



**A 20-Hour Certification Program
Virtual Worldwide + Optional Live
Participation in Costa Rica**

October 6 - 17, 2026
Tuesdays & Thursdays 2-3:30pm CST
Saturdays & Sundays 3-5pm CST

Investment: \$449 USD
\$399 USD for 200 & 500 Hour Virtual
Prana Graduates

What You'll Study

- Accessibility and adaptive yoga
- Wheelchair yoga
- Common conditions and anatomy
- Trauma-aware teaching
- Elemental Class Theming
- Sequencing and class design
- Practice teaching

All live session are recorded, incase life happens and you need to miss a live!



CHAIR YOGA

TEACHER TRAINING

**A 20-HOUR PROGRAM
WITH HALI LOVE**





Chair Yoga is one of the fastest-growing specialties in the wellness, healthcare, rehabilitation, and senior care industries.

This comprehensive 30-Hour Chair Yoga Teacher Training is designed to equip yoga teachers, healthcare professionals, caregivers, fitness instructors, therapists, and wellness practitioners with the skills, confidence, and knowledge to teach safe, effective, and empowering chair-based yoga practices for diverse populations.



This training goes far beyond simply teaching yoga from a chair. You will learn how to adapt traditional yoga practices to meet the needs of students across a wide range of abilities, mobility levels, health conditions, and life stages.

Through a blend of yoga philosophy, anatomy, accessibility education, trauma-aware teaching principles, and practical application, you will gain the tools necessary to create meaningful experiences that support physical, emotional, and mental well-being.

Chair yoga provides adaptable movement solutions for modern life. It can be practiced at a desk, while traveling, during rehabilitation, in healthcare settings, and by individuals with limited mobility. While often perceived as a gentle practice, Chair Yoga can also be dynamic, strengthening, and highly effective in improving balance, mobility, posture, circulation, and functional movement.

What Makes This Training Unique

- Comprehensive accessibility and inclusion education
- Trauma-aware and nervous system-informed teaching practices
- Specialized wheelchair yoga training
- Chair-supported standing yoga sequences
- Restorative Chair Yoga applications
- Yoga for aging populations
- Adaptations for common health conditions
- Therapeutic sequencing strategies
- Functional movement principles
- Breathwork, meditation, and mindfulness practices
- Traditional Chinese Medicine Five Element integration
- Yoga philosophy and meaningful class themes
- Practical teaching experience and mentorship
- Extensive posture library and ready-to-teach sequences



As our population ages and awareness around accessibility continues to grow, the demand for qualified Chair Yoga instructors is increasing in community centers, rehabilitation facilities, hospitals, senior living communities, private practice settings, corporate wellness programs, schools, and online platforms.

This training will prepare you to confidently teach students who may be recovering from surgery, living with chronic illness, managing mobility limitations, navigating neurological conditions, utilizing wheelchairs, experiencing age-related changes, or simply seeking a more accessible approach to movement and mindfulness.

Throughout the program, you will learn how to maintain the essence of yoga while making the practice available to every body.



Course Modules

Foundations of Chair Yoga

Explore the history, principles, and evolution of Chair Yoga. Learn how accessible yoga practices support strength, flexibility, mobility, balance, circulation, nervous system regulation, and overall quality of life. Understand the growing need for inclusive yoga programming and how Chair Yoga can serve diverse communities.

Topics Include:

- History and evolution of Chair Yoga
- Benefits and research
- Accessibility and inclusion
- Functional movement principles
- Understanding diverse student populations
- Teaching ethics and scope of practice



Anatomy, Aging & Common Conditions

Develop a foundational understanding of anatomy and biomechanics as they relate to Chair Yoga.

Learn how aging impacts mobility, balance, coordination, and recovery while exploring adaptations for common conditions.

Conditions Covered:

- Osteoporosis and osteopenia
- Arthritis
- Joint replacements
- Spinal conditions
- Chronic pain
- Balance concerns
- Parkinson's Disease
- Stroke recovery considerations
- Multiple sclerosis
- Limited mobility (shoulder / hips)
- Post-surgical recovery
- Athletic injuries



Wheelchair Yoga & Adaptive Practices

Learn specialized methods for teaching students who use wheelchairs. Explore creative adaptations that foster empowerment, safety, dignity, and meaningful participation.



