



2025

Downward Dog x Soulga 300-HR Yoga Teacher Training

*Learn more about this collaborative and
comprehensive hybrid program offered by Downward
Dog and Soulga Yoga & Wellness*

soulga



Refine your teaching skills by learning with an experienced diverse faculty

The DWD-Soulga 300hr Yoga Teacher Training offers a learning experience led by diverse voices from some of the industry's leading facilitators in yoga, movement and anatomy.

Learn in a hybrid environment with in person and livestream sessions from October 2025 to August 2026. This Yoga Alliance accredited training features in-depth modules on Advancing Teaching Skills, Reading Bodies and Assists, Yin Yoga and more.



Topics Covered:

- Biomechanics & Anatomy
- Philosophy
- Hinduism & Yoga
- Restorative & Nidra
- Somatic Experiencing
- Breath Mechanics
- Pre-Post Natal
- Reading Bodies & Hands on Assists
- Progressive Sequencing
- Cueing, Language & Teaching off the mat
- Chair Yoga & Yoga Therapeutics
- Teaching Arm Balances & Inversions
- Business & Marketing
- Financial Literacy
- Teaching Practicum & Feedback Circles



About Us



Downward Dog Yoga Centre has been at the heart of Toronto's yoga community for more than 27 years. We offer quality yoga instruction in classes that inform all levels of practice, from beginner to advanced.

Our love of yoga encompasses challenging, high-energy Vinyasa classes, reverence for the tradition of yoga, and a respect for innovative, modern approaches to functional movement, mobility, and stability.

Founded in 2019, Soulga Yoga & Wellness is a Turtle Island-based collective dedicated to uplifting racialized yoga teachers and wellness entrepreneurs.

They empower and support wellness professionals by offering accessible, culturally relevant movement, mentorship, and educational experiences.

Their mission is to transform the wellness industry by fostering inclusivity and belonging for all ethnicities, body types, and genders.



Dates

October 15, 2025 - Aug 30, 2026

Meeting Times

Wednesdays 6-9pm - Virtual

Fridays 6-8pm - Virtual

Saturday & Sundays - 10am-6pm - Downward Dog Yoga Centre

Cost

\$4300 - Early bird pricing until July 7, 2025

\$4800 - Regular Pricing

\$500 deposit required

Payment Plans & Partial scholarships are available. Please email DWD email to request a scholarship form.

Training Extras

Training materials

20 class pack for in-person and livestream classes at

Downward Dog

50% off Soulga Sangha Yoga Teacher Mentorship Program

upon completion of the program

The Program

The program consists of 11 in-person weekends and bi-weekly Wednesday night virtual sessions.

Each weekend includes a practicum, where participants co-lead a class, followed by a feedback session.

Additionally, participants are expected to complete self-directed work, assigned readings, attend classes, and teach two co-led classes—one in-person and one online.





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300-HR CURRICULUM SCHEDULE

WEDNESDAY OCT 15
WEEKEND 1: MOVEMENT ESSENTIALS, ASANA AND PHILOSOPHY
FRIDAY OCT 17
SATURDAY OCT 18
SUNDAY OCT 19
WEDNESDAY OCT 29
WEDNESDAY NOV 12
WEEKEND 2: PHILOSOPHY, PRANAYAMA, ASANA AND TEACHING SKILLS
FRIDAY NOV 14
SATURDAY NOV 15
SUNDAY NOV 16
WEDNESDAY NOV 26
WEDNESDAY DEC 10
INTENSIVE WEEKEND: YIN, READING BODIES & HANDS ON ASSISTS
FRIDAY JAN 2
SATURDAY JAN 3
SUNDAY JAN 4
MONDAY JAN 5
WEDNESDAY JAN 14
WEDNESDAY JAN 28

WEEKEND 3: CUEING, LANGUAGE AND TEACHING OFF THE MAT
FRIDAY FEB 6
SATURDAY FEB 7
SUNDAY FEB 8
WEDNESDAY FEB 11
WEDNESDAY FEB 25
WEEKEND 4: PROGRESSIVE SEQUENCING & ASANA
FRIDAY FEB 27
SATURDAY FEB 28
SUNDAY MAR 1
WEDNESDAY MAR 11
WEEKEND 5: RESTORATIVE & NIDRA
FRIDAY MAR 20
SATURDAY MAR 21
SUNDAY MAR 22
WEDNESDAY MAR 25
WEDNESDAY APR 8
WEEKEND 6: BUSINESS OF YOGA, ARM BALANCES & INVERSIONS
FRIDAY APR 17
SATURDAY APR 18
SUNDAY APR 19
WEDNESDAY MAY 6
WEDNESDAY MAY 20

