



WELCOME to YOGA IN-DEPTH

A 9-Month Mentorship Program with

KAZ CASTILLO

APPLY NOW

YOGA IN DEPTH is NOT a teaching certificate course and we are not awarding certificates of teaching.

Our goal is to cultivate a supportive and enriching learning environment where yoga students can truly expand. Ultimately, better students also make better teachers.



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YOGA PHILOSOPHY

Weekly Yoga Philosophy lecture and in-depth discussion of assigned reading for the week

TEACHING METHODOLOGY

1x a week in-person, study of āsana, which will include yoga anatomy and close look at the benefits, modifications and adjustments.

MONTHLY MASTERCLASSES

1x a month, we will be hosting guest practitioners/teachers for various specialized workshops. For example, scoliosis, the importance

REGULAR DAILY PRACTICE

Minimum 3x a week with Kaz in the mysore space, plus Led Class. with our hands with thoughtfulness.

REGULAR DAILY PRACTICE

mentees will get a chance to observe a live class, learn hand-on