

## How It Works

**This is a hybrid program** - online learning during the week, in-person practice on Sundays.

**Online modules** = Learn and apply (assignments like writing, reading, voice memos)

**In-person sessions** = Share and practice (teach in front of real people, get feedback)

## The Schedule

Week	Format	What's Happening
Feb 1	Online	Welcome Module drops
Feb 8	In-Person	Session 1: Share your "why," intro to leading breathwork
Feb 9-14	Online	Module 2: Anatomy of a class, start building your sequence
Feb 22	In-Person	Session 2: Share assignments, practice teaching warm-ups
Feb 23-28	Online	Module 3: Cueing - what to say, when to say it, finding your voice
Mar 8	In-Person	Session 3: Practice teaching longer portions, feedback
Mar 9-14	Online	Module 4: Modifications, reading the room, handling different bodies
Mar 22	In-Person	Session 4: Teach your full sequence, celebration, certificates!

**In-person sessions:** Sundays, 12:15 - 3:15 pm at Pearl Yoga & Fitness

## Meet Your Teachers

### Janet Gallo Markowski

200-hour + 300-hour Yoga Alliance certified, Dharma Yoga Wheel certified, Yin Yoga certified. Co-owner of Pearl Yoga & Fitness. Janet believes yoga should be accessible to everyone - not just people who can touch their toes or afford boutique studios. She's taught everyone from complete beginners to seasoned practitioners, and she's obsessed with helping people find their voice as teachers.

### Melanie

AFAA Group Instructor certified, Pilates certified, Dharma Yoga Wheel certified, Yin Yoga certified. Co-owner of Pearl Yoga & Fitness. Melanie brings warmth, precision, and a deep understanding of how bodies move. She'll help you understand not just what to teach, but how to make everyone in the room feel seen and supported.

*Together, we've built Pearl on one belief: wellness should be for everyone. This training is an extension of that.*

## The Details

**Dates:** February 1 - March 22, 2026

**Format:** 4 online modules + 4 in-person Sunday sessions (12 hours total in-person)

**In-Person Schedule:** Feb 8, Feb 22, Mar 8, Mar 22 | Sundays 12:15-3:15pm

**Location:** Pearl Yoga & Fitness

**Class Size:** Maximum 10 people (we keep it small so you get real attention)

## Investment

**\$300**

That's it.