices. We draw from diverse lineages—including Classical Hatha, Vinyasa, and Restorative yoga—to offer a comprehensive foundation for yoga education and self-discovery.

Our 200-hour foundational training explores the physical, emotional, energetic, and spiritual layers of yoga. You'll learn applied anatomy, biomechanics, the art of intelligent sequencing, accessible assists, and the sacred foundations of yogic philosophy and energetics. Our training goes beyond the postures—we guide you in how to hold safe, inclusive space and build classes that meet students where they are.

In addition to the core 200 hours, trainees will complete a specialized 20-hour Restorative Yoga Teacher Training. This module provides a focused certification in the art and science of restorative yoga, expanding your toolkit to support deeper relaxation, regulation, and nervous system nourishment.



TRAINING FOCUS

Graduates of Moontara’s 200-hour Yoga Teacher Training will receive:

- A Yoga Alliance–recognized 200-hour certification
- A Yoga Alliance-recognized 20-hour Restorative Yoga Teacher Training certificate
- The option to receive a free Reiki Level One attunement, offered for those who wish to explore the healing art of energy work (a $440 value).

Whether you feel called to lead classes, deepen your personal practice, or create space for healing and connection, our training gives you the tools and guidance to walk your unique path with authenticity.

FORMAT & CURRICULUM

Our 220-hour program is delivered over 16 weekends in an in-person, small-group setting—each cohort **capped at 10 participants** to ensure personalized support and hands-on mentorship. You'll be prepared to teach confidently and safely in both heated and non-heated environments.

Together we will dive deeply into:

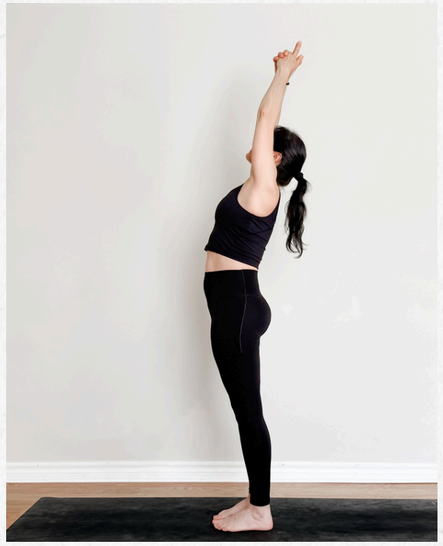
- **ASANA & YOGA FUNDAMENTALS** | 70 HOURS
- **ANATOMY, PHYSIOLOGY & BIOMECHANICS** | 30 HOURS
- **YOGA HISTORY, PHILOSOPHY & ETHICS** | 30 HOURS
- **PRANAYAMA & SUBTLE BODY** | 10 HOURS
- **TEACHING METHODOLOGIES** | 20 HOURS
- **PRACTICUM & HANDS-ON EXPERIENCE** | 25 HOURS
- **SELF-INQUIRY & PROFESSIONAL DEVELOPMENT** | 15 HOURS
- **RESTORATIVE YOGA & THE NERVOUS SYSTEM** | 20 HOURS

By keeping our groups small, you'll receive the detailed feedback and mentoring you need to step confidently into your role as a teacher—ready to guide others with clarity, compassion, and presence.



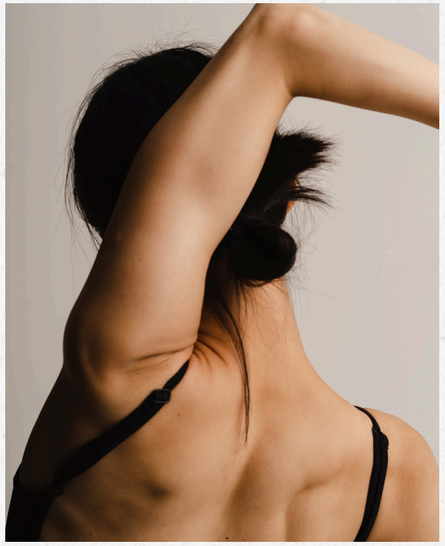
PROGRAM CURRICULUM

ASANAS



A thorough understanding of foundational asanas is key to teaching yoga safely and effectively. This module covers over 90 essential yoga poses, emphasizing alignment principles, sequencing strategies, and adaptations. You'll also be introduced to fundamental mantras and mudras to deepen your personal practice and enrich your classes. Interactive exercises and practical applications will equip you to teach confidently and clearly.

ANATOMY



Understanding anatomy is essential—not only to teach yoga safely but to enrich your practice. This module explores foundational skeletal structures, joint mechanics, and muscle actions specific to yoga asanas. You'll study the interconnections among bodily systems, including nervous system responses, respiratory mechanics, and circulatory health, ensuring you can safely adapt yoga to individual needs.

