

THE WORLD'S MOST
**COMPREHENSIVE &
TRANSFORMATIONAL**
YOGA TEACHER TRAINING

— SINCE 2011 —

Flow  State

INVEST IN YOURSELF
& WATCH YOUR LIFE
BLOSSOM IN WAYS
BEYOND YOUR
WILDEST DREAMS.
YOU ARE A MIRACLE
& THE WORLD NEEDS
YOUR LIGHT NOW
MORE THAN EVER.



"DASHAMA IS THE TONY ROBBINS OF YOGA"

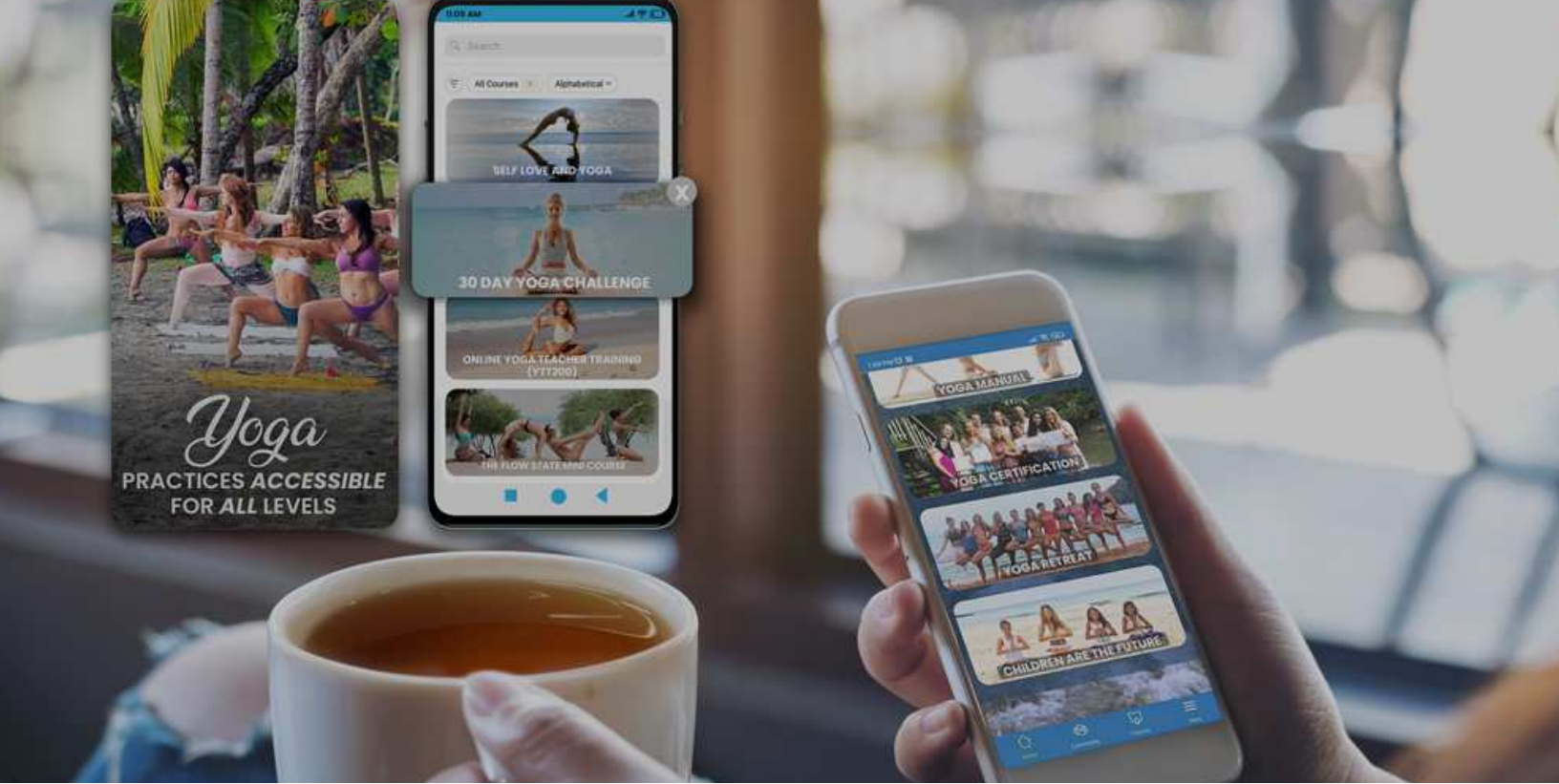
~ GAIL MARINO, PRODUCER ABC'S HIT TV SHOW:
EXTREME MAKEOVER HOME EDITION



"START WITH ONE HAND ON YOUR HEART AND ONE HAND ON YOUR BELLY/WOMB, INHALE THE EXPANSIVE HEALING ENERGY OF LOVE, DEEPLY INTO YOUR HEART. AS YOU EXHALE, RADIATE YOUR DIVINE LIGHT OUT UPON ALL WHOM YOU COME INTO CONTACT WITH IN YOUR LIFE."



"THE UNIVERSE LOVES AND SUPPORTS YOU TO MANIFEST ALL OF YOUR DREAMS AND FULFILL YOUR DIVINE LIFE PURPOSE."



I saw a vision, long before yoga was popular...

In 2006, the universe guided me with support & love, to launch one of the first yoga & holistic wellness channels on youtube.

You can say I was ahead of the trend. Yoga was hardly a thought in anyones mind, as many still felt it was a religion or a stretching program, yet I saw decades into the future, a world where the transformational & healing power of yoga would become a mainstream household practice.

In those early years, I saw the importance of a daily yoga & meditation practice, as well as detox diet, cleansing, ayurveda, ecstatic dance, cacao ceremonies, tantra and eastern healing arts and dedicated thousands of hours to learning & teaching this uniquely life changing path online though YouTube via the 30 day yoga challenge and to my clients in my local community.



You may not know this, but this powerful system of healing has not only healed millions of my students online, but it was the healing of my own childhood traumas from losing my mother when she lost her mind to schizophrenia when I was 7 years old, from being raised in foster homes for years, split up from my sisters and family and later being involved in several near death car accidents that resulted in scoliosis of my spine. To say the least, I was traumatized deeply and this miraculous healing path was the system that healed and transformed my life. That is the reason I am so dedicated and inspired to spread this incredible energy medicine to as many people as possible, to alleviate and prevent suffering for all whom may be ready to be free and to live a joyous, healthy life.

Fast forward 16 years, I'm so grateful to see what was once a vision I had to see humanity learning to heal themselves with this ancient energy medicine, is now a global reality via the 30 day yoga challenge, in hospitals, schools, corporations, yoga studios, fitness centers, retreats and to my clients in my local community in Florida.

It brings joy to my heart to know that my 30 day yoga challenges, that went viral in 2008, sparked a global trend for millions of other yoga challenges world wide, rapidly making yoga a mainstream household practice



As a leader in online yoga & holistic healing for almost 2 decades, with my online courses impacting millions of students via my distribution partners, and online yoga teacher trainings impacting tens of thousands of souls, I'm honored to have the opportunity to offer this world class comprehensive training to you, online, and to guide you to not only deepen your own practice & experience of yoga , and how to masterfully share this incredible gift with others, but also to help you to create the life of your dreams, as a flow state coach, energy healer and yoga teacher.

Just as I had envisioned in to 2006, now the world has finally caught on to the power of online yoga education, not just as an alternative or supplemental option, but as a valuable way to access world class master teachers, with hands on support, to grow at your preferred pace & achieve your dreams & goals with expert guidance, love & success.

The question is no longer, "will online yoga teacher training work for me?" But now that there are some others offering online yoga trainings in the world and it is a proven successful pathway to learn this powerful science backed modality, the question is now more a matter of, "which program is most aligned with my life purpose that will provide the tools, guidance and education as well as the sacred space to heal, grow & flourish?"



For those who don't know me, so nice to meet you! I'm Dashama, the founder of Flow State Institute and creator of the Flow State Yoga Teacher Training program.

I've been:

Teaching & speaking about yoga, holistic healing and raising consciousness online since 2005, in schools, hospitals, corporations, large and small events, conferences, festivals, private clients, celebrities, government officials, CEOs, mothers, families, billionaires, orphans and even homeless people, world wide.



Creating one of the first yoga channels on YouTube, years before any other yoga teachers were teaching online.



Successfully healing my spine from scoliosis, as well as many deep seeded inner childhood traumas from losing my mother and being raised in foster homes as a child, as well as guiding millions of others along their own personal healing path to self love, success, fulfillment, joy and wholeness.



Creating & producing the world's best selling online yoga courses on the largest yoga platforms in the world, including Daily Yoga app(50 million subscribers), Udemy(15 million members) & Mindvalley (10+ million members) to name a few.



Refining my role as the master teacher of one of the world's leading yoga institutes, we have been offering 200/300 and 500 hour yoga teacher training certification programs world wide since 2011.



