



# Your Comprehensive Guide to Becoming an AFPA-Certified Yoga Instructor

Course, curriculum, and opportunities with  
an AFPA certification.



**AFPA**


HEALTH, NUTRITION & FITNESS

# Table of Contents

---

Who the Guidebook Is For .....	3
Meet Our Founders .....	5
What Is the AFPA Yoga Instructor Certification? .....	7
Why Choose AFPA? .....	13
Course Curriculum .....	16
How Can You Use Your AFPA Certification? .....	20
Next Steps .....	25
FAQs .....	26





# Discover the Yoga Instructor Certification

## This guidebook is for you...

...If you're interested in specialized training on a *mind-body approach* to yoga practice and instruction.

Maybe you're...

- Ready to create a meaningful and flexible career as a yoga instructor
- Interested in deepening your personal yoga practice
- Already in the fitness industry and want to expand your specialized knowledge

And you're looking for...

- A highly reputable, affordable, and timeless certification
- A flexible course that works with your busy schedule
- A clear path to implementing your certification into a career or opportunity

**If this sounds like you, you're in the right place.**

At AFPA, our mission is to provide high-quality training in a practical format—so driven people like you can *get a quality education and certification and help more people*. Let us introduce ourselves...





# Meet Our Founders

## Hi! We're Amy and Mark.

More than two decades ago, we set out on a mission to create one organization that would inspire and grow a network of nutrition, fitness, and health professionals with the highest quality and level of skill sets and expertise. Our goal was to make a global impact on a personal level.

Today, we're proud to watch how AFPA continues to grow around the world...

**28+**

High-quality, life-changing certification programs

**130,000+**

AFPA-certified health and fitness professionals

**140+**

Countries with AFPA-certified professionals

Although our reach is expanding, our mission remains the same. To make sure professionals like you make the *most significant impact on the lives of individuals*.

We continue raising the bar of standards for AFPA training. Each program is continually updated with the most relevant, up-to-date information. We evolve existing programs and add new certifications based on health and wellness best practices and trends.

Everything we do is to ensure you graduate from AFPA with a high-quality, applicable certification. And we provide you with the resources to create a career and use your certification to do good in the world.

We can't wait to watch you make a lasting impact on others and your own life.

Rooting for you,

*Amy & Mark*

**AFPA Founders**



P.S. If any questions or concerns arise as you read this guide, our team of education specialists is here to help. Just email us at [info@afpafitness.com](mailto:info@afpafitness.com).



# What Is the AFPA Yoga Instructor Certification?

## **A mind-body approach to yoga practice and instruction.**

Yoga is a form of exercise that combines physical poses, breathing techniques, and mindfulness. Each yoga pose elongates and strengthens different muscle groups. Different poses are strung together to create a yoga flow.