PHILOSOPHY



Yoga philosophy and ethics are central to authentic teaching. In this module, we'll explore foundational texts such as the Yoga Sutras of Patanjali and the Bhagavad Gita, integrating their timeless wisdom into modern life. Through thoughtful reflection, group discussion, and guided inquiry into the Yamas and Niyamas, you'll learn to embody yoga as a holistic, mindful practice—providing you with the tools to live in unity of body, mind, and spirit.

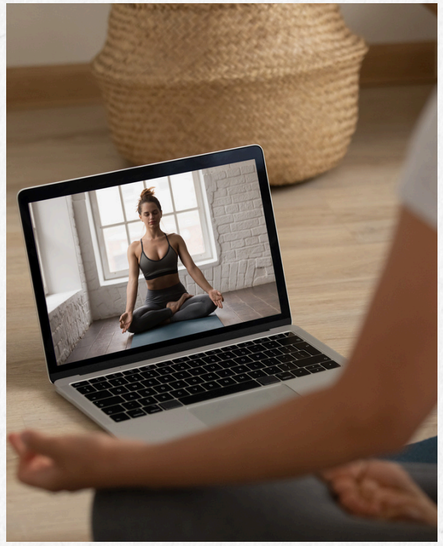
SUBTLE BODY



Breath is central to yoga. In this course, you'll explore pranayama as both physical practice and subtle energetic work. You'll learn foundational breath techniques including Ujjayi, Nadi Shodhana, and Kapalabhati, along with their physiological effects and contraindications. We'll also explore the subtle body, examining concepts such as koshas, chakras, nadis, and vayus, empowering you to integrate these profound practices safely into your teaching.

PROGRAM CURRICULUM

TEACHING MEDHODOLOGIES



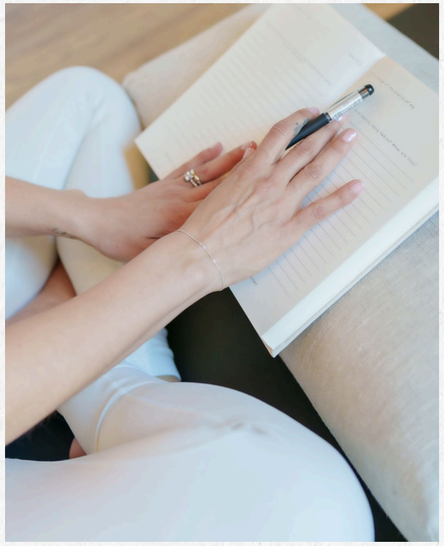
This module covers core teaching skills, including sequencing, pacing, cueing, and class management. You'll learn to adapt classes for diverse student needs and create supportive environments. Through teaching labs and mentorship, you'll build confidence to lead inclusive, accessible classes.

PRACTICUM



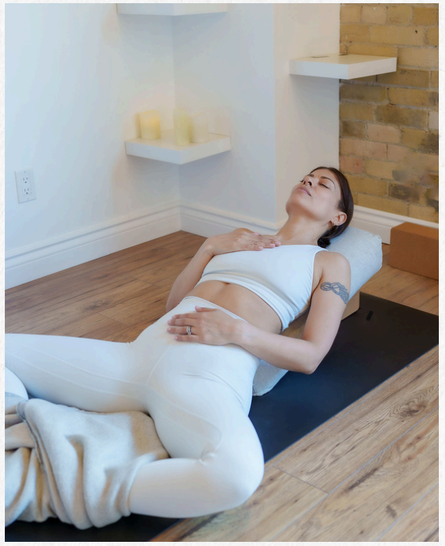
This hands-on module provides structured teaching practice with mentorship and personalized feedback on sequencing, cueing, pacing, and class management. You'll lead community karma classes, deepening real-world skills in safe adjustments, student-centered instruction, and applied anatomy.

PROFESSIONAL DEVELOPMENT



In this module, we explore professionalism and ethics in yoga teaching. You'll study the Yoga Alliance Scope of Practice, Code of Conduct, and Equity Position Statement, while developing essential skills such as clear communication, boundary-setting, and a commitment to ongoing learning. Guided reflections and peer discussions will support you in embodying these principles in both practice and teaching.

RESTORATIVE YOGA



This module explores restorative yoga through safe sequencing, alignment, effective prop use, and nervous system support. You'll learn to address common needs, apply adaptations, and integrate pranayama and subtle-body elements like koshas, chakras, and nadis to guide deeply restful practices.