Creating the global yoga challenge trend, by launching the first online yoga challenge in the world (30 day yoga challenge TM) in 2008 which went viral and impacted the lives of millions of people world wide and catalyzed the creation of hundreds of thousands of other yoga challenges online to inspire tens of millions of souls world wide to practice yoga.



Producing world class yoga training DVDs for children, adults, couples and wellness professionals to help them deepen their yoga and meditation practice at home, which were distributed via Target, Walmart, Best Buy, Barnes & Noble & other retailers online world wide since 2010.



Writing multiple books including Journey to Joyful, Yoga for Surfing: Tips, Techniques and Living the Flow State, 7 Day Green Smoothie Cleanse, and The Flow State TM, as well as being featured in other best sellers such as The Miracle Morning by Hal Elrod, Choose Yourself by James Altucher and the Art of Stand Up Paddling along with renowned athletes such as Laird Hamilton.

Creating the paddle board yoga trend, after releasing the first sup yoga video online in 2009 and later traveling the world as a professional sup yoga teacher with my own line of paddle boards, leading sup yoga teacher training retreats, breaking the Guinness World Record for largest sup yoga class with the Butterfly Effect event at Lake Tahoe, being featured on TV, magazine covers, the largest events in the world and media interviews world wide for over 5 years.

Speaking on expert panels & collaborating with Harvard Dr. Sat Bir Khalsa about the healing power of yoga, flow state and how to heal your life with this powerful energy medicine.



Creating educational, inspiring content for 15+ Million fans online as the yoga expert on Curejoy Ayurveda (9.5 Million fans) facebook, along with our partners Unify.org (2million fans on Facebook), Uplift Connect (2.2 million fans on Facebook) as well as my own platform on Youtube, Facebook, Instagram, etc.

Collaborating with & being featured on numerous platforms including Bright Side Facebook (over 30 Million fans), ABC news, NBC, Discovery Channel, Vogue, Cosmo, WSJ, Jillian Michael's Podcast, Thrive Global, iHeart Radio, etc.

Speaking at leadership events such as Stanford Happiness Hall of Fame, United Nations for International Day of Happiness and Leaders Causing Leaders in Long Beach, CA along with Jason Mraz and Steven Covey to name a few.

Producing live yoga events such as Yoga Awareness Week at Sony Motion Picture Studios in LA and Miami Earth Day Yoga Festival to name a few.



Leading Goddess Empowerment YTT Retreats world wide in Bali , Costa Rica, Hawaii, Tulum, Europe, UK, and USA to unite our global tribe and guide them to master the art of flow state to heal and raise the vibration of humanity.

Interviewing the world's spiritual leaders for the Flow State podcast such as Sadhguru founder of Isha Institute, Jack Canfield star of the Secret and best selling author of over 500 millions books in the Chicken Soup for the Soul series, Preetaji co -founder of the Oneness Temple in India and World Peace Festival, Sri Master Akarshana founder of I Am Creator community, and many more.

Co-Producing TEDX Miami Beach @ Faena Resort, with the theme "Raising Consciousness on the Planet"

Most Importantly, Loving our Students, Tribe & Community. I am your biggest fan and support system to help you transform your life and become the EXTRAORDINARY teacher you are destined to become and to help you create the life of success and joy beyond your wildest dreams , while being of service to impact the lives of others in your unique way and fulfilling your divine life purpose.




Our Yoga Teacher Trainees:

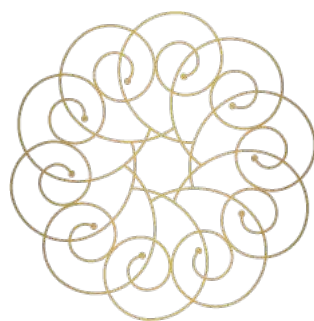
Desire the deepest and most comprehensive yoga teacher training experience, and are not looking for a cookie cutter closed system to memorize a script and become a mediocre yoga teacher.

Value a deeply transformational, guided, loving environment of support and encouragement, lead by professional experts, including myself, all committed to provide you the world class powerful life changing yoga teacher training experience, not only to help you to heal and transform your own life, but to prepare you to become a world class, extraordinary yoga and meditation teacher, fully prepared to share this powerful energy medicine with children, parents, family, friends community and colleagues to help awaken and elevate consciousness and create a brighter future for humanity.



 Understand that mastery is a lifelong journey and are grateful to have access to our hundreds of hours of online training material (including videos, audios and ebooks) as well as our 300+ page training manual, Journey to Joyful YTT book, Total Life Cleanse, Self Love and Yoga program, 30 Day Yoga Challenge course, as well as our online community Flow State App and the Live interactive training sessions you can continue to tap into at any time, with Lifetime access and continued support to help you reach and exceed your goals.

If you have come this far, you know you have a dream, desire and passion to take your yoga journey to a deeper and more powerful level and are ready to embark upon the experience with expert guidance, a tribe of loving support and world class resources in place to ensure your inevitable success.





NOW IS THE TIME!

Mental and physical health has recently been elevated to an emergency crisis due to the pandemic and lock-downs. This has resulted in a human population suffering from trauma, PTSD, anxiety and depression. Flow State Yoga has the tools to alleviate and heal these maladies and so much more.



Maybe you're looking to deepen your own practice and healing journey.



Or seeking a high-level certification to advance your career opportunities.



Perhaps you're already a certified yoga teacher and seeking a deeper and more comprehensive exploration into the art and science of yoga along with connection with tribe, mentorship from experts and community support for your path.



You want to gain greater confidence, skills and knowledge so you can go out and share your loving guidance with others.



Or if you are already teaching, perhaps you are seeking proven business, technology and online marketing skills to create a thriving yoga business.

If any or all of the above describes you - we are here to help you



WELCOME TO THE FLOW STATE INSTITUTE!





I remember when I enrolled in my first yoga teacher training in 2005. I was sincerely seeking a path of healing as I was coming out of a year long depression, break up with the love of my life and walking away from my corporate job that was draining the life out of my soul.

I had no idea if I wanted to be a yoga teacher, but I knew intuitively that yoga was the one thing that always brought me inner peace and I took the leap of faith trusting that yoga teacher training had the potential to help me in some deep and fundamental ways.

I took that leap of faith and never looked back.

The journey was deep and powerful for me, emotionally and spiritually it brought me back to my soul and to the deepest experience of inner peace beyond my wildest dreams. After that, I could not help but start to share this miraculous healing with as many people as I possibly could.



Like many others, even I had underestimated the Transformational Power of Yoga Teacher Training, yet after just a few weeks of my first YTT in 2005, my life was shifted so dramatically from the inside, I could hardly recognize the stressed, lost and heart broken person I used to be and was so excited to experience the miraculous unfolding of the person I was becoming as a teacher, coach and healer.



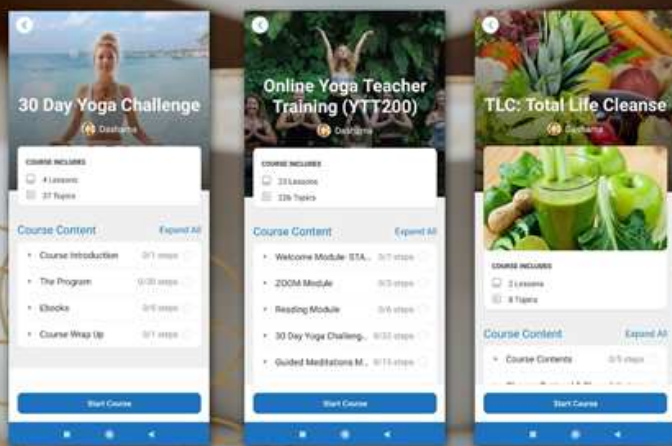
In our weekly Interactive Live Online Workshop Sessions, that are included in the Flow State Online Yoga Teacher Training, we always include opportunities for you to share, ask questions, interact and explore any and all topics that you feel the need to understand more deeply, so you can become the extraordinary teacher you are meant to become.

One of the big differentiators in the Flow State online YTT is you always have access to our global tribe, with expert guidance and weekly accountability to help you succeed, complete the course and graduates so you can go out and start teaching asap.

Our graduates and students often comment that our weekly LIVE sessions is their favorite part of the course and their favorite part of their week that truly sets the tone for miraculous blessings as they are staying connected our high vibe tribe of loving support, all committed to the same goals to help heal humanity and raise consciousness on earth.



Years before masks, social distancing and online YTT became the norm, I was leading online yoga trainings. Many of the students who have enrolled in my courses and trainings were already certified yoga teachers, healers or coaches and were seeking a deeper exploration and more comprehensive education to increase their skills.



The PROS of Online YTT

Let's explore the pros of doing your Yoga Teacher Training Online, from the comfort and safety of your home.