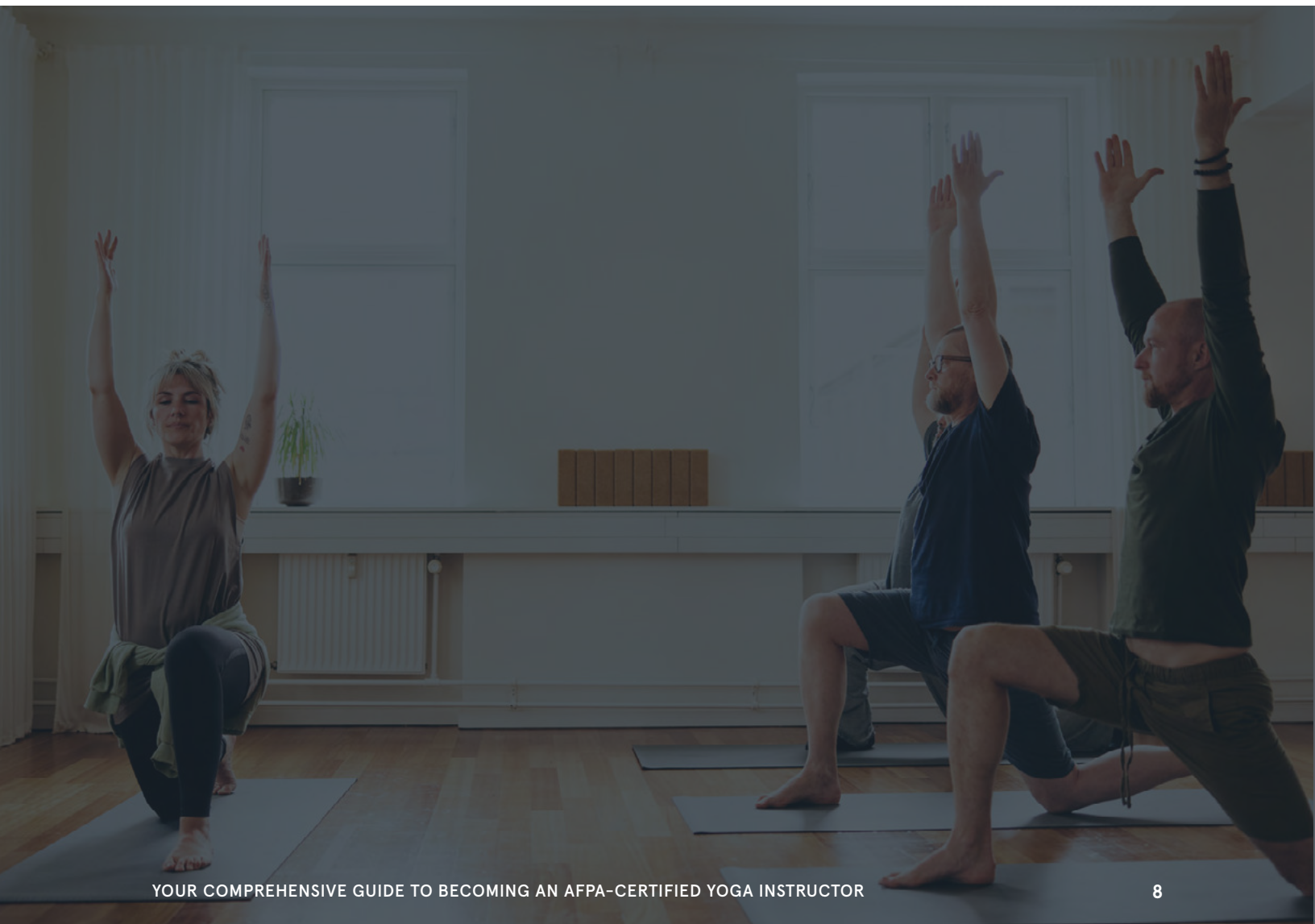
Yoga is an ancient practice that originated in India. On the surface, yoga is perceived as an exercise. But the philosophy and spirituality behind the practice go much deeper.

For thousands of years, the yoga practice was taught to purify the body and mind. The practice was said to burn karma and awaken the soul. Yoga practice incorporates breathing techniques, concentration, and meditation. It promotes the discipline of mind and body, fasting, truthfulness, non-violence, and non-attachment, among others.

The word “yoga” means “union,” representing the union between the body and mind. The practice of yoga marries breath and movement, *strengthening the mind-body connection.*

Yoga practices are built on three principles:

- Asana – poses/postures
- Pranayama – classical breathing practices
- Savasana – meditation and mindfulness





As a yoga instructor, you guide students in developing flexibility, strength, balance—and *peace of mind*. Yoga has many mind-body health benefits, including:



**Pain Relief.** Yoga stretches muscles and improves your flexibility. Gentle yoga can relieve back pain, arthritis and joint pain, and other joint/muscular issues.



**Strengthening.** Yoga relies on muscular strength to hold poses. As you progress in your yoga journey, you become stronger at holding poses, using your core especially.



**Grounding.** Yoga infuses breathwork and mindfulness throughout the practice. This is known to reduce stress and create a mind-body connection that *lasts even off the mat*.