WEEKEND 7: BREATH MECHANICS & BIOMECHANICS
FRIDAY MAY 22
SATURDAY MAY 23
SUNDAY MAY 24
WEDNESDAY JUNE 17
WEEKEND 8: CHAIR YOGA & YOGA THERAPEUTICS
FRIDAY JUNE 19
SATURDAY JUNE 20
SUNDAY JUNE 21
WEDNESDAY JULY 8
WEEKEND 9: TEACHING PREGNANT BODIES & POSTNATAL CLASSES
FRIDAY JULY 17
SATURDAY JULY 18
SUNDAY JULY 19
WEDNESDAY JULY 22
WEDNESDAY AUGUST 5
WEDNESDAY AUGUST 19
WEEKEND 10: ANTI-OPPRESSIVE WELLNESS OFFERING PRESENTATIONS
FRIDAY AUG 28
SATURDAY AUG 29
SUNDAY AUG 30



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300HR YOGA TEACHER TRAINING

FACILITATORS

KAREN PARUCHA

Yoga Teacher & Co-Director of DWD

downwarddog.com

Karen is a 500-hour RYT and has completed 1,000 hours in yoga therapy training. She is also certified in Yoga for Runners and Restorative Yoga. In her classes, she incorporates the use of props, breath and movement into classes that are fun, challenging and yet available to all bodies. She provides modifications for all levels so her students get the most out of her classes in a safe, positive, and encouraging environment.



TASH FRANCESCA

Yoga, Pilates & Philosophy Teacher, Co-owner of Soulga Yoga

biggerthanyoface.com

Tash (she/her) is a pinay teacher who is obsessed with yoga philosophy, prānāyām, biomechanics and using these frameworks to be curious about how to move and be well in the body we got and in the world we live in. She has over 1000 hours of training so she is a student first not only in movement, but in how to bridge the gap between wellness and intersectionality so that folx of colour can step into their power, agency and most of all somatic joy. Expect her classes to be intelligently sequenced, lots of prānāyām, sometimes sound and a place where we can be curious, no need to be perfect or with any previous movement experience. Your life experience is enough and will appropriately guide your practice.

FACILITATORS



NYA DALEY

Yoga Teacher, Social Worker & Founder of Soulga Yoga

soulgawellness.com

Nya (she/her) is a Muscogee (Creek) Nation, Atlanta, GA-based social worker, community builder, yoga facilitator (E-RYT 200, RYT 500), and equity, diversity, and belongingness (EDB) educator. With over 15 years of experience working in the social service sector, Nya has dedicated her career to supporting equity-deserving groups, including justice-involved youth, families with child welfare involvement, and adults diagnosed with developmental disabilities. Her approach to facilitation is grounded in person-centered, strength-based, and trauma-aware practices.

Nya is deeply committed to teaching individuals and groups how to create brave and safer spaces by critically examining values, identity, social position, and power. In her yoga teaching, Nya brings a deep passion for the intersection of biomechanics and yoga asana. She designs sequences that are not only progressive and thoughtful but also functional, ensuring that every practice is rooted in anatomical awareness and mindful movement. Since 2020, Nya has been training movement teachers through Soulga Yoga, the wellness collective she founded after completing her first ytt in 2017. Soulga is dedicated to nurturing the growth and thriving of Black, Brown, and Indigenous Melanated (BBIMP) wellness professionals. As a lead and guest faculty member, she has collaborated with more than 10 North American-based studios to offer mentorship, training, and culturally accessible wellness experiences.

PATRICIA MCPHERSON

Yoga & Meditation Teacher & Yoga Nidra Facilitator

patriciamcpherson.ca

After 3 car accidents back to back, Patricia was called to yoga at a time when she was questioning the direction of her life. This calling encouraged her to develop a strong and disciplined home practice which led her to obtain both her 250 Hour Yoga Teacher Training and 40 hour Yin Yoga Teacher Training from the renowned Yoga Sanctuary located in Toronto in 2013. With 3 years of teaching yoga full time, she then had the passion and courage to travel to Rishikesh, India and obtain her 300 hour Yoga Teacher Training where she became a versatile and well-rounded facilitator. That investment ended up being her greatest blessing as she was asked by the Ashram, (school), and Guru - Swami Sudhir to offer yin yoga to the students during her time there while taking the course.



FACILITATORS

PATRICIA MCPHERSON *(continued)*

This experience was and still is a big highlight on her yoga journey. Since then Patricia has been teaching various styles of yoga full time for 12 years and has also become a Canadian Yoga Alliance Continuing Educator Provider. The success of her 2 accredited courses 40 Hour Yin Teacher Training and 40 Hour Yoga Nidra Training has become her life's work passing on knowledge and education to new and experienced teachers. With a dedicated passion to encourage people from all walks of life to invest in the beauty of their inner worlds, Patricia is humbled, grateful and honoured to be called a teacher on this very transformative journey of Yoga.



