200-HOUR MINDFUL RESILIENCE YOGA TEACHER TRAINING

VETERANS YOGA PROJECT
Mindful Resilience



ONLINE & IN-PERSON
April - September 2027

Attend the ***OPEN HOUSE***
November 15th, 7pm est
Meeting ID: 469 486 3965

Students learn and receive:

- Anatomy, Physiology, & Biomechanics
- Ethics, Classroom Management, Class Sequencing
- Yoga History & Philosophy
- Asana, Pranayama, Meditation, and the science of each
- Individualized guidance, local connection, and ongoing mentorship

How to apply and important dates:

- 10/31/26-12/30/26: Complete the **application** ($150 non-refundable fee)
- 1/25/27: Initial acceptance letters issued (final after interview)
- 4/25/27: MRYTT welcome and orientation
- 4/25/27-9/29/27: MRYTT program and graduation

TOTAL PROGRAM COST
$4,000
$500 & $1,000 SCHOLARSHIPS AVAILABLE. INCLUDES ALL MATERIALS, GEAR, LODGING

Apply here

INSTRUCTORS



Jessica Bugbee
Lead Teacher
US Army



Jenn Robb
Lead Teacher
"Get it together" expert!



Brian Garrison
Lead Teacher
US Army

Visit our website
veteransyogaproject.org/mrytt

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