**Immune Boosting.** Stress is one of the most common reasons for a weakened immune system. Yoga lowers the stress hormones in your body and calms the nervous system. In turn, this all strengthens the immune system.<sup>1</sup>

As an AFPA-Certified Yoga Instructor, you help people become more grounded and connected with themselves through strength-building poses.

The AFPA Yoga Instructor Certification program is a combination of **Hatha and Vinyasa yoga**. Hatha yoga is practiced at a slower pace, with a focus on the breath, controlled movements, and stretching. Vinyasa yoga focuses on *connecting the breath to your movements*, which tend to be set at a faster pace. In a Vinyasa practice, you can expect to stay in a constant flow of movements.

The AFPA Yoga Instructor Certification program equips you with the knowledge, practice, and understanding to *guide students through safe and mindful yoga classes*.

## Why Get AFPA Certified?

An AFPA certification shows you're up-to-date with best practices and the highest quality skill set. This builds credibility, allows you to charge more, and gives you confidence that you're making the most significant impact on your clients.

Using your Asana, Pranayama, and Savasana knowledge, you can make an impact on a big or individual scale. Teach group classes, workshops, and special events or teach yoga privately to meet the specific needs and goals of the student.

As an AFPA-Certified Yoga Instructor, you learn how to:

### 1. Demonstrate

Learn how to design a comprehensive class by building thoughtful sequences and delivering them clearly to your students, including asanas, breathwork, and the message behind each pose.

---

### 2. Incorporate Breathwork

Breath is the most important aspect of any yoga practice. By introducing this to your students, you can help them learn pranayama techniques and will ultimately help your students improve concentration, build focus, and enhance their asana practice.

---

### 3. Customize

Guide your students through challenging yet safe yoga sequences. You learn to give individual attention to someone with a specific need or injury. Understand what adjustments or modifications are ideal to offer in each unique situation.

As an AFPA-Certified Yoga Instructor, you help students optimize their health to feel their best. Leave a positive impact on their overall well-being in and out of the yoga studio.

## What's the Difference Between Yoga and Pilates?

AFPA offers both Yoga and Pilates Fitness Instructor Certifications, so we want to clarify the difference.

*Pilates* focuses on strengthening muscles through a series of low-impact exercises and equipment. In Pilates, you strengthen your core by moving your arms and legs while holding a position.

*Yoga* uses little equipment and focuses on specific poses that are put together in a sequence. Yoga centers around your seven chakras to promote good energy. These energetic areas of our bodies affect our physical and emotional well-being.

Both yoga and Pilates promote strength, balance, and the mind-body connection. They are simply two different styles of exercise worth exploring.



**“More than just a program. It is life-changing.”**

**“Thank you for providing a wonderful program to help others reach their goals in such an effective way and at a great value. The content is thorough, full of great information, and also inspiring. This class is not only for me to share the magnificent benefit with others but also for myself. I’m growing along this journey, and it is all thanks to this opportunity and the AFPA program.”**