1

Flexibility: My #1 Goal is for you to Graduate and to Become the Extraordinary Teacher you are destined to become. That's why I love leading the training workshops live each week, so you can move through the experience together with others on the same path. If for any reason you can't complete the course on the Fast Track in 12 weeks, you have lifetime access to the course and can continue to join us live each week, for as long as you need to, to graduate at your own pace, on your time-line. We offer this so you can feel at peace knowing your investment is always worthwhile, as access to most other YTTs is typically 1 year to 18 months, where ours offers LIFETIME ACCESS through the app with Continued Loving Community + Support. Our graduation rate is over 99% as everyone who enrolls in our YTT is supported fully until they graduate successfully.



2

Life Long Access: Besides having lifetime access to the online YTT material (this is over 100 hours of pre-recorded content, organized in modules to offer you a deep dive into each of the topics) as well as to ALL of the LIVE REPLAYS (which feels as if you are there with us) AND access to the APP Community, Forums, Content, Free Access to our Challenges to help you stay inspired as well as Continued Access to the LIVE weekly workshops (with approved permission) for as long as you need or desire.

3

No Commute, Travel, Schedule Conflict Issues, or Time Away from Work or Family: That's a huge cost savings, in addition to the time savings especially for those who have children, work commitments or other reasons that travel may not be ideal for you. I have had mothers take this training with their babies nursing or in their laps, teachers take this training and share the practices with their students in their classrooms, doctors, nurses and health professionals easily fit in the daily practices around their busy schedules. It's wonderful that the technology now exists to make an in depth, highly interactive training possible which is both empowering and exciting.

Learn at Your Pace: The number one benefit people say they love about Online YTT is the ability to pause and rewind to go over material a few times to deeply comprehend it. The live YTTs don't offer this blessing, so if you miss something you just miss it. In the Online YTT, you will be amazed about how much more deeply your comprehension will be for this material, as our graduates often report re-watching their favorite practices numerous times to master it and the more challenging practices they often re-watch even more, to gain the depth of understanding before moving on to graduate and even after graduation. You can also post your questions in the comments of each module, ask in the FAQ forum in the Flow State App and/or write them down as you go and ask them in our LIVE interactive weekly sessions. These Live Sessions are filled with great Q&A and you can access the replays forever as part of your enrollment.



And...

The One I am most excited about:

1

Ongoing Professional Feedback: In the in person YTT, the biggest challenge has always been not having enough time to address each person directly in all classes, as time is limited in that format. In the Online YTT, you gain a tremendous benefit to be able to ask all the questions you want, as you learn, to demonstrate on camera and get real time feedback for anything you are working on, and so much more. This aspect along makes online YTT a superior option for on going learning beyond what is possible in person YTTs.

Because our training is online, I'm able to give YOU personalized feedback not only on the specific alignment or positioning of the yoga asanas or postures, but also about the deeper aspects of meditation, Breathwork, kriyas, EFT and the coaching aspect of this training, that equips you with the proper skills to help alleviate the mental health crisis that so many are facing at this time.



Students tell me this is by far the most valuable resource when they go out and teach but also for their own personal journey. To be able to learn such a diverse array of proven effective practices, backed by Harvard and Stanford Science, to help people alleviate their pain, emotionally, physically and mentally.

Pain is inevitable, suffering is optional.

– Buddha

Being a good yoga teacher is about so much more than knowing how to teach the poses. In the 8 Limb Path of Patanjali, Asanas (yoga poses) are only the first step on the ladder toward enlightenment. The other 7 limbs or steps are taught within the Flow State YTT, with an emphasis on preparing you to address a variety of maladies people may be facing, ranging from physical pain caused by stress, habitual postural imbalances or lifestyle choices, mental pain caused by being fixated on the past or future (depression or anxiety) and/or emotional (trapped energy needing to be acknowledged, reconciled and released).

OUR MISSION

Our mission is to offer the most powerful science backed, proven effective practices to heal the hearts & minds of humanity & restore harmony back to Mother Earth as the creator intended..

We are passionate about helping our tribe evolve, grow & expand to your highest potential: spiritually, physically & mentally.

We believe the Children are the Future and are committed to making yoga and meditation available for all teachers & children in all schools in the USA by 2030.

We are your high vibe tribe of support, love & encouragement, dedicated to share the world's most powerful proven effective tools, backed by Harvard & Stanford Research, along with abundant opportunities & resources to help you live your best life and manifest your dreams & goals rapidly.

OUR VISION

We are dedicated to elevating the vibration and consciousness of humanity by sharing the powerful path of flow state yoga, which is the most comprehensive fusion/training system combining the ancient practices of yoga, ayurveda, & tantra, with bio hacking, somatic energy healing & conscious human evolution. And in addition to all of the life enhancing practices we offer , with our master business academy bonus, you also learn how to create the life of your dreams, at the service to others (dharma) as an energy healer, lifestyle coach and flow state yoga teacher.

What problems do we solve?



Mental & physical health is in a state of emergency for billions of people. Immune systems are compromised, people are filled with toxins from the air, water & food being consumed in most areas of the world. Chronic Stress, PTSD, anxiety, depression, drug addiction, and other ailments have reached an all time high, even amongst children, world wide.



At Flow State Institute, we have the solutions for all of these ailments and so much more.



Humanity is awakening, and with that comes awareness of the deep need for healing & guidance through the journey toward health, wholeness & harmony.



We are clear that we are on earth at this time to educate humanity and the future generations about how to live with conscious awareness, to alleviate the suffering of humanity, restore harmony between people and the planet & to hold space with compassion and loving kindness for the next level of human consciousness to emerge.



We pride ourselves on the success & happiness of our graduates, many of whom have gone on to create miraculous lives of their own design, by aligning their souls, hearts & minds to what resonates most for them, and applying the proven formula for success included in the Flow State YTT certification program. and the MBA bonus.




Whether you aspire to lead classes in schools, local community events, work with private clients, open a studio of your own, travel the world leading retreats and/or working online, the possibilities are limitless and the demand is growing more rapidly than we can keep up with it.







WHAT SETS US APART:




Our teachings have directly impacted over **22+ million people online**, as we were one of the first schools in the world to offer online training starting in 2009. Additionally we have worked with notable partners such as Harvard, Stanford & Warwick University as well as the United Nations to share the power of the flow state path to share the power of the flow state yoga as a lifestyle, healing journey and path to living a life of happiness, health and fulfillment.



Our extensive library of YTT content includes videos, audios & ebooks with practice ranging from vinyasa flow, power yoga, ashtanga, sivananda, kundalini Kriyas, mantras, breathwork, meditations, EFT, ayurveda, shamanism, tantra, detox diet, fasting, cleansing, plant-based nutrition, ecstatic dance, divine feminine ceremonies, rebirthing breathwork & so much more.



We honor the **sacred lineage of yogic tradition** while also incorporating modern & indigenous teachings for a cutting edge life enhancing journey that will turn back the hands of time, reverse the aging process, alleviate suffering & give you a new lease on life.



The ytt200 is available for you if you have at least 6 months of yoga experience (unless otherwise granted approval through our application process) and are ready to take your practice deeper and learn to teach and share this powerful healing energy medicine.



Whether you just want to deepen your own path, heal & transform your life or have a desire to dedicate yourself to sharing this as a teacher or coach, **we welcome you to the tribe** with open arms and hearts.

When you enroll, you **gain lifetime access to the powerful flow state yoga training system online**, as well as the app & community.

There are also someways you may earn your tuition for free with our generous & lucrative affiliate system, where you will be compensated 10–20% for all referrals. With just 5–10 referrals, spreading the flow state teaching sand mission, you earn your full ytt tuition.

Continue reading to learn more about exactly what is included in this life changing immersion, all of the life enhancing benefits of joining the flow state tribe, and the schedule outline for your successful graduation.





We have an uncommonly **high graduation rate**, due to our hands on approach, as we see each of our students as part of our tribe & family and we are dedicated to help you succeed and reach your goals.



With that being said, it really works best when you take action, so check in with yourself and make sure you're ready to elevate your life exponentially, connect with your tribe of loving support & dedicate yourself to this journey to achieve your optimal outcome.



Beyond the 100+hours of online videos, you also gain access to our weekly live workshops where you can dive deeper into topics you are learning, ask any questions you may have, and connect with the global tribe and community.



The Flow State app is your secret sauce for success,as you can access your training material from anywhere, at anytime. So whether you're traveling, outside in the park or at home, you have continual access to practices,meditations, music&our extensive searchable library of asana to help you advance your practice & deepen your skills as a teacher.





Inside the app you also gain access to over **100 bonus ebooks and audios** in the total success library, to further enhance your experience.

The Flow State YTT Manual is over 300 pages of guidance & information with our sequences, asana, Kriyas, mudras, teaching outline, and much more. The Flow State YTT manual goes hand in hand with the Journey to Joyful training book (also provided in the total success library) and the Anatomy of Yoga book by Leslie Kaminoff (available on Amazon).

