

200-Hour Yoga Teacher Training

Matthews Yoga Collective

A Transformational Journey

Step into a training designed to go beyond the physical practice of yoga. Our 200-hour Yoga Teacher Training is an immersive experience that helps you build strength, clarity, and confidence, both on and off the mat. Whether your intention is to teach or to deepen your personal practice, this journey meets you where you are and supports your growth every step of the way.

Program Experience

From May 17 to August 30, 2026, you'll move through 13 Sunday intensives (8:00 AM – 5:00 PM), complemented by weekly Wednesday evening sessions and consistent studio practice. Each week blends movement, theory, and hands-on application, so you're not just learning yoga, you're living it.

Led by Elinor Miller and Noel Hall, alongside anatomy specialist Ben Randall, PhD, and prenatal expert Mia Lovens, the program integrates asana, anatomy, philosophy, sequencing, and the business of yoga into one cohesive experience. You'll develop the skills to teach with clarity while building a deeper understanding of your own body and voice.

Certification Path

- Full participation in all training sessions and weekly calls
- Completion of required readings and assignments
- 30 hours of studio practice
- Participation in peer teaching sessions
- Final reflection project

By the end of the program, you'll be prepared to teach with confidence and authenticity, or deepen your practice with greater intention.

Join Us

This is more than a certification, it's a commitment to yourself. Join a community that challenges you, supports you, and grows with you.