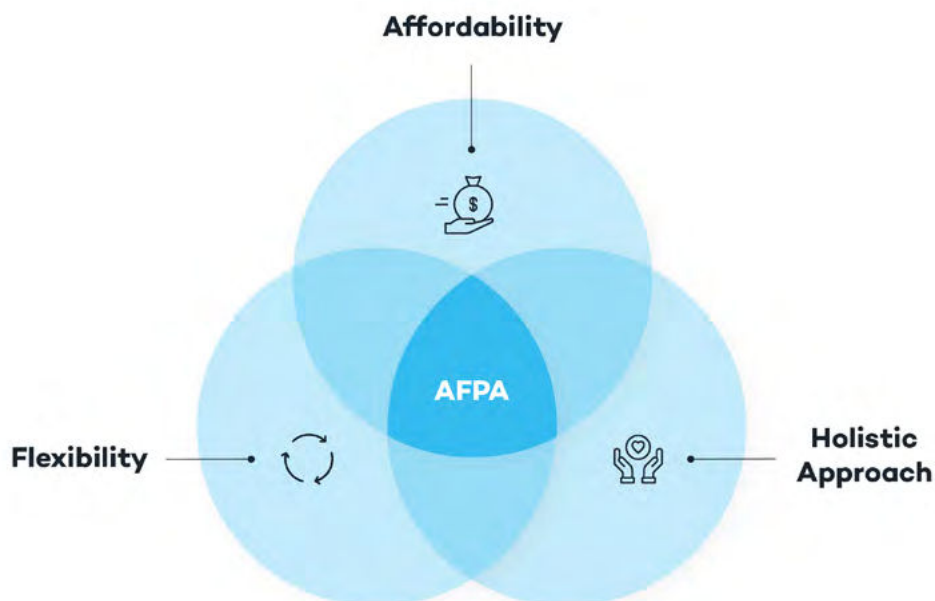
- NELMARIS T.

# Why Choose AFPA?

## Comprehensive knowledge in a fast, flexible format.

At AFPA, we're committed to delivering a high-quality certification that works with your schedule and budget.

When you choose AFPA, you're choosing...



...and so much more. At AFPA, our top priorities are:



**Credibility.** AFPA certifications are nationally recognized and respected in the health and fitness industry.



**Cost-Efficiency.** The AFPA Yoga Instructor Certification is highly affordable compared to other programs.



**Flexibility.** Online and self-paced to fit your schedule. Whether you're currently working or parenting full-time, this course is achievable in six months or less.



**Accountability.** When you join AFPA, you get *a team of industry-leading health professionals at your fingertips.*



**Career Longevity.** Our extensive experience, international recognition, and expansive [library of resources](#) equip you to build a successful career as a yoga instructor.



**Holistic Philosophy.** Our courses and programs consider a whole-person approach to health and well-being. We understand that lifestyle, movement, nutrition, and health all play a role in overall health.



**“So happy I started this new journey.”**

**“The Yoga Instructor Certification program has a great structure! I love that I can stay on track with the suggested outline and timeframe. There is enough structure to keep me focused and engaged, along with enough flexibility for fun and enjoyment. I’m looking forward to sharing my passion with my community.”**

- ANGELA O.

**Enroll Now**



# Course Curriculum

What do you get with the Yoga Instructor Certification course?

**Access to industry-leading course curriculum, materials, and an online yoga class subscription.**

AFPA's course teaches you the fundamentals of yoga instruction: asana, pranayama, and savasana. You learn yoga philosophies and how physical anatomy applies to poses.

The AFPA course goes a step further than other courses and teaches you **how to structure an actual yoga class**. You graduate prepared to confidently *teach techniques and develop your unique teaching style*.



# Course Curriculum Overview

## I. Understanding Yoga

- Philosophy and history of yoga
- Knowing yourself and your students
- How to create a welcoming class environment
- Exploring different yoga styles

## II. Yoga Anatomy

- Human skeletal anatomy as it relates to yoga practice
- Key concepts of compression, tension, proportion, and orientation
- Exploring the different styles of yoga
- Breathing and beyond
- Energy and anatomy

## III. Beginner, Intermediate, and Advanced Yoga Postures

- Asanas and adjustments
- Sun salutations
- Standing postures
- Seated postures
- Supine and prone postures
- Inverted postures
- Restorative postures
- Structuring a class

