

Yoga Teacher Training

in Tucson, Arizona

THE SOL CENTER



CREDENTIAL	200-hour certificate, RYS with Yoga Alliance
BEGINS	Friday, September 18, 2026
LENGTH	Seven months · nine weekend immersions
FORMAT	In person in Tucson
TUITION	\$3,500 · \$3,200 early bird by August 31
LOCATION	527 N Tucson Blvd, Tucson, AZ 85716

Full details and application

<https://solcenter.com/yoga-teacher-training/>

520-628-YOGA (9642)

An Invitation

This program was built for two kinds of people, and it turns out they are often the same person: the practitioner who wants to teach, and the practitioner who simply wants to go deeper.

If you are pursuing certification, the program meets the national 200-hour standard and prepares you to step in front of a room with clarity and care. If you never intend to teach, the same seven months will still reshape your practice, because the fastest way to understand something is to learn how to transmit it.

WHAT WE EMPHASIZE

Yoga in the West is often introduced through its physical and mental health benefits, and those benefits are real. Our curriculum begins there and keeps going, treating yoga in its classical sense: an experiential path toward one's deepest ground of being.

Every technique is examined from three angles: **form**, **function**, and **essence**. Studied this way, a posture or a breath practice stops being something you perform and becomes a tool you understand.

The essence of our yoga practice is to reawaken the remembrance of our source.

RAMA JYOTI VERNON

A MEASURED PACE, ON PURPOSE

The studies, practices, and deliberate pacing exist so that what you learn becomes part of you rather than a stack of notes. Assignments build vitality and capacity in ordinary daily life, not only on the mat, and practicums connect your private experience to other people. That connection is, in the end, what teaching is. Our approach weaves the physical with the subtle and the ancient with the modern. The result is not a script to repeat, but a foundation for teaching your own expression of haṭha yoga.

Curriculum

The curriculum draws on classical yoga, modern science, and the teachings of **Rama Jyoti Vernon**, one of the modern matriarchs of yoga in the United States. Twelve areas of study run through the seven months, layering rather than arriving in sequence.

Anatomy & Physiology	Alignment & Energetics	Classical Technique
Sound, Sanskrit, Mantra	Yoga Psychology	Philosophy & Mythology
Meditation & Yoga Nidrā	Ayurveda & Dinacharyā	Lifestyle
Ethics	Sequencing	Teaching Methodology

FORMAT

We see teacher training as a personal process that is first and foremost for your own growth. To meet the 200-hour Yoga Alliance requirements without rushing, the program spans **seven months**. We deliberately prioritize in-person transmission; your direct experience in the room is central.

The structure

- **Nine weekend immersions** running Friday evening through Sunday.
- **A weekly Fall course** on Thursday evenings, September through November.
- **Practice and study assignments** specific to each stage of the training.
- **Regular portfolio check-ins** to integrate learning and keep your practice balanced.
- **Five mentoring sessions**, included in tuition.

Certification components

For those completing the certificate: curriculum quizzes, a curriculum portfolio, assistant teaching, practice teaching, a final project presentation, and a final exam. Participants attending for personal enrichment alone are not required to complete these.

Schedule

Beginning Friday, September 18, 2026. Weekend immersions run 5:00-8:00 pm Friday and 8:00 am-6:00 pm Saturday and Sunday. Thursday sessions run 5:00-8:00 pm. Additional contact hours are built into the calendar.

MONTH	DATES	HOURS
September 2026 Opening immersion	Fri 18, Sat 19, Sun 20 Thu 24	24 hours
October 2026 Weekly course + immersion	Thu 1, Thu 8 Fri 16, Sat 17, Sun 18 Thu 22, Thu 29	33 hours
November 2026	Thu 5 Fri 13, Sat 14, Sun 15	24 hours
December 2026	Fri 4, Sat 5, Sun 6	21 hours
January 2027 Two immersions	Fri 8, Sat 9, Sun 10 Fri 29, Sat 30, Sun 31	42 hours
February 2027 Two immersions	Fri 12, Sat 13, Sun 14 Fri 26, Sat 27, Sun 28	42 hours
March 2027 Closing immersion	Fri 19, Sat 20, Sun 21	21 hours

Dates are current as of publication. Please confirm the calendar before making travel or work arrangements

<https://solcenter.com/yoga-teacher-training/>

Tuition & Application

TUITION

\$3,500, which includes a Sol Center Community Membership from September through March and five mentoring sessions.

Early Bird: \$3,200 when paid by August 31.

