



# LEARN IT. LIVE IT.

## YOGA TEACHER TRAINING (200 HOUR) CERTIFICATE

Become a yoga instructor with purpose, confidence, and credibility. Parker University's Yoga Teacher Training (200 Hour) Certificate is a science-based, hybrid program that blends the wisdom of traditional yoga with the strength of Parker's healthcare education. Whether you're seeking personal growth or a new career path, this immersive 15-week experience will deepen your practice and prepare you to teach with skill, compassion, and confidence.

Apply today at [Parker.edu](https://www.parker.edu)





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## PARKER UNIVERSITY'S YOGA TEACHER TRAINING (200 HOUR) CERTIFICATE

**Rooted in knowledge, elevated by spirit.** This program combines online learning with five in-person weekends in Dallas, equaling 200 hours of comprehensive study. You'll study anatomy, philosophy, teaching methods, meditation, and more while guided by expert yoga educators and healthcare professionals. With a global partnership with S-VYASA University and Parker's university-level accreditation, you'll earn a credential that opens doors in studios, wellness centers, clinics, and beyond. Join a supportive cohort and step into a transformational journey that prepares you for both personal and professional impact.

### WHY PARKER'S YOGA TEACHER TRAINING CERTIFICATE?

- **Hybrid Flexibility:** Online learning plus in-person weekend intensives in Dallas
- **Global Recognition:** Developed in partnership with international yoga leader S-VYASA
- **Science-Based Foundation:** Learn from both yoga educators and Parker's healthcare experts
- **Comprehensive Yoga Curriculum:** Asana, Hatha, Vinyasa, anatomy, meditation, teaching, philosophy, business, and more
- **Career Ready Skills:** Teach in studios, clinics, corporate wellness, or private practice
- **Student Support:** Access strong student support, including tutoring, mental health support, and career services

STATS

**12%** Growth Rate<sup>1</sup>

12% career growth rate in U.S. for fitness trainers and instructors through 2034.

**44,100** Jobs<sup>1</sup>

44,100 projected new fitness trainer and instructor jobs through 2034.

**\$46,180** Median Income<sup>2</sup>

\$46,180 median income for fitness instructors in 2024; the highest 10% of earners reach \$57,830. In DFW, top earners can make \$67,211 annually.

<sup>1</sup><https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>

<sup>2</sup><https://www.salary.com/research/salary/position/yoga-instructor-salary/dallas-tx>

### SKILLS & FOCUS-AREAS FOR PARKER'S YTT CERTIFICATE PROGRAM:

- Yoga History & Philosophy
- Asana Theory
- Ethics
- Anatomy
- Meditation
- Ayurveda
- Business Skills
- Special Populations Teaching
- Teaching Methodology

#### Accreditation

Parker University is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award certificates, associate, baccalaureate, masters and doctorate degrees. Questions about the accreditation of Parker University may be directed in writing to the Southern Association of Colleges and Schools Commission on Colleges at 1866 Southern Lane, Decatur, GA 30033-4097, by calling (404) 679-4500, or by using information available on SACSCOC's website ([www.sacscoc.org](http://www.sacscoc.org)).

**APPLY TODAY!** [Parker.edu](http://Parker.edu) • 800.637.8337

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