



VIVA AUM YOGA TEACHER TRAINING

200-Hour Hybrid Program + Retreat Integration

Spring 2027 (April–June) • Fall 2027 (August–October)

Live in Harmony. Teach from Wholeness. Practice with Purpose.

Viva Aum Yoga Teacher Training is an integrative mind-body program designed to deepen your yoga practice, expand your understanding, and prepare you to teach with clarity, confidence, and authenticity.

This training blends:

- Yogic philosophy
- Mind-body connection
- Breathwork
- Meditation
- Functional movement
- Teaching methodology
- Inner work + self-study
- Community leadership



HYBRID SCHEDULE (200 Hours)

Weekly Rhythm

Wednesdays — Online (3 hours)

Anatomy & Physiology • Yoga Humanities • Teaching Foundations

Fridays — In-Person (2 hours)

Techniques • Breathwork • Teaching Labs

Saturdays — In-Person (9am–3pm = 6 hours)

Asana Labs • Sequencing • Movement Workshops

Sundays — In-Person (9am–3pm = 6 hours)

Integration • Practice Teaching • Meditation • Mind-Body Work

One Week Off Every Month

Rest • Integration • Reading • Homework



200-Hour Breakdown

In-Person: 135 hours
Online: 60 hours
Final Exam + Orientation: 5 hours

Total: 200 hours
(Yoga Alliance compliant)



What You'll Learn

Yoga Foundations (8 Limbs of Yoga)
Breathwork + Meditation
Functional Movement
Mind-Body Integration
Teaching Skills + Sequencing
Inner Work + Self-Study
Philosophy + Ethics
Anatomy & Physiology (Online-Forward)



Personal Development Path

Students may enroll in the Viva Aum YTT for personal development (160–170 hours) or for certification.

Only students completing all 200 hours, including teaching methodology and practicum, will be eligible for certification.

Retreat Integration (Optional Final Exam)

Complete your practicum at a 5-day retreat.
YTT students receive a discounted rate.

Retreat includes:

- Workshops
- Breathwork
- Meditation
- Experiential Yogic Practices
- Teaching labs
- Integration circles
- Final practicum

You may also teach your practicum as a community class at the studio.

Final Exam Requirements

- ✓ Written Exam
- ✓ Teach a Community Class (Studio or Retreat)
- ✓ Completion of all instructional hours

Tuition & Payment Options

\$3,200 Standard Tuition

\$2,900 Early Bird

\$2,700 Personal Development Path

Payment plans available

Retreat discount for YTT students.

Lead Educator

Magdalena Pintos, B.S. Psychology, E-RYT 500
Founder of Viva Aum Yoga LLC
Mind-Body Integration Specialist • Educator •
Retreat Leader

Magdalena teaches from a place of harmony, presence, and lived experience. Her approach blends yogic wisdom with modern mind-body understanding, guiding students toward clarity, confidence, and inner alignment.



Applications Open January 2027

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 www.vivaaum.com

 IG: @vivaaumyoga



Viva Aum — Live in Harmony