We also have a list of recommended reading in the ytt manual includes: ancient & classic texts such as Bhagavad Gita, Yoga Sutras, Autobiography of a Yogi, You Can Heal Your Life, 7 Spiritual Laws of Success, Eating for Beauty, and much more.

The Flow State is a master path commitment to evolving to your highest self, with an open system we continually add new innovative practices to help you expand and uplevel with us over time.





You have the opportunity to start with the 200 hours online YTT and/ or with our **unique hybrid system** combining 7- 10 days live YTT retreat with 100 hours online.



If you're already a 200 hour certified yoga teacher , you may earn your 500 hour advanced YTT certification with our hybrid YTT300 combining 200 hours online and 7-10 day /100hours live YTT retreat.

Our tribe is a close nit family of resonant like minded souls,
and we value your energy, time & dedication.

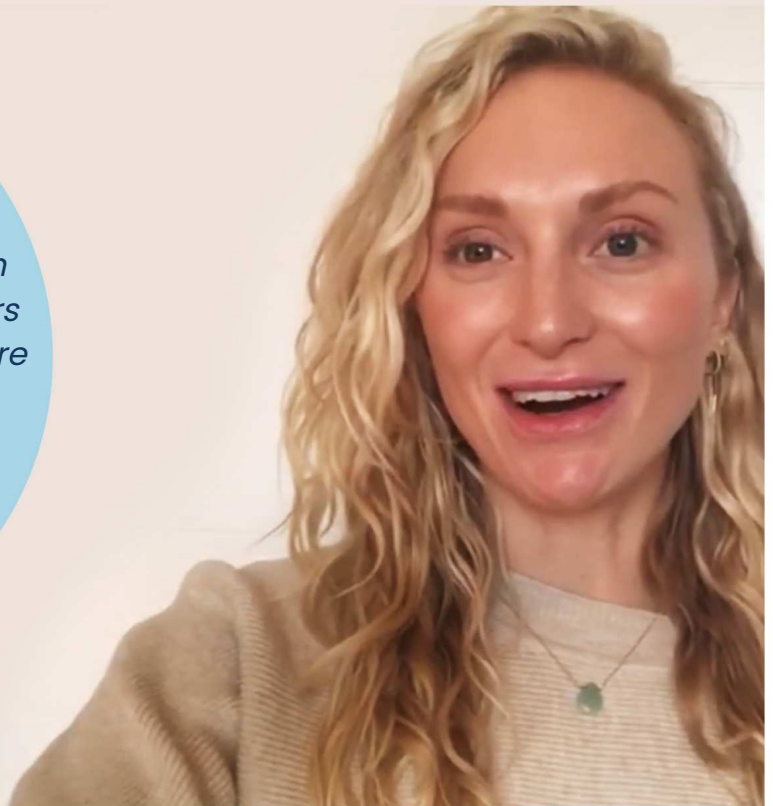
The world needs your light now more than ever and we are committed to helping you access and amplify your power every step of the way to create & manifest your best life.

Blessings & love,
Dashama & the flow state team



"I joined because I had this deep knowing that I wanted to serve but I wanted to expand my knowledge of my own healing so that I could assist others and that's exactly what you get here at flowstate, You learn so many different tools and modalities to expand your self."

Jordi, Los Angeles, CA
Flow State Graduate



"This is actually my second year coming. I've grown so much the second time the first time was a great way for me to let go a lot of things and this time I feel like I really dove deep into my own practice my spirituality I came here, I conquered. I'm now stronger than ever."

Jessica, San Francisco, CA
Flow State Graduate



YTT200 Online Certification



Yoga alliance accredited
International Yoga Teacher
certification



Our ytt200 focuses on beginners.



We focus on fundamentals,
choreography, sequencing,
breath, asana, and teaching flow
state yoga.



Earn 100 hours online with videos,
audios & ebooks



Attend 100 hours of live weekly
online 3 hour workshops



Access the Enlightened
Masters Seminar Series.



Learn the fundamentals of
practicing, teaching & living Flow
State Yoga



Lifetime access to Master Business
Academy to help you create &
launch your new yoga business



Membership to our exclusive Flow
State online community & app



Enrollment is open throughout the
year to allow you to get started when
you're ready.



Fast Track Option Available Graduate
in 8-12 weeks & start teaching right
away



YTT Workshop Topics You Will Learn



Flow State Yoga: Philosophy, History, Science Research, Psychology, Metaphysics & Spirituality



Anatomy, Physiology, Alignment & Adjustments



Pose Families, Transitions, Sequencing, Choreography
Class Structure



Emotional Mastery, Scale of Consciousness, Trauma Healing, Eft, Yoga Nidra, Hypnotherapy



Breathwork / Pranayama, & many styles of Meditation




Kundalini, Kriyas, Mantras & Chakra Healing



Ayurveda, Detox Diet, Whole Food Nutrition, Fasting & Cleansing




Tantra, Embodiment, Ecstatic Dance & Sacred Ceremony



"The yoga teachers training program, 300 hour has been completely transformational for me. You go through the transformational change just being in this place with these people. I just i can't get enough of the energy so it is something you definitely need to look into."

Ariana

Flow State Graduate




"I jumped into this program not knowing much about it, and it really changed me from the inside out. I know now how to be happy. It's something I've never felt before and I know how to live for myself and care for others at the same time. It's really a beautiful program."

Helen


Flow State Graduate




MODULES INCLUDED IN FLOW STATE YTT ONLINE




The Ultimate Success Library: with over 100 ebooks about topics ranging from spiritual enlightenment to business mastery, and success.




30 Day Yoga Challenge: 30 videos with unique sequences to learn and grow your yoga sequencing and deepen your practice.




Guided Meditations: Includes videos and audios with a variety of practices from chakra balancing, inner child healing, connecting with your infinite power and much more.




Targeted Micro Sequences: Learn how to be a yoga teacher and energy healer with these powerful sequences to help people heal from a variety of common ailments.




The Miracle Morning: Learn the most powerful morning routine and several variations to transform your life and the lives of others.



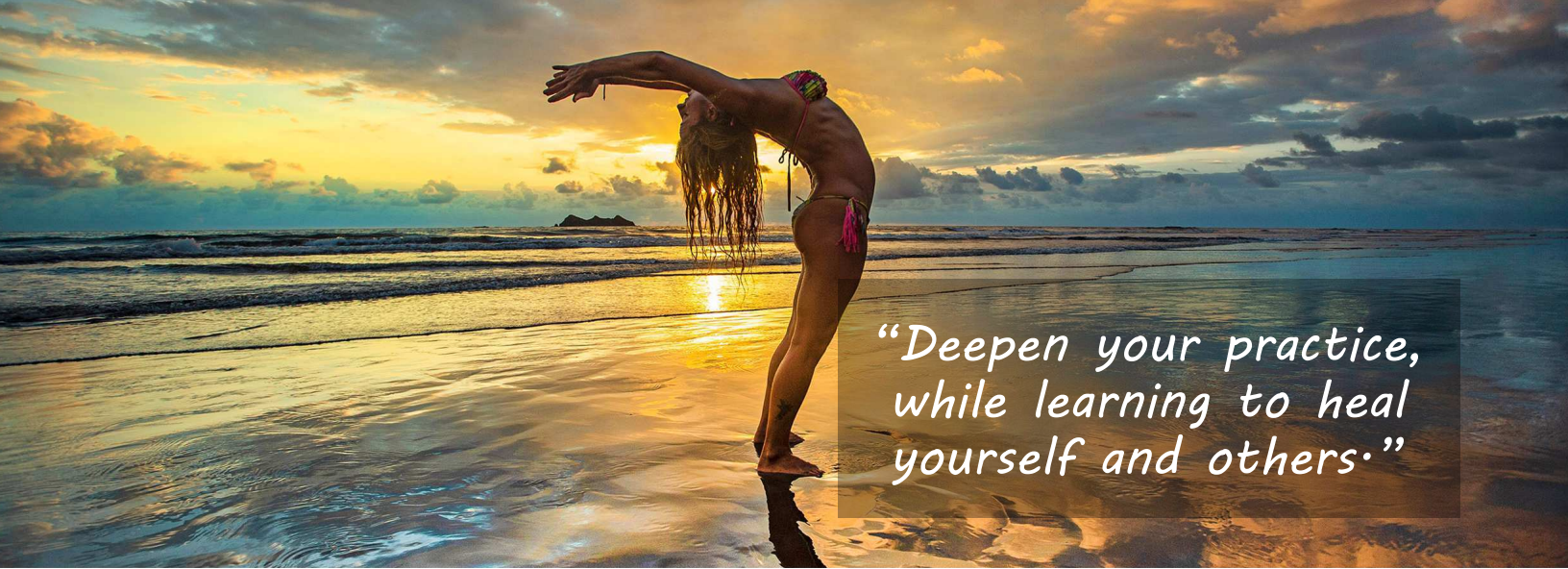
Guest Teachers & Masters: Learn from the BEST to elevate your consciousness including : Sadhguru, Jack Canfield, Sri Master Akarshana, Preetaji, Hal Elrod, Brendon Kane, Sahara Rose and others.