MATT PHIPPEN

Movement Facilitator, Yoga Teacher & Co-Founder of Movement Method

matthippenmovement.com

With a variety of formal training in many disciplines, Matt's teaching pulls from numerous styles in the Yoga system, as well as Postural Restoration, Dynamic Neuromuscular Stabilization and Functional Range Systems. Blending the old with the new, and combining tradition with science, Matt offers an intelligent and relevant style for students wanting to improve the way they move and breathe, and for teachers seeking insight and refinement in the way they teach. Matt is based in Los Angeles, and teaches classes, workshops, and trainings online and all around the world.

LAUREN SHIELDS

Pre/Postnatal Yoga teacher, Doula, Speech Therapist

merakimamacollective.com/meetlauren

Lauren Shields (she/her) is a biracial, queer woman hailing from Central Illinois, whose diverse background and passions have culminated in a vibrant career dedicated to supporting modern mothers and birthing people. With a Master's in Communication Sciences and Disorders, Lauren combines her academic expertise with her lifelong love of movement, having studied ballet and begun teaching yoga at just 22 years old. Her journey into the world of perinatal care began in earnest in 2016 when she founded Meraki Mama Collective—a yoga and wellness business that emphasizes the sacred journey of pregnancy, birth, and postpartum.



FACILITATORS

LAUREN SHIELDS *(continued)*

She brings a unique combination of mindfulness and movement to families during one of the most transformative periods of their lives. In 2020, she expanded her impact by launching a perinatal yoga teacher training program, Intentionally Embodied Birth, through which she has trained 27 dedicated teachers to carry on her mission. Lauren is an E-RYT200, RPYT, and has certifications with Peak Pilates, and Upledger CranioSacral Therapy. Currently residing in Decatur, GA, Lauren balances her work as a Speech Pathologist in acute rehab with teaching prenatal yoga and various workshops, all while being the proud mother to three remarkable children. Her commitment to empowering birthing people with the tools of mindfulness and movement continues to inspire and nurture those she works with, creating communities rooted in strength, wisdom, and compassion.

TARYN DIAMOND

Yoga & Philosophy Teacher

www.taryndiamond.com

Taryn (she/her) will forever call herself a 'new mom', despite having an eight year old. Her entry to yoga was through movement, but her passion resides in studying its roots in Eastern philosophy. Taryn creates training programs in yoga philosophy, yoga nidra and restorative yoga and she shares these with a local and global audience. If she had to pick one modality to be monogamous with, it would be Yoga Nidra (or 'guided rest'). Through nidra, Taryn is able to express the golden nuggets embedded within the philosophy of yoga, while also facilitating some meaningful rest for her students. Taryn holds the Yoga Alliance's highest certifications, ERYT-500 and YACEP.



DEEPALI PATEL

Yoga & Kids Yoga Teacher

deepaliyoga.com

Deepali Patel is an E-RYT 500, RPYT 95, and Reiki Master. Her life's work has been in education, first as a school educator for over 2 decades, and since 2016, as a yoga educator. She teaches Hatha yoga through an embodied practice and study of āsana, prāṇāyāma, dhyāna, and yoga philosophy. She is also a devoted practitioner of Bhakti yoga as an expression of love and devotion to the Divine. Deepali's work stems from the teachings of the Himalayan tradition and lineage, as well as ancestral wisdom passed down through her family

FACILITATORS

DEEPALI PATEL *(continued)*

From a young age, she practiced yoga asana and Sanskrit mantra recitation with her father and grandfather, respectively. With passion and purpose, she teaches yoga classes and workshops to all ages- kids and adults alike, from beginners to seasoned practitioners, inclusive of all age groups, genders, bodies and backgrounds. Deepali has taught for the Himalayan Institute and Yoga International, and has been featured in their instructional videos and books as a model. She was the lead trainer for Yoga Ed.'s Teens yoga courses. Currently, Deepali teaches the yoga curriculum that she designed as a full time middle school yoga educator in the Atlanta area. She continues her studies of yoga philosophy and more as an ongoing student of the Hindu University of America. Connect with her at deepaliyoga.com

JAFFER HUSSAIN

Yoga & Meditation Teacher & Retreat Leader

jafferyoga.com

Jaffer Hussain helps busy urban professionals manage stress, stay active, and navigate life challenges with ease. As a yoga teacher with over 200 hours of certification, specialized athlete training, and extensive Vipassana meditation experience, he's developed a deep understanding of how mindfulness and movement can transform daily life. Having personally faced the challenges of stress, inconsistency, and city life, he's found yoga to be a powerful, non-dogmatic way to stay grounded and agile - both physically and mentally. Jaffer's teaching is down-to-earth, accessible, and relatable, focusing on simple yet effective practices that fit seamlessly into everyday life. He established Jaffer Hussain Yoga in 2017, offers international retreats and founded the Yoga Teacher Network to support other teachers in mastering the skills to create sustainable and successful careers.