## Course Materials

### Learn

**Comprehensive course material**, including mind-body yoga theories and approaches

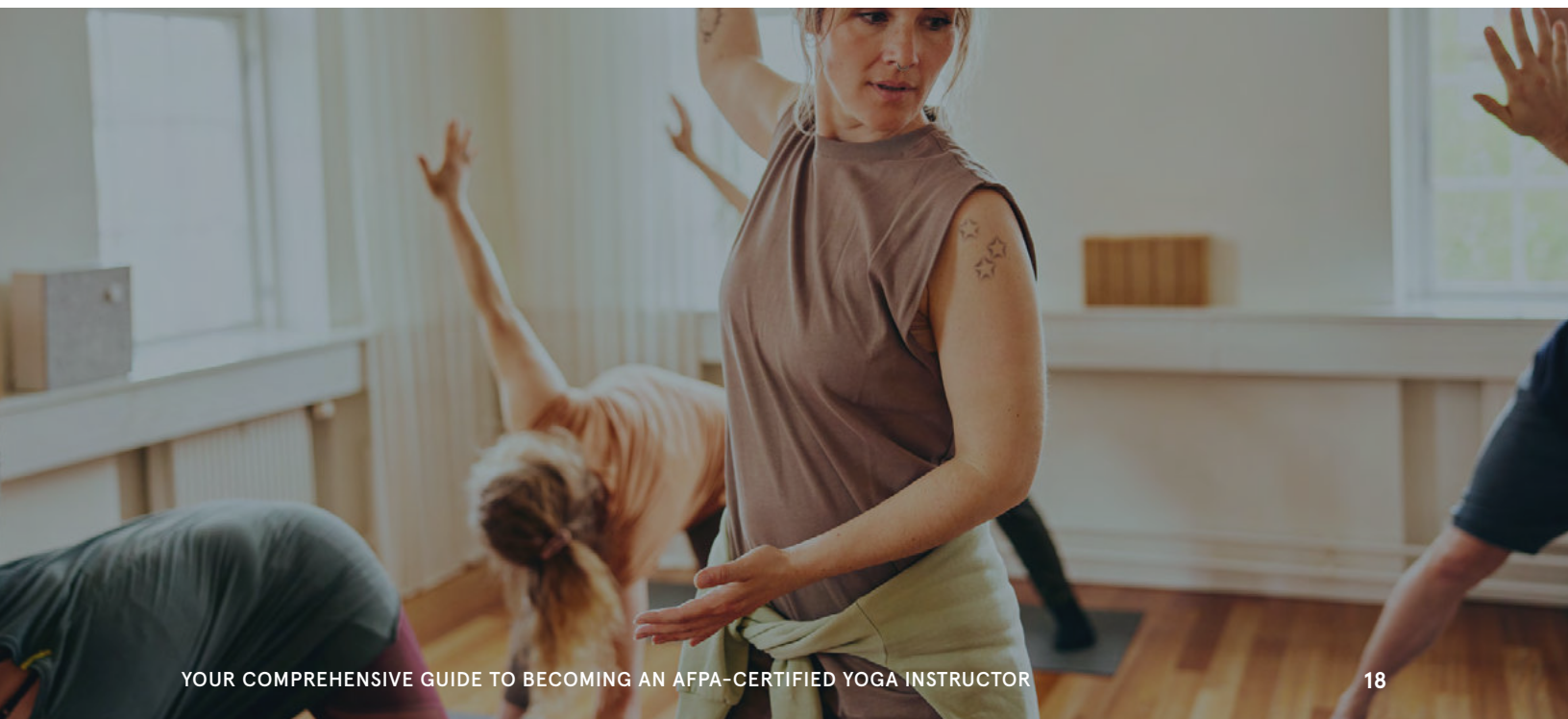
### Practice

**Extensive, knowledge-based assessments** that include assignments, worksheets, and sample workouts

### Implement

**A final exam** that tests all you know and formally qualifies you with the certification

**Bonus:** Our Yoga Instructor Certification program includes a **premium subscription** to a *leading yoga online fitness platform*, [YogiApproved](#). When you sign up for our course, you get **instant access** to their extensive online workout classes and workshops. Some workouts will be required to complete your training, but you'll have access to the entire library for three months.



## How It Works: Time Commitment

The Yoga Instructor Certification course is **online and self-paced for your convenience and flexibility**. Complete your course in 6 months or less, working at a pace that fits your schedule and lifestyle.\*

Some students opt to spend more time per week and complete the program faster. Others choose to work through the program more slowly over a 6-month period.