HOLDING SPACE

The balance of structure and stillness





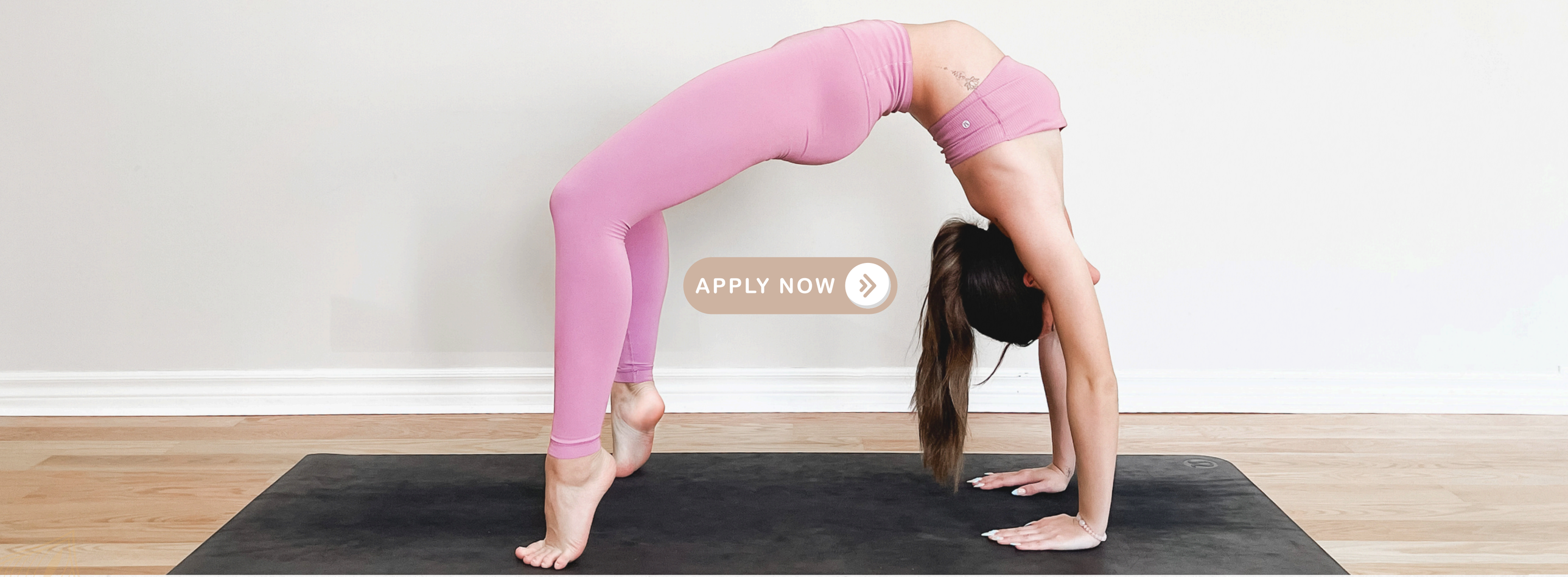
APPLICATION PROCESS

APPLICATION & DEPOSIT	Complete the online application and submit a **$250 deposit to hold your spot**, of which is **non-refundable and will be applied towards your tuition.**
SCHEDULE	Saturdays 12:00 a.m. – 8:30 p.m. Sundays 10:30 a.m. - 7:00 p.m. Includes a 30 minute lunch + 15-minute break
PROGRAM START	**Saturday, January 16-17th, 2027**
MEET & GREET	Qualified applicants will be invited to a brief meet-and-greet (via phone/zoom) to review eligibility and payment plan options (if required).
TUITION INVESTMENT	**Early Bird: $3,600 CAD + HST | $3,800 CAD + HST after November 30th, 2026**

PAYMENT PLAN OPTIONS

OPTION #1: PAY IN FULL	• *$3,600 + HST = $4,068* ***(Early Bird by Nov 30, 2026)*** • *$3,800 + HST = $4,294* ***(Regular Rate after Nov 30th)*** • *Includes a $250 deposit* ***(non-refundable)***
OPTION #2: 3-MONTH PAYMENT PLAN	• $250 deposit to secure your spot • **3 equal payments** of: $1,272.67 (early bird) / $1,348 (regular) • Payments due: Jan 16, Feb 16, Mar 16, 2027
OPTION #3: 5-MONTH PAYMENT PLAN	• $250 deposit • **5 equal payments** of: $763.60 (early bird) / $808.80 (regular) • Payments due monthly from January through May 2027
NOTES:	• Payment plans must be completed in full by the final weekend of training • Payment plans include the same program benefits and certification • Payments due via e-transfer to ***moontarayogaandwellness@gmail.com*** • Customized plans available upon request • Credit Card payments accepted via custom payment link and are subject to a thrid party processing fee. AMEX not accepted.

***Please note pricing and details are subject to change*



TRUE PATH YOGA

20 Freel Lane, Unit 12
Stouffville, ON

WEBSITE

www.moontarayogaandwellness.com
email: moontarayogaandwellness@gmail.com

PHONE NUMBER

Nes - 905-503-3769
Cyn - 647-215-7470