



Lexington
Healing Arts
Academy



INTERESTED IN JUMPSTARTING A CAREER IN

Yoga Teaching?

Thank you for inquiring about the Lexington Healing Arts Yoga Teacher Training Program

From the moment you enter our doors, you know you've found someplace special. The passion for our work in health and wellness is reflected in each of our staff members, our educators, and our facility itself. Join hundreds of students before you who have started their journey to a career in therapeutic arts with Lexington Healing Arts Academy (LHAA).

To help you discover more about LHAA and the Yoga Instructor profession we have created this information kit to help you explore this career. In it you will find:

- Information on a career in Yoga Teaching
- Information on how we hold classes
- The summary report of Yoga Teachers put out by the US Bureau of Labor Statistics
- Our Monthly job posting report that we put together annually

If you would like more information, we encourage you to schedule a tour so that you can see our campus, meet our staff, and ask any questions you may have. If you come in for a tour we would love offer you a free yoga class at our studio. This will give you an opportunity to speak with a yoga teacher, experience our environment, and gain a better understanding of if this is a career for you. The class will be scheduled after the tour.

If you would like to schedule a tour or have any other questions please reach out by emailing carol@lexingtonhealingarts.com or calling (859) 252-5656 ext. 25

We hope to see you soon!



Thinking about a Career as a Yoga Professional?

Here are several things to consider.

The Fitness Instructor Profession - It's growing!

- Employment of fitness trainers and instructors is projected to grow 14 percent from 2022 to 2032
- Around 69,000 openings for fitness trainers and instructors are projected each year.

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



Yoga Teachers report high levels of job satisfaction



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Who Takes Yoga Classes and Why?

- In 2022, roughly 34 million U.S. Americans reported having practiced yoga at least once in that year.
- Surveys show that during the COVID-19 pandemic there was an uptick in awareness and usage of yoga practice.
- According to the 2016 Yoga in America Study, about 72% of yoga practitioners are female and 28% are male. With this in mind anyone of any age, race, or demographic can practice yoga either in a class setting or in the comfort of their own home.

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

Regular Yoga Practice & Health Care

More Americans are discussing incorporating yoga into daily life with their doctors or healthcare providers.

- Yoga improves strength, balance and flexibility
- Relieves back pain
- Eases arthritis symptoms
- Promotes relaxation and high quality sleep.
- Can brighten mood and increase energy during the day.
- Aids in stress management.
- Fosters a supportive community.
- Promotes self-care habits



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Who is Today's Yoga Professional?

- 85.5% of all yoga teachers are women, while 14.5% are men.
- 40% of yoga teachers are over 40 years old, 31% in the 30-40 range and 27% in the 20-30 range.
- Yoga can be taught at private clubs or studios or locations that are open to the public like parks or community centers.

Yoga Teachers Like Their Jobs!

- Job satisfaction is incredibly high among Yoga Professionals for reasons including:
 - Built-in stress reduction.
 - Job flexibility.
 - Deepens and expands personal practice.
 - Allows for creativity to be incorporated in daily life.



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Yoga Teacher Training

Certification through our focused and innovative program

The Yoga Teacher Training Program at Lexington Healing Arts Academy will change your life! Whether you want to deepen your own practice or teach yoga to others, this program will change your perspective about how you live. LHAA teaches the full depth and breadth of yoga- incredibly focused, therapeutically and alignment based core teachings, encompassing the history, art and science of this life enhancing ancient practice. We respectfully embrace ancient yoga teachings within the context of an innovative, contemporary journey to a mindful body and embodied mind. Join us on this incredible journey!



Benefits of the LHAA Yoga Teacher Training Program

Our program was designed to accommodate anyone with the passion to immerse themselves in the practice and teaching of yoga. Some of the highlights include:

Scheduling – Our program schedule runs one weekend per month for one year, making it both convenient and effective. You can maintain a healthy work / life balance while also taking the time between sessions to process the material you learned and incorporate the lessons into your own life and practice.

Unique Approach – The Yoga Program at LHAA is focused on providing knowledge and a practice that encourages an open and inviting approach, where all ages and abilities can improve strength, balance, flexibility, range of motion, and a powerful body-mind connection.

Experienced Instructors – Yoga instructors at LHAA have passion and experience with the practice, emphasizing trust, safety, and intelligent, mindful movement.



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Yoga Teacher Training Program

Highlights

- A beautiful facility that inspires peace, wellness, and a powerful mind-body connection.
- A lifestyle program that encourages you to integrate your practice on the mat to your daily life.
- Training that emphasizes universal principals of alignment and draws from many styles of yoga.
- Encouragement to develop your own style based on your strengths, preferences and life experience.
- Emphasis of fundamental concepts so you can easily embody the material and put it to practical use immediately.
- High level of student engagement through questions, demonstration and take-home projects.
- Anatomy and kinesiology lessons through asana practice and exploration. Anatomy is focused and immensely practical.
- Learning practical knowledge of the working human body and the ability to impart that knowledge to your students in meaningful ways.
- Understanding the essence of a pose and how to make it accessible to yourself and others.
- Learning how to use communication to cue effectively, how to sequence a class, and how to modify every pose.



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Yoga Training Program

Our Yoga Teacher Training is taught over the period of one-year with intensive weekend courses once a month. We intentionally designed our program to enable students to apply what they learned in their sessions each month to their own practice and lifestyle.

Total Program Cost: \$3,175- \$3,575

Tuition: \$3,000

Fees: \$50 (registration)

Textbook: \$150

Equipment/Supplies: \$125

Weekly Yoga Classes: \$100-500

Enrollment

The upcoming Yoga Teacher Training Program begins October 12, 2024. The program is 52 weeks consisting of 12 weekend classes held once a month.

Classes will be held Saturdays and Sundays from 9:00 am until 4:30 pm.

We encourage you to request a catalog with a full program description or to [complete the application form here](#) if you're ready to enroll now.

LHAA ADMISSIONS

Carol Rajchel

Admissions & Financial Aid Coordinator

carol@lexingtonhealingarts.com


859-252-5656 ext 25

Contact Carol Rajchel for information about tours, admissions, and financial aid.





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“Lexington Healing Arts Academy has been such a huge blessing in my journey. The yoga teacher training course has not only expanded my physical asana, but also my mind and soul. I could not have asked for better teachers to learn from. Beth and Connie have so much knowledge and wisdom. I am full of gratitude knowing that I got to learn from them both. Our class quickly became friends, and I am so excited to see where our journey will take us from here. Thank you LHAA!”

-LHAA 2022 GRADUATE