

200 Hour Yoga Teacher Training in Lompoc, CA

200-HOUR YOGA TEACHER TRAINING IN LOMPOC, CALIFORNIA



Training Highlights

- Advanced yoga asana studies
- Functional kinesiology studies
- A look at the the science and art of sequencing
- Pranayama (and Hong Sau) meditation practice
- Modifications for support with hands on adjustments as need be
- Practicing teaching and how to cultivate your voice as a teacher
- In-depth study of yoga history and yoga philosophy
- Vegetarian meals sourced mostly from local organic farms
- Yoga practice at the beach with one day spent moving with the rhythm of the sea along the beautiful coastline

Yoga Style

- HATHA
- KRIYA
- RESIDENTIAL

Training Foods

- Vegetarian
- Vegan and Gluten-free options by request

Residential Yoga Teacher Training

Enhance your practice and understanding of yoga while you master the tools and techniques to teach with two-hundred hours of dedicated yoga teacher training in the lovely central coast of California.

All training materials and courses/lectures are included along with daily yoga, meditation, meals and lodging. Trainees will be eligible for RYT 200-Hour Yoga Alliance certification upon successful completion of training.



Training Schedule

Sample Daily Schedule

6:30AM Meditation
7:30AM Breakfast
8:30AM Yoga Asana Practice
10:00AM Lecture
12:00PM Lunch and Free Time
2:00PM Yoga Asana Studies
4:00PM Yoga Asana Practice
6:30PM Dinner
7:30PM Evening Activity (on select nights)

*Times are in local California, Pacific Time zone (PT)

Training Location

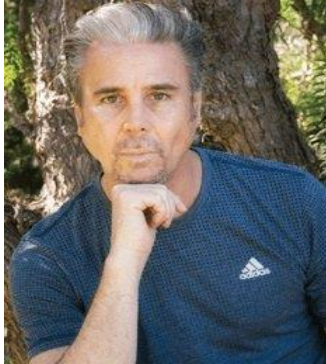
This California Central Coast yoga teacher training is located in the Santa Barbara County city of Lompoc, approximately 30 miles from Santa Barbara. Serene location for this training with all travel amenities included along with over 4,000 acres of space filled with gardens, trails, local wildlife and more.

Lompoc, California 93436

DESTINATION FACILITIES

- Yoga studio
- Dining area
- Accommodations
- Travel assistance

Meet the Instructors



Tom Anderson

VRAAJA SPECIALIST, YOGA MENTOR AND AUTHOR

Tommy's Vraaja Yoga™ classes combine alignment, strength, and fluidity—a meditation in movement. His teaching methodology is to create micro-movements to facilitate macro-movements or peak poses and myofascial release. He is the author of Vraaja Yoga: The Anatomy of Sequencing Volumes I, II, & III; Empirical Evidence and Notes on Fascia.



Lori Anderson

YOGA MENTOR & THAI YOGA THERAPIST

Lori's style of yoga is a mindful flow from posture to posture at a moderate pace to explore the energy pathways within the body. Her teaching methodology is to cultivate an awareness of breath, balance, strength and release moving towards a practice of intensity without struggle.



Patricia Paulsen

SUNBURST SPIRITUAL DIRECTOR AND YOGA TEACHER

Patricia has been part of Sunburst and a practitioner of Kriya Yoga since 1975. In harmony with the Kriya Yoga practice, Patricia is a certified teacher with Yoga Alliance and has studied various forms of hatha yoga for over 30 years. Patricia has been Sunburst's spiritual director since 2006.



Dr. Greg Anderson

WELLNESS DOCTOR, PRACTITIONER OF KRIYA YOGA,
SUNBURST MEDITATION TEACHER

Conscious living requires spiritual consciousness... still the mind, and open up to the peace, joy and divinity within you. Learn an ancient meditation practice introduced by Paramahansa Yogananda to the West, which works with breath, mind and energy to attain one-pointed concentration on the Divine. The practice, called the Hong Sau technique of concentration, will help you experience freedom from restless thoughts, bringing calmness, peace of mind, and soul awareness.

Now Booking

16 Day, 200-Hour Yoga Teacher Training in the heart of Santa Barbara County, CA with daily yoga, meditation, meals and activities; advanced studies of yoga, anatomy, kinesiology and posture mechanics; on-site overnight lodging accommodations as well as options for camping; and majestic training facilities with 4,000 acres featuring local wildlife, plants and trees along with gardens, trails and lounge space.

All yoga teacher training experience levels welcome from beginner, first-time training to repeat trainees. Please note that spaces are limited for this training and we encourage all interested to send inquiries and booking requests for more details. [Learn more →](#)