If you spend 7–10 hours per week studying, you can **finish the course in about 8 weeks**.

*\*If you are unable to complete the program in 6 months, you can request a course extension for a small fee.*

[Enroll Now](#)



**“The best part is I can do it on my own time, at my own pace, in the comfort of my home.”**

**“This Yoga Instructor Certification course has been wonderful! The material is clear and concise. I’ve been emailed numerous online resources. I’ve learned so much already.”**

– CHRISTINE R.



# How can you use your AFPA certification?

## Opportunities are abundant for AFPA-Certified Yoga Instructors...

...Whether you're interested in creating your own private coaching business, working at a yoga studio, or expanding your career.

The uncertainty over the past few years since 2020 has been stressful for almost everyone. More than ever, people are looking for ways to relieve stress and **feel more grounded amidst change.**

Yoga not only strengthens and improves flexibility—but also integrates breathwork and mindfulness. This is a grounding practice that can keep you centered and react better to stress.

The appeal of yoga is growing, and so are opportunities for yoga instructors. Jobs are expected to increase another **8.4% over the next ten years.**<sup>2</sup>

Plus, becoming a yoga instructor gives you options on how you want to create your lifestyle.

Do you want to...

- Create a remote business and work from anywhere you choose
- Start a corporate wellness program and speak at events
- Work at a yoga studio and contribute to a community

All of these are options for you as an AFPA-Certified Yoga Instructor. And what sets us apart from other certifications is that AFPA provides you with the resources you need to create a fulfilling career.

Our process helps you define your career...



## **1. Goals**

### **Define what type of career you're looking for.**

Are you interested in working for yourself or having full-time employment within a company? Are health benefits or flexible hours more important to you? Questions like these help you define which career path may be the right fit.



## 2. Opportunities

**Discover the career path that fits with your goals and values.**

The primary ways our students use their certifications are in entrepreneurship or employment.

- Start a business. Are you craving more control over your schedule, clients, and priorities? Use your certification to start your own coaching business or studio.
- Expand your career. Want to expand your career? Your certification can land you a role at a studio, digital start-up, non-profit, or another coach's company.

Either option is a viable career path that we look forward to helping you carve. This shortlist of opportunities only scratches the surface of the career you can create.

AFPA graduates have used their certifications to...

- Create award-winning fitness programs.
- Own their own businesses and coaching programs.
- Teach yoga at a studio and connect with their community, like AFPA graduate [Amber Ludeman](#).



