

ELEVATE YOUR PRACTICE.
ENHANCE YOUR TEACHING.

SMARTER TRAINING FOR A STRONGER YOU.

Structured and designed by a physical therapist, our training program gives you the knowledge and confidence to help others.



TRAIN WITH LYT

Immediate and lifetime access to content

- 30+ videos of LYT classes and breakdowns
- 20+ videos of functional anatomy lectures
- 20+ videos of teacher methodology
- 10+ videos of yoga philosophy
- 25 hours of LIVE instruction & mentorship*
- Earn LYT Level 1 & Yoga Alliance RYT 200*
- Included in LYT Directory upon completion

WHY LYT?

The heart of our training is based on inquiry and curiosity. We believe each topic should be explored, questioned, understood, then applied.

It is for this reason each class is broken down, pose by pose, so the trainee can understand the WHY behind each move. The anatomy and philosophy lectures are designed to layer information across the weeks providing time for the concepts to become meaningful.



COURSE FORMAT



LYT's course format is unlike any other available because it is completely designed for OUR methodology.

Each week's content has a theme that carries through the classes, as well as lectures on anatomy, philosophy, and teacher methodology.

The content continually scaffolds, building upon itself throughout the program to deepen your understanding each week.

The live calls are instructional but also a wonderful opportunity to ask questions and get feedback on your practice.





Crafted by licensed physical therapist and celebrated teacher, Lara Heimann, the LYT Method uses targeted movement sequences to help everyone from novices to professional athletes retrain habitual movement patterns and postural imbalances. Thousands of students in over 50 countries feel stronger, more energized, and more balanced both on and off the mat thanks to LYT.

TWO WAYS TO TRAIN WITH LYT

Self-Guided

- Immediate & lifetime access to content
- Available **year round**
- **Indexed** Q&A Calls
- English closed-captions
- 1 month of LYT **Daily**
- Meets LYT prerequisites
- Eligible for 200 hours of CEU's on Yoga Alliance

\$1875

Guided

- Immediate & lifetime access to content
- Runs **twice per year**
- **LIVE** weekly instruction
- English closed-captions
- 1 month of LYT **Studio**
- Meets LYT prerequisites
- Weekly **mentorship** calls
- Eligible for RYT-200

\$2750





FREQUENTLY ASKED

Questions

When does the next Guided Training start?

The guided trainings begin the first weekend of March and September of each year.

What is the time commitment like?

Each week has approximately 10 hours of required pre-recorded and live content.

Do I already need to be a yoga teacher to do this?

No, this training is open to all levels. Each group has a mix of beginner and experienced instructors.

Are there any scholarships available?

Yes! LYT offers scholarships for BIPOC & LGBTQIA+ community members. Click [here](#) for more details.

What is the LIVE requirement?

Our live call schedule includes a 90-minute call on the weekend. Calls will alternate between early morning, midday, and evening. All calls are scheduled in US Eastern time. If you cannot attend LIVE, you can watch the recording.

What are the requirements for certification?

- Required video content watched
- Ten quizzes passed
- Submit 60-minute LYT teaching video for review
- Complete a peer review*
- Sign licensing agreement
- All payment(s) must be complete

*Guided Training



TESTIMONIALS



"The LYT Yoga Teacher Training has been one of the best experiences I've had in a long while. This approach is much more fulfilling than traditional PT in a clinical setting. Very grateful for the person-centered mindset, addressing all components of mind/body/spirit."

—Marijo Vollmar

"The LYT Level 1 Online Teacher Training program has reinvigorated my passion for teaching yoga. I feel empowered to educate my students on sustainable movement patterns through a method that is effective, proven, and fun. Lara's warmth and unparalleled knowledge of the body translate exceptionally well to this online format, and the weekly Live calls enabled us to cultivate a community of compassion that spanned across the globe."

— Victoria Butala



I did not have time for the guided course and I was desperate to get started. Despite my initial doubts that I wouldn't be able to connect with others, I never felt alone thanks to the wonderfully structured training. The **Self-Guided** course has all the zoom calls from a previous training, so that I had a very similar experience to the Guided course. When questions came up, there was always a LYT Team member available to support me. In the end, I know I made the right choice and am happy to now be part of the LYT Fam for further development and learning. I highly recommend the Self-Guided training.

—Jaane Solte