Payment plan

A \$875 non-refundable deposit upon enrollment and acceptance, followed by a \$525 monthly auto-draft on the 15th of each month, September through January.

ACCREDITATION

The Sol Center yoga teacher training program is a Registered Yoga School (RYS) with the national Yoga Alliance. Graduates of the 200-hour certificate program are eligible to join Yoga Alliance and become a credentialed Registered Yoga Teacher (RYT-200). This is the credential most studios, gyms, and wellness centers in the United States look for.

HOW TO APPLY

There is no anonymous online form for this. We would rather talk with you. Contact us directly to discuss the program, ask whatever you need to ask, and receive an application.

Start the conversation

<https://solcenter.com/contact/>

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Frequently Asked Questions

I want certification, but I know I will miss a weekend. What then?

Contact hours are part of the national standard, so they matter. Extra hours are built into the calendar to absorb exactly this. Depending on the circumstance you may need to arrange additional contact hours, with a small fee to compensate the trainer's time.

What if something unforeseen comes up mid-program?

The same applies. Talk to us as early as you can and we will find the arrangement that keeps you on track for certification.

I'm here for personal enrichment. Must I attend every weekend?

No. If you are not pursuing certification, perfect attendance is not essential. The material does build month to month, so review recordings of anything you miss and check in with the director.

Will the teacher-training portions be relevant if I never teach?

More than you might expect. Being a trainee rather than a student is a shift of perspective, and practicing facilitation rather than being facilitated is a genuinely interesting challenge. We ask everyone to participate as a way to deepen their understanding of yoga and explore the development of their voice. You may never teach a class; the process will still expand your growth.

Can I skip the certification requirements?

Yes. The quizzes, portfolio, assistant teaching, practice teaching, final project, and final exam are required only if you want the certificate.

More answers

<https://solcenter.com/frequently-asked-questions/>

Faculty

Natasha Korshak, E-RYT 500, YACEP, ICM

Director of the Sol Center. Natasha has been teaching and developing yoga, meditation, and mindfulness programs in health and wellness organizations since the 1990s. She also brings a background in Interfaith Theology, Spiritual Direction, Grief Process, and Vedic Astrology.

Kristina Hook, E-RYT 500, YACEP

Teaching and studying the integration of Eastern and Western traditions since the 1980s, Kristina amalgamates craniosacral systems, anatomy and physiology, respiratory cardiology, and mindfulness. She brings a wealth of experience with traditional master teachers.

Ann Wagoner, MA (Ayu), C-IAYT, E-RYT 500

An Ayurvedic Yoga Therapist certified at the Ayurvedic Doctor level, Ann is Founder and Director of the Center for Ayurveda and Yoga Study in Bellingham, Washington, as well as Lighthouse Ayurveda and Publishing. She is passionate about yoga and Ayurveda as modern health care modalities.

Mark Benavidez

A native Tucsonan and career fitness and yoga instructor, Mark holds certifications in Dynamic Yoga and Fletcher Pilates, and is a NASM certified personal trainer, corrective exercise specialist, and nutrition coach.

Danielle Rain Dvorak, E-RYT 200

Beyond extensive yoga experience, Rain has training and practical experience in many healing modalities including vibrational sound, biofield balance, Soul Path Intuitive Reading, Reiki, aromatherapy, and End of Life Mentorship.

Full teacher biographies

<https://solcenter.com/sol-center-teachers/>

Where This Happens

The Sol Center is a Tucson, Arizona center for yoga, meditation, mindfulness, and contemplative study. The teacher training grows out of a living community rather than standing apart from it.

Trainees spend seven months inside that ecosystem: alongside ongoing yoga and meditation classes, mindfulness and MBSR programs, contemplative study, and the Sol Center Arboretum. Tuition includes a Community Membership for the duration of the program.

PROGRAMS & CLASSES

Yoga Teacher Training	https://solcenter.com/yoga-teacher-training/
Yoga Classes	https://solcenter.com/yoga-classes/
Meditation Classes	https://solcenter.com/meditation-classes/
Mindfulness & MBSR	https://solcenter.com/mindfulness-classes/
Schedule of Classes	https://solcenter.com/schedule-of-classes/
Community Membership	https://solcenter.com/community-membership/
Contact	https://solcenter.com/contact/
Home	https://solcenter.com/

Program listings and current offerings are on the site. Start from the home page or the schedule.



Ready to begin?

Yoga Teacher Training in Tucson, Arizona. The 2026-2027 program begins Friday, September 18, 2026. Contact us to discuss it and receive an application.

PROGRAM PAGE

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CONTACT

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PHONE

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