Chakra Series: Learn the powerful Flow State Yoga chakra healing series to transform your energy and learn to share these with others in workshops or retreat settings.




Full Length Classes: 60-120 minute classes and workshops with unique and powerful themes each uniquely choreographed to transform your students & your own energy.




*“Deepen your practice,
while learning to heal
yourself and others.”*



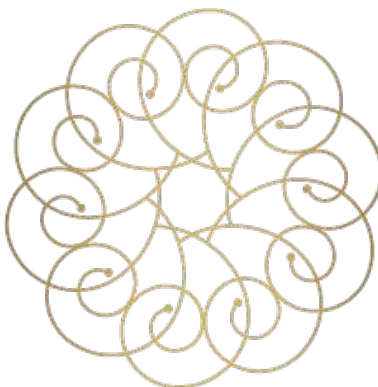
Peak Poses: Learn the advanced yoga postures and how to choreograph a class to help your students flow into these (and for yourself as well) in a fun, powerful and safe way.




Mantras: Learn a variety of ancient mantras and the power of sound healing for flow and to elevate your vibration backed by Harvard research.





Special Cases: To help heal people with injuries or limitations, you will learn specific protocols to help those with knee pain, back injury, spinal misalignment, neck pain, etc.







 **EFT, aka Emotional Freedom Technique** You will learn how to release stuck or blocked emotions & traumas with a meditative practice backed by chinese medical science and loved by millions worldwide.

 **Bed Yoga:** You will learn this popular practice that has been shown to heal insomnia and a wide variety of ailments.

 **Kundalini Kriyas:** These powerful practices combine breath, mantras, posture and meditation for rapid elevation of the sacred kundalini energy within to awaken, heal & evolve.


 **Pranayama, aka breathwork:** These powerful sessions teach you how to prescribe and teach specific breath practices for a variety of ailments and intentions from healing, releasing stuck emotions and to elevate mood & experience bliss.


 **Ayurveda, the ancient Science of Life, from India:** Utilizing plants, oils, and healing practices, you will learn how to incorporate this powerful medicine into your teaching and lifestyle for longevity and extraordinary quality of life.




"If you want to master something, learn to teach it to others."



 **Nutrition:** Let food be thy medicine. Learn the 3 stage Energy Ascension Diet & Detox Cleansing/Fasting Protocols" to transition from low energy to vitality rapidly reversing the aging process and growing younger with proper cellular nourishment.

 **Thai Massage (aka Lazy Mans Yoga):** This ancient practice originally only offered to the kings and royal families is now available to all and with these thai yoga flow and thai yoga tantra practices you can offer this as a stand alone service or to incorporate into your yoga teaching workshops, retreats or to master hands on adjustments in your classes.

 **Tantra:** learn the ancient art & science of living love, connection with source & making life divine play (Iela). Drawing from Buddhism, kashmir Shivaism & Kama Sutra, you will learn the fundamentals to living a tantric spiritual life to improve both your personal journey & intimate relationships.

Our comprehensive program combines 3 renowned trainings into one life changing immersion including Flow State Yoga 200 hour online YTT, Yoga for Youth 46 hour kids yoga teacher training online and Choose Love Movement, emotional intelligence training program for children.



The Y.O.G.A. for Youth training is for individuals who have a desire to teach underserved youth. The training covers the Y.O.G.A. for Youth curriculum structure and content, trauma-informed yoga practices, and classroom management. The Y.O.G.A. for Youth curriculum is based upon Kundalini Yoga and adapted for educational and community settings.

Kundalini Yoga emphasizes breathwork and meditation, and incorporates kriyas, specific combinations of exercises that are intended to improve physiological, mental, and emotional functioning. Meditation in Kundalini Yoga utilizes specific hand positions, eye focus, as well as a specific breath pattern or sound/mantra.

Character education is an important component of the Y.O.G.A. for Youth curriculum, taught via the eight principles of Right Understanding, Right Intention, Right Speech, Right Action, Right Livelihood, Right Attitude, Right Mindfulness, Right Concentration.

Choose Love Movement:

The Story Behind the Movement

***In the wake of tragedy, one mother
chose to be part of the solution.***

Scarlett Lewis founded Choose Love Movement after her son, Jesse, was murdered during the Sandy Hook Elementary School tragedy in December 2012. It is one of the worst mass shootings in U.S. history.

At six years old, Jesse, alongside 19 of his first-grade classmates and six educators, died. Yet law enforcement says Jesse used his final moments to heroically save nine of his friends.



"Choose Love has had an immediate and positive impact on our school community. After a comprehensive review of available SEL approaches, our team unanimously selected 'Choose Love' for its approach, alignment, and vision to support the social/emotional learning and well being of our students and staff. It has been wonderful to see how quickly 'Choose Love' has been embraced by our schools and our community. Scarlett provided a moving Keynote address at our Convocation, which sparked our initial efforts. We are so grateful for this partnership and the benefits 'Choose Love' will bring to our students."

Don Briere

DIRECTOR OF EDUCATIONAL SERVICES, HEBRON PUBLIC SCHOOLS, CT

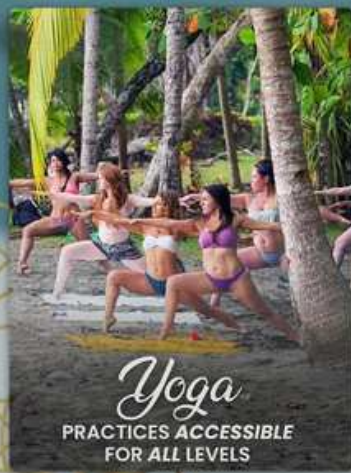


Shortly after his death, Scarlett decided to be part of the solution to the issues that we're seeing in our society today—and that also caused the tragedy. She created the Choose Love Movement and became an advocate for character development and social and emotional learning (SEL), which teaches children how to manage their emotions, feel connected, and have healthy relationships.

Before his death, Jesse left a message on their kitchen chalkboard, “Nurturing Helinn Love” (Nurturing, Healing Love). When Scarlett learned that these words are included in the definition of “compassion” across all cultures, she realized that love, connection, and belonging are universal wants and needs that connect all of humanity.

I love everything about the Choose Love program! I have seen such a positive impact on our entire school culture after implementing Choose Love over the last two years. Even our youngest students are able to identify feelings and use brave breaths to calm and regulate themselves. They are engaged and participate in all the lessons and there is a common vocabulary among all students and teachers. We see students thinking of others and reaching out with compassion to help peers. There is just a feeling of family and love on our school campus and that is beginning to extend beyond our building as well!

Janice Groth
NEW HAMPSHIRE



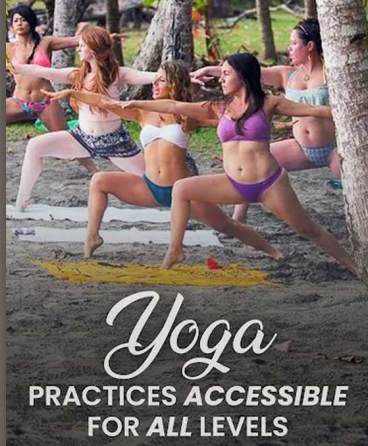
Why Choose The Flow State (TM)?

1

We are the FIRST online YTT, as established in 2013 and have also lead live YTTs since 2011. While other yoga schools focus on yoga poses and basic exercise related practices to stay fit and sculpt the ideal physique, we focus on the holistic well being of each student with emphasis on healing, transforming and evolving each of our graduates into extraordinary teachers, humans and souls. Our award winning teaching material is available for you online, in the app, as well as in our live weekly interactive sessions with life time access to ensure you succeed.

2

Along with the 200 hour YTT, you also gain access to the 100 ebooks & audios in the Total Success Library, the 60 hours of Master Business Academy workshops to help you create your vision and launch your new business to create multiple streams of income while you spread your healing light in all the ways you feel inspired. And you also have access to the training books Journey to Joyful, our 333+ page interactive YTT Training manual featuring hundreds of poses and sequences, practices and teaching methodologies, as well as the (Total Life Cleanse TLC program including 7 Stage Green Smoothie Cleanse + Energy Detox Diet ebooks and programs, Self Love And Yoga (SLAY) program, and our signature 30 Day Yoga Challenge (TM) with encouragement to lead your own challenges to kick start your teaching success.