### 3. Plan of Action

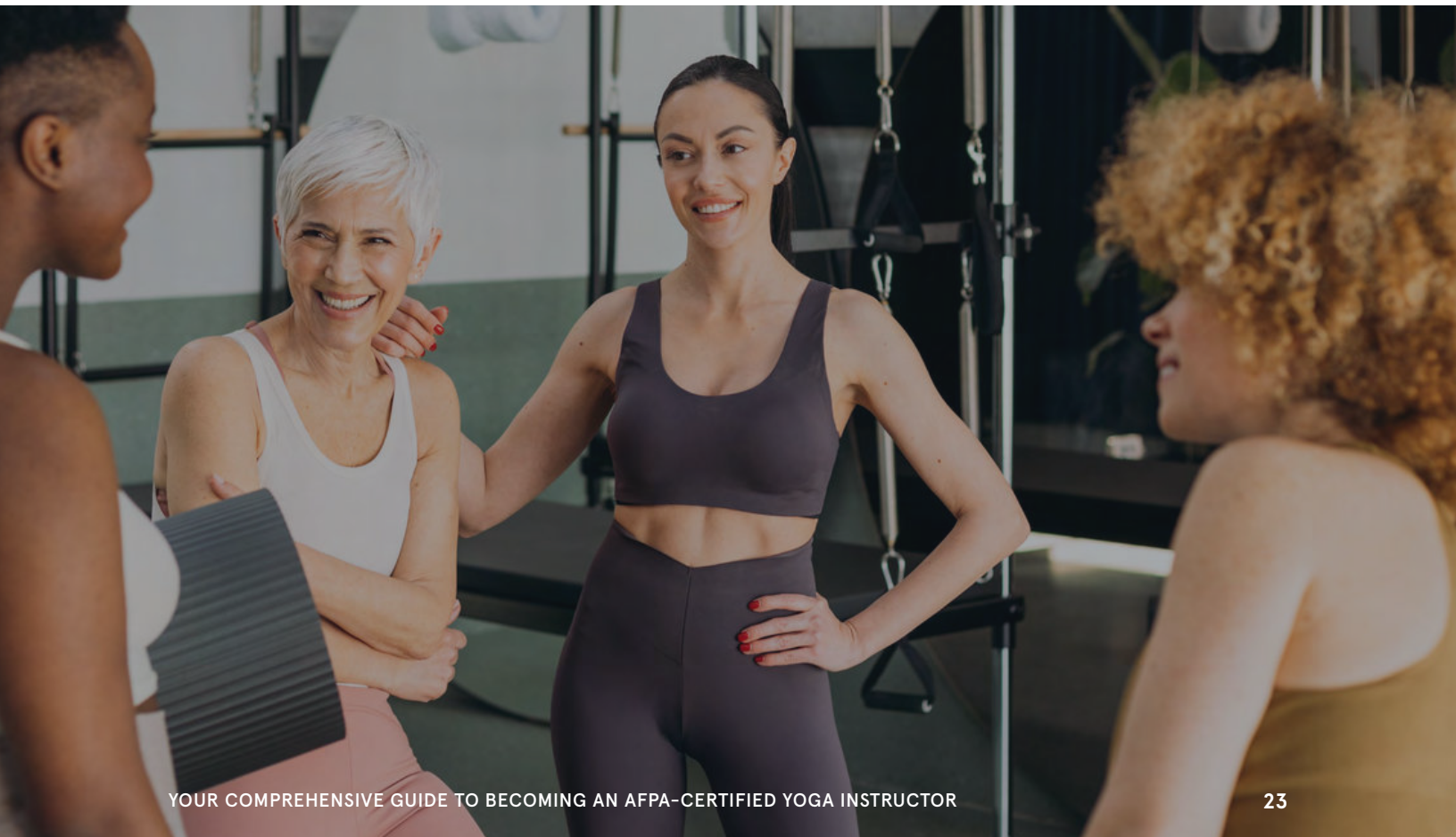
**Build your personal brand and network in your new field.**

We offer step-by-step plans for starting your new business or job.

A few of these resources include:

- Creating your online presence
- Making connections in your industry
- Legal support for setting up an LLC

We offer an extensive online career resource library to help you start your search.



Looking for a career path that's people-oriented, flexible, meaningful, and uses the skills you're passionate about? *Make your impact* as an AFPA-Certified Yoga Instructor.

[Enroll Now](#)



**“Loving this program!”**

**“Truly appreciate the flexibility to study & practice on my schedule! The course materials and suggested videos have been great resources!”**

- WANDA S.





# Next Steps

## What to expect after you enroll in the Yoga Instructor Certification program

The AFPA team will send you a Welcome Enrollment Email, which includes your course instructions and other important course information. Here's what to do next...

1. Access your online materials and/or physical textbooks.
2. Progress through the curriculum at your own pace, which includes readings, online videos, assignments, client assessment, and quizzes.
3. Take the final exam.
4. Receive your certificate and start your specialized career in yoga instruction.
5. Check out AFPA's online career-building resources.
6. Receive access to resources as you get started down your new career path!

[Enroll Now](#)

A man is lying on his back on a blue yoga mat, performing a yoga pose. He is wearing a grey tank top and dark shorts. His legs are bent and raised, with his feet tucked towards his chest. His arms are extended upwards, holding his feet. The background shows a wooden floor, a white wall, and some indoor plants.