Topics Include:

- Wheelchair yoga principles
- Accessible cueing
- Upper-body movement strategies
- Adaptive breath-work
- Inclusive class design
- Seated meditation practices





Chair Yoga Posture Lab

Master a diverse library of Chair Yoga postures and variations. Includes:

- Seated postures
- Standing chair-supported postures
- Balance work
- Strength-building practices
- Gentle mobility sequences
- Restorative Chair Yoga
- Chair-assisted stretches
- Functional movement applications

Students receive detailed posture breakdowns::

- Alignment principles
- Benefits
- Contraindications
- Modifications
- Progressions
- Prop options
- Teaching cues

Props, Resistance Bands & Functional Strength

Discover how to safely incorporate resistance bands, light weights, balls, blocks, straps, and other supportive tools to enhance mobility, strength, coordination, balance, and confidence. Learn:

- Progressive strengthening techniques
- Resistance training fundamentals
- Balance enhancement exercises
- Functional movement integration
- Safe progression strategies



Breathwork, Meditation & Nervous System Regulation

Explore practices that support emotional resilience, relaxation, focus, and stress reduction.

Topics Include:

- Breath awareness
- Accessible pranayama
- Meditation adaptations
- Mindfulness practices
- Polyvagal-informed teaching
- Nervous system regulation tools
- Trauma-aware facilitation

Certification Requirements

To receive your Chair Yoga Teacher Training Certification, students must:

- Attend all live sessions or watch recordings and submit your Class Completion Form
- Complete required assignments
- Participate in practice teaching
- Demonstrate competency in modifications and accessibility principles
- Successfully complete the final practicum (assigned during your training)

Graduates will receive a 30-Hour Chair Yoga Teacher Training Certificate and Continuing Education credits eligible for registration with Yoga Alliance.



Live Training Hours (12 Hours)

Tuesdays & Thursdays | 2:00 PM – 3:30 PM CST
October 6, 8, 13, 15

Weekend Intensives | 3:00 PM – 5:00 PM CST

Saturday, October 10, 17

Sunday, October 4, 11

Class Observation Assignment (2 Hours)

Observe 2 x 60-Minute Chair Yoga class or provided recording & complete reflection worksheet

Practice Teaching Assignment (2 Hours)

Teach 2 x 30 minute Chair Yoga sequence

Teach 1 x 60 minute Chair Yoga sequence

Submit reflection and self-evaluation

Self-Study (4 Hours)

Chair Yoga Posture Lab

Review posture manual

Practice modifications and prop variations

Explore contraindications and adaptations

Class Design & Sequencing Project (2 Hours)

Create your themed Chair Yoga class integrating accessibility principles for your final practice teaching assignments

Live Training: 12 Hours

Class Observation: 2 Hours

Practice Teaching: 2 Hours

Self-Study: 4 Hours

Total Certification Hours: 20 Hours



Yoga Philosophy & Meaningful Theme Development

Learn how to weave yoga philosophy into Chair Yoga classes in a way that feels accessible, inspiring, and relevant.

Topics Include:

- The Eight Limbs of Yoga
- The Yoga Sutras
- Mindfulness and self-study
- Compassion-centered teaching
- Theme creation
- Storytelling through yoga
- Seasonal and elemental sequencing

Class Design & Sequencing

Develop the confidence to design safe, engaging, and effective Chair Yoga classes for a variety of populations and settings. Learn:

- Class structure
- Sequencing principles
- Therapeutic class design
- Group programming
- Private sessions
- Desk Yoga for Corporate Wellness
- Senior-focused classes
- Workshop development



Practical Teaching Experience

Apply your learning through supervised practice teaching opportunities.

Includes:

- Practice teaching sessions
 - Peer feedback
 - Instructor mentorship
- Confidence-building exercises
- Real-world teaching scenarios

Who This Training Is For

Yoga Teachers
Fitness Professionals
Physical Therapists
Occupational Therapists
Nurses
Caregivers
Healthcare Practitioners
Senior Living Staff
Wellness Coaches
Rehabilitation Professionals
Anyone passionate about making yoga accessible to all
Anyone who wants to create a Chair Yoga Practice

Investment

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Why Take This Training?

Chair Yoga is one of the most valuable and in-demand specialties in the wellness industry today. As awareness around accessibility, healthy aging, rehabilitation, and inclusive movement continues to grow, there is an increasing need for skilled teachers who can confidently support students of all abilities.

This training will equip you with practical tools, adaptable teaching techniques, and a deeper understanding of how to make yoga accessible without compromising its transformative benefits.

Whether you teach in studios, community centers, healthcare settings, corporate environments, senior living communities, or online, you will gain the confidence to serve a wider range of students while expanding your professional opportunities. More than a certification, this training is an invitation to embody the true spirit of yoga by creating practices that are welcoming, empowering, and accessible to every body.

Register at www.virtualprana.com

**Read more about your Lead Facilitator:
Hali Love, ERYT500+ & Yoga Therapist at www.halilove.com**