Tens of thousands of successful graduates from our online courses

3 . This is a global network of inspired souls, dedicated to healing, transforming and evolving to the best versions of ourselves and you have continual Lifetime access to the loving tribe of support and community in the YTT and in the App. We have seen our students and graduates form lifelong friendships with each other, go on to collaborate, connect and co create new and unique ways to serve and impact their children, schools, communities, families, clients, local and global partnerships and much more. There is no limit to what is possible when you maintain an open heart and mind and willingness to serve the world to leave your personal legacy of love.

Live Interactive Weekly Sessions, Get Feedback, Engage + Grow:

4 Unlike many other online trainings, we offer a highly interactive and open format for our weekly live sessions. During these workshops online, you have the opportunity to present anything you are working on, to get real time feedback and through this forum style learning experience we often answer questions you didn't even know you had. Additionally, we always take breaks to ensure your mind is able to absorb what is being taught and on special occasions such as full or new moon, holidays or seasonal changes, we offer ceremonial meditation experiences to provide experiences beyond your typical 'workshop' learning and to deepen your relationship with meditation, your divine essence and loving energy of the group in a non religious and uplifting experience that nourishes your heart, mind and soul.

WHAT MAKES FLOW STATE YOGA TRAININGS DIFFERENT?

1

The pose is not the goal. We are all multidimensional beings, which means you are much more than your physical body. To deepen your relationship with yourself, and help you become an extraordinary yoga teacher, we guide you to intimately know and understand the many layers of your being, and through that journey, to discover any disturbances or disharmonious energy that may be blocking the energy of joyous exuberance from flowing through your body, heart and mind at all times.

2

The Original Purpose of Yoga Poses was to Prepare Your Mind to Meditate. To live in a meditative state, which we call flow state, is to experience true, deep and lasting inner peace, feelings of interconnectedness to everything in a joyous, exuberant energy and outlook, regardless of what may happen in the external world. Flow State focuses deeply upon this aspect and through our comprehensive guided videos and material, we encourage daily practice of meditation which also includes breathwork, kriyas, mantras, EFT, dancing, tantra, self care, sound healing and other forms, so you may become the master of your mind and the chief architect of your life. This way you may live your best life while also leaving a positive impact upon the lives of others and fulfilling your divine life purpose.

3

Master Healing Hands on Adjustments: As a flow state graduate , you will have a unique advantage above other teachers, as we have a full module teaching you the art of hands on adjustments, from the perspective of Thai Yoga Therapy, aka thai massage.

This art is a powerful healing modality in and of itself, that not only prepares you to offer private sessions, of what is often affectionately known as 'Lazy Man's Yoga' but also to utilize the skills you learn to take your students deeper into their practice with hands on adjustments.

When you teach, this really helps set you apart from other teachers, as you may take people to a deeper level within their practice and thus unlocking realms of experience for them that may otherwise not have been available.

Your ability to 'listen for the echo' which means to know when you are at the end range and not go beyond that to maintain safe yet effective adjustments will make sessions or classes with you both memorable and intimately healing. This skill can also translate to a deeper ability to connect with yourself, your loved ones and those close to you as well.

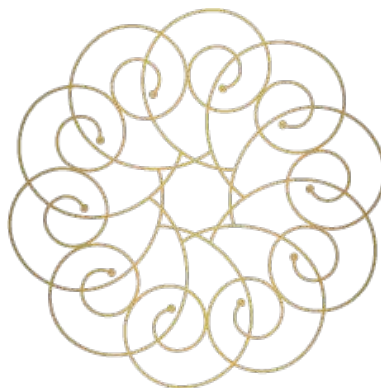
4

Yoga as a LIFESTYLE and SPIRITUAL LIFE PATH. Many basic level yoga teachers are trained to teach yoga poses, focusing on the physical fitness and practice as the primary purpose of the yoga path. In Flow State yoga, we help you to understand and gain mastery in the invisible realms as well. Sure you will learn to teach yoga asana and flows masterfully, learning creative ways to channel your unique choreography and teach in safe and fun experiences for your students.

But we take it many steps beyond that and encourage you to venture much deeper into the multi-dimensional realms of your existence. We explore psychology, metaphysics, the energy bodies, spirituality, your inner state and energy in great depth so you may learn to master the inner realms, how to clear any blocks to the flow whether it may be emotional, mental, physical or even on the etheric realm from past lives, ancestral or inner child traumas , how to clear subconscious or unconscious beliefs or traumas and reclaim your power.

We don't encourage you to play small,
stay stuck or live as a victim of
circumstances. We empower you to live in
your greatness, taking full responsibility for
your life and the continual miraculous
unfolding and blossoming of your conscious
awareness.

There is no limit to your potential and we
are here to lovingly guide and support you
all along the journey with faith that you are
always exactly where you are meant to be,
and together with the love and support of
our community, you will fulfill your divine life
purpose of impact, service, joy, prosperity
and love.



5

Learn to teach ALL ages & abilities. Flow State teaches in an approachable style accessible to the widest range of students making yoga accessible for all, from adults, children or professional athletes and everyone in between.

We believe fully that everyone can and will benefit from learning how to master their minds, take control of their health and well being and have a path to follow that helps them stay in alignment with the source of life.

That is what we offer and that is why we are very passionate about educating children and school teachers especially, with yoga and meditation practices, so they are prepared to lead healthy, successful and impactful joyous lives.

Thus ensuring a bright future for humanity, as children are the future and teachers are the beloved guides that are destined to shape and guide their souls along the best path.

Children are very open and connected to the spiritual realms. When children are taught at a young age proper energy hygiene, as we call it, to clear block or stuck energy from their body, hearts and minds, they can properly manage their lives with ease and grace. This leads to more creativity, increased fulfillment of life and greater chances of success and happiness in every pursuit.

Furthermore, we are so happy to know that children of all ages may be taught to meditate (at varying levels) and gain a mastery of their own minds and emotional reactions or responses, through simple practices backed by science.

Our comprehensive training includes not only the full 200 hour Flow State YTT, but also access to 46 hours of the Yoga for Youth online children's yoga certification training, to help you gain an even deeper skillset to teach directly to children in classrooms, at home and world wide in various other settings.

Yoga for Youth is a non profit foundation which has been teaching kids yoga in hundreds of schools in USA with the blessing of Dr Sat Bir Khalsa from Harvard, on their Board of Directors.

In addition to the Yoga for Youth 46 hour training, you also gain access to the Choose Love Movement, Emotional Learning program which has been adopted successfully by thousands of schools and impacting millions of teachers and students world wide to help spread the essential human interaction skills such as compassion, love, forgiveness and kindness.

Created by the mother of 6 year old child who was shot and murdered in his elementary school over a decade ago, instead of drowning in the grief of losing her son, Scarlett went on to spread the healing message to help millions of teachers and children learn to be better humans in schools and beyond.

Become an EXTRAORDINARY Teacher & Successfully Fulfill Your Unique Life Purpose: We believe you have a unique place within the intricate ecosystem of human life on earth. You have unique and Beautiful gifts to offer that no one else does quite like you, and at the same time, you can learn to master the teaching of Flow State yoga, which is to learn to access your own channel for creative power.

As you become more connected to your unique creative power, you may be surprised how you begin to enjoy getting creative and coming up with fun ways to inspire and guide your students.

Whether you are teaching school children in the classroom, your own children at home, your friends, family or loved ones or as a full time Boss out there running your own yoga business leading retreats, events, workshops or online courses, you will love how diverse this field can be. There is truly no limit to what you can create with this skill set, once you feel comfortable and gain the confidence to teach.

We love to help you gain the confidence, as that comes from practice, practice, practice. You will feel more and more confident as you learn, practice and teach/share this magic with others.

The sharing is the master key, as they say, ' those who wish to master something, should teach that ensures you continuously stay on top of the practice, sharpening your communication skills and ability to convert through words, proper form, alignment, intention and flow.

And if you feel called to take this teaching path out to a more mass level, you are in luck, as we have included our Master Business Academy, with over 60 hours of workshops guiding you to create a business that can offer an additional income stream for you and your family or a full time business if you should choose. We have had graduates to go to lead sold out retreats in exotic tropical locations such as Bali, Mexico or Costa Rica, to open their own studios in their home towns or even apprentice with us to learn how to lead their own teacher trainings if they feel called.

We don't hold back anything, as it is our great intention to help you thrive, grow, expand, evolve and prosper to fulfill your divine life purpose, and we are dedicated to support you with the tools and skills to make that a reality for yourself.

Through the Flow State YTT, we are very grateful and excited to offer you the most comprehensive yoga and meditation teacher training to equip you to become the absolutely best teacher you can be. We believe there are a lot of teachers out there, but there are not many

EXTRAORDINARY teachers. You can be **EXTRA ORDINARY**. The key ingredient is to align with the proper loving guidance and support, with a proven system to help you succeed.

*When you succeed, everyone wins
because as humanity heals,
everyone's lives improve
dramatically.*

***Imagine a world without conflict
or wars.***

Without judgment, criticism and
complaining.