MARGOT STOKREEF

Yoga Therapist & Teacher

margotstokreefyoga.com

Margot's philosophy is to make yoga accessible for all ages and bodies through a compassionate approach that is both empowering and grounded in tradition. Margot is a Certified Yoga Instructor (E-500 Yoga Alliance) and a Yoga Therapist (C-IAYT) who lives and works in Toronto. She started her yoga journey in 1991 in Tokyo, Japan, where Margot was given a prenatal practice by a very wise doctor. Margot graduated in 2009 from the Breathe Yoga Teacher Training Program and has since continued to be an avid learner and passionate about all things yoga.

FACILITATORS

MARGOT STROKREEF *(continued)*

She has completed further teacher training in yoga for seniors, prenatal and postnatal, restorative yoga, yin yoga and Ayurveda, as well as yoga therapy at Yoga Therapy Toronto. Margot is certified to lead teacher training programs with the Yoga Alliance (200 hour, 500 hour) as well as specialized trainings: Yoga for Seniors teacher trainings and Accessible Yoga for All teacher trainings. In 2017, after two and a half years and more than 1,000 hours of study and practicum, she became certified as a Yoga Therapist (C-IAYT) in the lineage of T. Krishnamacharya. The foundation of Margot's group teaching practice is a strong daily practice and the principles of yoga therapy.



STEPHANIE GERMANN

Yoga & Pilates Teacher, Owner of Nectar Yoga

nectaryogaatlanta.com

Stephie has been a dedicated student of yoga since 2014, and has been sharing the teachings of yoga since 2016 when she completed her 200 hour training with Nirvana Yoga Atlanta. As a seeker of knowledge, wisdom and experiences, Stephe has pursued a multitude of personal and professional development modules since her foundational training. In 2023 she completed a 300 hour therapeutic yoga program with Prema Yoga Institute. Stephe also holds a degree in Ayurveda (the sister science of yoga) and draws upon this ancient wisdom in her yoga practice and teaching.

Stephie enjoys sharing the nuances of postural alignment in her classes, and is passionate about teaching the person, not the pose. After all, the pose is simply a vehicle for mindfulness and Self-exploration, leading the student toward mental and spiritual clarity.

MONIQUE MINAHAN

Somatic Experiencing Practitioner, Yoga Teacher & Author

essential-humanity.com

Monique is a Somatic Experiencing Practitioner and Trauma-Informed Yoga teacher in San Diego, California. She helps folks reclaim their physiology after trauma, and her approach is rooted in Somatic Science®. Since 2019, Monique has been educating groups of humans on the nuances and science of trauma and the body through organized, exploratory education. She offers an approach to being human that embraces the totality of both Body and Being.



FACILITATORS



TARANEE PONJANI

Yoga Teacher, Strength Coach

[instagram.com/taranee.ponjani](https://www.instagram.com/taranee.ponjani)

Taranee Herrera Ponjani (she/her) is a Tamil and Filipina movement artist living in Tkaronto. Her love for movement began at seven years old when her childhood friend, Justine, introduced her to gymnastics. They spent hours at the park practicing cartwheels, handstands, and bridges while their brothers played baseball—and just like that, Taranee discovered that life simply felt better upside down. Over the years, movement became more than just play; it became a way to express herself.

Growing up in a Southeast Asian household where taking up space wasn't always easy, movement became her way of doing just that—showing up fully, feeling empowered, and connecting with others through shared experience. With a degree in Health Studies and certifications across various movement and mindfulness practices, Taranee now teaches Acro, Handbalancing, Yoga, Pilates, and Strength training. She blends her love for movement, mindfulness, and community care to create spaces that feel inclusive and nourishing—where people can safely explore their edges while honoring their bodies. Taranee is fascinated by the ways movement can support mental health and bring people together. She believes that even the smallest intention—like reconnecting with your body—can deepen your relationship with yourself and those around you. More than anything, she feels grateful for the privilege of holding space for others to explore, move, and grow!



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300HR YOGA TEACHER TRAINING

Ready To Apply?



EARLY BIRD
\$4,300 + HST

Sign up before July 15, 2025

MONTHLY INSTALMENTS
\$4,800 + HST

Sign up

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Our payment plans give you the flexibility to pay for your tuition over the course of the year.
If you required financial assistance, please contact us to discuss available scholarship opportunities.