



We are pleased to present our new **Introduction to Yoga Foundations** online course! This is an introductory summary of YogaFit Level 1 that emphasizes the YogaFit 5 Key Elements and foundations of teaching a YogaFit style class.

This course is ideal for anyone who:

- Wants to learn more about yoga and YogaFit
- Wishes to deepen their personal practice and explore the different ways to customize for your yoga practice for your body's changing needs
- Is curious about the benefits of a yoga practice
- Has considered learning to teach yoga, but isn't sure where to start
- Needs to jump start their yoga knowledge so that they can pursue our [Warriors programming](#)
- Has been away from YogaFit for a while
- Is interested in the [YogaFit Healthcare Program](#) or one of our [100 hour Specialty Tracks](#), but has RYT 200 through another school

In this course, you can expect to:

- Discover the foundation of the YogaFit Training system that allows for safe, effective yoga practice
- Develop your communication skills through Transformation language practice
- Gain skills to format a yoga class to ensure safety for all participants
- Experience a master class taught by our YogaFit Trainers
- Learn basic body mechanics and safety principles

Whatever your path, we are excited to provide this new opportunity for traditional learning.

Please note: This course does not replace [YogaFit Level One](#) for [RYT 200](#) or any of the [100-hour specialty tracks](#). Level One must be attended in person to receive the Level One certificate of completion. You will receive \$20 toward your Level One training registration. This course does not constitute a certification of any kind.

Click [here](#) to register.