Without pain, suffering, anger,
greed or selfishness.

We are committed to creating that
world.

Together we can and are making
a tremendous impact.

***The Children Are the Future
and now is the time to focus
on what matters most.***

Children Are The Future is a fully accredited online yoga & meditation certification training, with a mission to solve the mental health crisis for children and to alleviate the stress and burnout of teachers by providing trusted education, certification and resources for school teachers, parents, children and schools.



To make the vision a reality, for every 1 enrollment from higher income demographic teachers, or schools we are sponsoring 1 under-privileged teacher or school (up to 10 teachers per school) to have the opportunity to join the CATF training and make this powerful education available for the maximum number of teachers to impact the maximum number of children to create a brighter future for all.

Explore more and get involved at www.childfuture.org



This means that when you enroll, refer your friends or join/ support our mission in any way, not only do you receive a 100% tax deductible receipt for your tuition payment, from Bright Future Foundation, our 501 c3 non profit, you also support those in need and who can benefit the most but who may not otherwise have the financial means to enroll for this life changing, life enhancing Transformational training.

Together we are creating ripples, loving waves of consciousness and healing starting with me and you, our children, their teachers, families and communities and ultimately the entire world is positively impacted by your gracious contribution and decision to be a part of the solution to co create a bright future for humanity.

Flow State Institute is dedicated to providing the most effective science backed holistic health & healing, yoga & meditation training program to improve the mental & emotional well being of children & teachers in all schools in the USA.

Our motto is, "Give a child a fish, feed her/him for a day. Teach a child to fish, feed her/him and all her/his family for a lifetime."

Explore more and get involved at www.childfuture.org



Our unique training program combines the **200 hour online training**, which includes 100 hours of prerecorded video classes & workshops, along with weekly interactive live sessions on zoom, along with 46 hours of kids yoga specific training, presented by the Yoga for Youth foundation, with Dr Sat Bir Khalsa from Harvard on their BOD, along with Choose Love Movement, one of the world's most celebrated children emotional intelligence programs that has already been integrated into thousands of schools world wide.

Explore more and get involved at www.childfuture.org



HOW IT WORKS

This Online Yoga Teacher Training experience is comprised of:

CORE MODULES:

These videos feature Dashama, guest teachers and students. Download them to your phone, or computer for easy offline viewing or stream them from the app. You have lifetime access and can go back and review them as many times you are like to deepen your knowledge and mastery. Quite a few of these videos were filmed at the actual LIVE YTT retreats in Bali or in Maldives or other destinations world wide. So beyond learning the practices and teaching, you also gain several other benefits.



You get to feel like you are in the live training with a loving group of students.



You get to feel like you are on vacation in a tropical location



You can see and learn the live real time teaching methods, such as hands on adjustments , that are provided in the intimate settings of our live events



And perhaps most beneficial of all, you get to stop, pause, rewind and go back to watch, practice and learn each sequence, the verbal cuing, the flow of the class arc, breath cues, guided meditations, hands on adjustments on a wide variety of students body styles and physical abilities, etc.

This all prepares you to become an extraordinary teacher, as you are learning online, as if you are in real time in person, with the added bonus of being able to go back over and deepen your learning as you need all along the way.

As you will see in the list of modules below , you learn so much more than a typical yoga teacher training, in addition to anatomy, philosophy or alignment principles, which are covered extensively in the interactive 300 + page YTT Training Manual, Journey to Joyful book, Flow State book and the live training and coaching sessions, but you also learn 22 other uniquely powerful modules to make you a more deeply diverse and knowledgeable teaching including: **ayurveda** (*The science of life from India*), **Tantra** (*spiritual path of loving devotion to enlightenment through intimacy with life*), **Thai Yoga** (*healing art for partners, couples or clients*), **Detox Diet, Fasting & Nutrition** (*for longevity, healing and prevention of illness*), **Breathwork** (*many forms and styles with specific application for a variety of needs*), **Kundalini** (*kriyasa, mantras and meditations to awaken your sacred life force energy and elevate your consciousness*) and much more.



LIVE CALLS:

You are on camera, interacting in our live video sessions each week. Our participants love this aspect of the training since it not only allows you to have a consistent community of loving support to ensure you stay on track to reach your goals and graduate, but also gives you an open forum to ask any questions you may have about the extensive learning you are doing in the YTT training modules.

In addition to Q&A forum, every week we go deeper into various topics, and also invite you to demonstrate anything you may wish to explore in greater depth, so we may allow everyone to learn and deepen from the group sessions.

We also explore new meditations, breath, mantras and methods of ceremony as a group during full moons, new moons, special sacred holidays, etc. We are here to help you succeed and graduate. And even after you graduate, you are always welcome to return to connect, to stay inspired and motivated and confident while you are building your dreams and fulfilling your unique mission with us.



If you are shy, we completely understand, so we don't pressure you to turn on your camera unless you are speaking, asking a question or being instructed to demonstrate something for us to help you.

We understand that there are 3 main learning styles: visual, auditory and kinetic and with that, we aim to offer you all 3 of these throughout this learning journey, so you may deeply engrain the teaching and learn to master this art and skill regardless of which learning style happens to be most dominant for you.

We create a safe supportive loving non judgmental environment that encourages you to share, grow, connect and thrive. We always encourage you to share, interact and ask any questions, without requiring that, so you don't feel pressure, but you gain the optimal support so no one gets left behind.

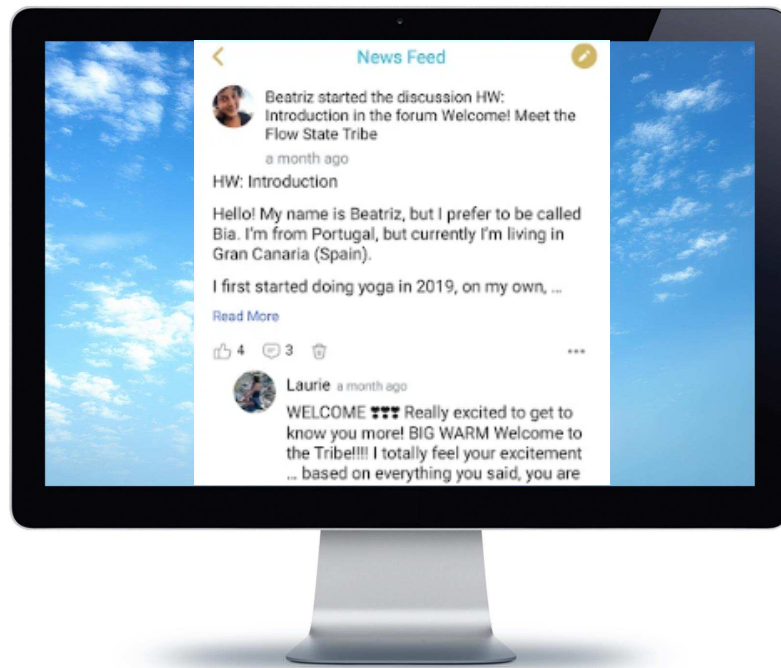
Case in point: We've had tens of thousands of graduates from our online courses with most of them offering 5 star reviews as their experiences are very often life changing, life enhancing and transformational. We pride ourselves in maintaining the highest quality standards and give you as long as you need to graduate if the 12 week fast track is too rapid for you, there is never any pressure to complete your course.



With that being said, we are here to ensure you do graduate and we hold space for our students to fulfill their dreams, goals and intentions with us. When you graduate, your energy may go on to bless others with this healing and blessed path, so we are very inspired to ensure you graduate and thrive as a new teacher.

With that being said, we are here to ensure you do graduate and we hold space for our students to fulfill their dreams, goals and intentions with us. When you graduate, your energy may go on to bless others with this healing and blessed path, so we are very inspired to ensure you graduate and thrive as a new teacher. Moving through the LIVE sessions together creates accountability, motivation, and compassionate support.

Those who start and graduate together tend to form even closer bonds, and lifelong friendships of support beyond the training. If you miss a live call, you're always encouraged to watch the REPLAYS! It's very easy to catch up and review what you miss and these are available also for a lifetime access for you to review and deepen your learning.



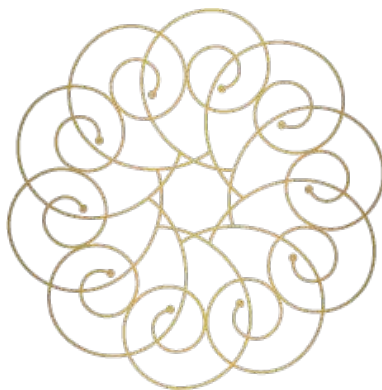
PRIVATE GROUP / APP

Although we have a facebook group, we interact mostly in our private and exclusive APP. The reason for this is that we prefer to offer a highly exclusive and private safe space outside of social media public arenas for our tribe to interact. We had a lot of our groups request to leave the Facebook group environment, so we listened and took that to heart. As a result of that, we built our own personal App community, that offers the same functions as FB Groups where you can follow other participants, post comments, like and comment on each others posts, etc.