# FAQs

## Have Questions?

Browse our FAQs below or [view our website](#) for answers.

### **Who can enroll in this certification program?**

We welcome anyone interested in making their lives better and those around them through creating a healthy lifestyle!

### **What are the prerequisites for this course?**

None! No formal prerequisites or college degree are required to take this course, but you must be at least 18 years old to enroll. You don't need to have yoga experience prior to enrolling.

### **Can I teach with this yoga certification?**

Absolutely! Since yoga certification was only recently established in the late 1990s, many of the most renowned yoga teachers are not certified. So, holding a credible certification sets you apart from other uncertified instructors. And the more

training you receive, the better you're able to lead a yoga class and communicate its intricacies.

### **Can I take this training if I have an injury?**

Your health and safety are our top priority. We recommend that you check with your physician and get their permission to practice.

If it's safe, practicing with a minor injury can be a learning experience for you. You'll be better equipped to help students with similar injuries in the future.

### **Is this program Yoga Alliance approved?**

Although AFPA is not a member of Yoga Alliance, the content and completion time of the AFPA Yoga Fitness Instructor Certification course follow the teaching standards of Yoga Alliance, as indicated below.

Teacher Training Tracks must devote a minimum number of instruction hours in each category as required per designation.

Educational Categories are as follows:

- Techniques, Training, and Practice (TTP)
- Teaching Methodology (TM)
- Anatomy and Physiology (A&P)
- Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers (YPLE)
- Practicum (P)
- General Background in the Specialty Area (GB)

Application for any relationship with Yoga Alliance would be an optional choice for the student and is not a requirement to obtain a certification to instruct yoga classes, however, it may be required by your choice of place of employment.

### **I just want to learn for my own self-improvement. Can I still enroll in this program if I do not want to practice being a yoga instructor?**

Absolutely. We encourage you to foster your personal and professional growth even if you have no desire to become a professional yoga instructor. The information you learn from this course benefits you and those with whom you share your knowledge.

### **When can I enroll? What do I need to do in order to enroll?**

Whenever you want! We have rolling enrollment for all programs, and you can get started whenever you're ready, meaning that all you need to do is complete your enrollment online, anytime.

### **Are there any payment plan options?**

Absolutely! Pick the plan that fits your budget and make payments over three, six, or twelve months. Our payment plans offer instant approval, are safe and secure—security of your personal information is a top priority—and payment reminders can be sent via email and text. Please visit our [Payment Plans page](#) to learn more about available options

### **Is the program set up for international students?**

Yes. The program is designed to be accessed from any device and can accommodate students from around the world. In fact, there are **AFPA grads in over 140 countries**. You can select your textbook delivery method—100% digital, in print, and delivered to your doorstep, or a combination of both—when enrolling.

### **What if I need technical support with my online access to materials?**

Should you have any questions or problems, we provide contact information so you can reach out to your instructor or the technical support team to troubleshoot any technical difficulties.

### **How long is the certificate valid for?**

Your credential is valid for two years. Certification renewal is a process whereby the certified professional demonstrates ongoing efforts to maintain and enhance the ability to perform health and wellness services in a competent manner. Certification renewal also assures the public that the certified professional remains committed to adhering to a code of ethics and standards of practice.

We offer a wide selection of educational programs and opportunities for all individuals worldwide. AFPA offers a variety of continuing education courses that you can complete at home or online. We accept any program approved for CECs related to the fields of fitness, nutrition, wellness, and coaching. Also, each AFPA certification program is worth 16 CECs!

For more information, visit our [renewal information page](#).

---

## RESOURCES

[1. Pubmed](#)

[2. Online Degree](#)



**Take control of your career  
and make an impact as  
an AFPA-Certified Yoga  
Instructor.**

**Enroll Now**

Not sure if the Yoga Instructor Certification is right for you?

[Explore the other extensive certifications](#) AFPA offers.

American Fitness Professionals & Associates  
800.494.7782 | [info@afpafitness.com](mailto:info@afpafitness.com)