You are also requested to post your home work assignments in the app forum, and will get real time feedback from our teaching tribe in the app each day. This ensures you stay on top of your home work assignments and you get the feedback to help you stay on course.

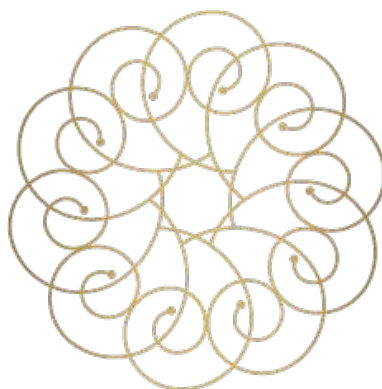
Besides the homework posts. you also have access to the **LIVE REPLAYS** in the app, in the REPLAY FORUM. You also have access to our spotify yoga class playlists. to a full searchable library of asana / yoga poses with descriptions , to download all of the videos, ebooks, audios and content, etc. This app is created just for the YTT so if you have any ideas or suggestions, you are always welcome to submit those to us or support@flowstate.yoga

“Dashama is the Tony Robbins of Yoga. She does not only focus on the physical aspect of yoga. Instead she offers a transformational and healing journey that takes you to the depth of yourself and guides you how to not only heal yourself, but how to gain the skills to learn to pass this gift along to others. Her teaching is life changing. My life was blessed by training with her.” ~ Gail Marino, Producer of ABC TVs Extreme Moveover the Home Edition



LET'S EXPLORE OUR CURRICULUM AND SYLLABUS

Since each of our groups offer a slightly unique programming, due to the time of year, guest teachers and experts that are available for each group etc, your personal syllabus will be slightly different and unique, but here you may gain some clarity about what may be expected on a daily, weekly and for the duration of your experience.



[SAMPLE]

200 – HOUR YTT SYLLABUS

****All info and dates are examples and subject to change for your enrollment**

Process of enrollment, engagement, graduation + teaching for success:



PRE-TRAINING

Step 1: Read through the full program booklet (this PDF you are reading)

Step 2: Watch the Webinar to gain a deeper understanding about whether Flow State YTT, community and tribe is the best fit for you.

Step 3: Apply to join us (submit your online application [HERE](#))

Step 4: Receive acceptance letter/ email for the program



Step 5: Choose your enrollment dates, tuition payment plan + invest in your future

Step 6: Immediately after you are confirmed for your enrollment, you gain logins and access to the lifetime access for your online portal, accessible both online on the website and in the Flow State app.

Step 7: Login immediately and read the welcome module.

Step 8: Set yourself up to win: work out your schedule so you plan to allocate at least 30–60 minutes per day (or more if you can) to your online studies as well as 3 hours on Sundays for the online LIVE sessions.

Step 9: Get a journal, order the anatomy of yoga book, download Journey to Joyful ebook from the ebook module, prepare yourself to create miracles with the miracle morning protocol (included in the program)

Step 10: Download the Flow State app for your phone (you can use the same login for the website and the app :) to access all of the training on the go! **Step 11:** Receive your welcome package from Flow State Tribe, with a special gift box from us to enhance your meditation experience.



WEEK ONE

Live Video Group Session : Sunday 10am-1pm EST on Zoom (link is provided when you register and reminders are sent to you each week with the link as well. The link is also in the app in the live zoom module in the YTT forum)

Be sure to allocate 3 hours on Sunday to join us. If for any reason you can't make the full time, its ok. Join as much as you can and catch the replays when you need to.

Week 1 : Move through the online Modules in the order they are offered. You can skip ahead as you wish, but are encouraged to go through in order, to create a rhythm as the program is in an order ranging from introductory (30 day yoga challenge and the miracle morning for example) as these practices set the stage for the more in depth training videos that progressively get more details, specific and longer as you go.)

With 22 Modules , you should aim to make it through 2 modules per week to graduate in 12 weeks (3 months). If it takes you longer, that is also OK.

You are required to post your home work assignments as you go, in the app, and will get feedback from our team as you progress.



WEEK TWO

Live Video Group Session: Sunday 10am-1pm EST on Zoom

As you progress along with the course, you will be learning fundamentals in the beginning such as the 8 Limbs of Yoga or 7 Chakras (in Journey to Joyful) or the specific yoga asana scientific or sanskrit names (in Anatomy of Yoga book) and how to sequence, create choreography, structure a class flow (in the YTT manual) or how to properly cue a class with the 5 step formula for flow state yoga (in the YTT manual) etc.

The nature of this training is to foster your creativity and help you access flow state, so you may become an instrument for healing and guidance for others.

The fundamentals will help you stay on course and grounded, the more advanced principles will inspire your creative juices and awaken your innate desire to expand your potential to create your own unique style, voice and way of sharing this beautiful practice with others.

This is an exciting time! Embrace it with an open mind and heart! Working through the next 2 modules, you may also wish to explore some of the ebooks we have made available in the Total Success Library (this is a bonus with over 100 ebooks we have included for you) and any of the topics you feel called to read, feel free to explore to deepen and enrich your experience when you have time.



WEEK 3

Live Video Group Session : Sunday 10am-1pm EST on Zoom

Exploring your personal practice, you will gain the greatest gifts. Not only will you feel more inspired to teach what you are learning, but you will feel more creative juices flowing through you and in turn will develop a deep loving relationship not only with yourself but also with the practice. This often blossoms into a more meaningful experience for yourself, which you can in turn share with your students when they are starting out with you as their teacher.



Also keep what we call **“Beginners Mind”** which means see with fresh eyes and don’t project upon anything what you think it should be, just see it as it is. This is a fundamental aspect of the practice, of your YTT and for you as a teacher. When you see through the lens and eyes of a beginner, you can serve others more effectively with compassion and loving awareness, thus shaping yourself into an extraordinary teacher.

An extraordinary teacher is not always the one who can teach the most elaborate flows or most advanced or complete asanas, sequences or choreography, it is the teacher who can touch the hearts, souls and lives of their students in a way that changes them on a fundamental level and helps them to access their true greatness within. That is what is available for you, as you start to see your role as a teacher as one who brings out the best in others and guides them to find what is best for themselves with compassion, patience and loving awareness.



WEEK TWELVE

Live Video Group Session : Sunday 10am-1pm EST on Zoom

At this time you may be ready to graduate. As long as you have been keeping up with the modules, you will be at the end and prepared to lead your class, submit your final written exam and graduate.

What is required to graduate?

1. Submit your teaching video, demonstrating your ability to teach a class on camera (this should be 1 hour class) and must have good audio and lighting so we may assess your teaching skills and give you feedback.



2. Submit your written exam (the answers to the questions are mostly from the books Journey to Joyful, Flow State YTT Manual and from Anatomy of Yoga as well as from the YTT modules). You will have the ability to take your time with this, as it is open book and with mostly fill in the blanks and essay style questions to ensure you have gained the proper guidance and skills to teach. Please submit your exam to us at support@flowstate.yoga and we will return it graded with any feedback to help you learn from any that you may have not gotten correct.

Other requirements may be detailed in the course completion module.

You also have access to additional bonus material after your completion such as the 60 hours Master Business Academy content, to help you kick start your new career, giving you a step by step guidance to create your vision and execute on it, to lead retreats, create a website, online courses and many other options that may appeal to you as you are starting out on your new journey as a teacher.

Graduating!

After you have successfully submitted your exams, gotten feedback and completed all of the curriculum, you will receive your certification.

The next step is optional, you may choose to register with Yoga Alliance, (which requires a small additional fee paid to them). Most teaching positions do not require that, but some do, so check with the employers to see if it will be necessary or not. You may choose to register at any time in the future, so just keep your certificate.

We will also mail you your paper certificate if you wish, although to save paper, we usually email the digital file for you to keep for your records.

[UPCOMING TRAINING DATES CLICK HERE](#)



Timeline: Application to Graduation:

What is required to complete & graduate

Tuition investments vs alternatives

Application process

Schedule a consultation

Payment plans & / or register now

deposits, refunds or cancellations

Live ytt retreats:

Dates

Locations

What's included

Testimonials

Process to graduate

Application

Enrollment & tuition

Graduation protocol

Know before you go booklet

Travel help from our team

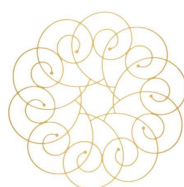
Application process

Schedule a consultation

Payment plans & / or register now

Franchise opportunities (inquire/ coming soon)

deposits, refunds or cancellations





Thank you,
**WE ARE SO GRATEFUL
TO HAVE YOU IN OUR
FLOW STATE TRIBE!!**

**WE ARE HERE TO SUPPORT YOU
ON YOUR JOURNEY TO SHINE!**

