

Flourish & Shine ~ YogaFio® Teacher Training Intro Packet

Introduction Note:

Yoga is many things to different people. For me it has been the one practice that I can rely on every single day to feel healthier, happier, more harmonious, purposeful, and empowered in my life. I full-heartedly believe that there is something of benefit for everyone in the broad field of yoga. Honestly I think if everyone in the world did yoga we'd all be better off. Though I can't change the whole world, my hope is that in taking part of this course, you will be inspired to love yourself and your world on a deeper level.

My hope is that the course will offer you just what you need in order to honor and care for your whole-self wherever it is you find yourself on your life journey today. In appreciating who we are, who we've been, and who it is we hope to become in the future, we are better able to tap into the inner resources that offer us peace and empowerment for our soul's journey through life.

As we learn to better appreciate and care for ourselves, we develop skills that allow us to better appreciate and care for the world around us too. It is in this spirit that I have taken the time to craft this book and course. I hope that it will do a little bit of good in your life and in the world that we all share too.

This course has also been created in order to share information and inspiration that is intended to act as a soulful personal development course. It is largely based on traditional yoga philosophy & practices because these teachings are so powerful and timeless. My work is enhanced with modern science, functional movement, psychology, wellness coaching principles, along with space for personal belief and creativity.

Why I Created This Program

I created this program and am writing this book simply because I wanted to share the wisdom that I've gathered on my own personal yoga journey. I've been blessed to have many great teachers (many who were my students) and experiences that have added such richness to my life and have helped me to feel more peaceful, more joyful, and honestly just more in touch with the goodness of life. The practice of yoga has helped ME to be more intentional, more fulfilled, happier, healthier, more empowered, more hopeful, more understanding, more caring, and more optimistic about making something out of my time on this planet.

It was not the postures of yoga that improved the quality of my life, it was the philosophy that I was introduced to through my physical yoga practices and that I later learned to fully root into my life through "embodiment" practice. More than thirty years into this journey — I have a lot to share! Let's Dive In!

Core Teaching: The Namaste Salutation

The Light Within Me Honors the Light Within You

There is a light within each one of us can fuel us and guide us on our path through life so that we can live in a way that lights up our own individual lives and also contributes to the field of light of what is known as the greater “Universal Self.” (US ;-)

This inner light is powerful beyond measure. It is supportive, loving, joy-filled, and wise. It can guide us through our challenging times and can amplify the bliss of our joyful moments.

Traditional yoga practice revolves around the understanding that we can learn to better access, utilize, and harness the power of this inner light in order to help us realize our true potential. Yoga gives us tools and encouragement to learn how to tap into — and use — our inner resources along with this inner light so that we may journey forward in an empowered way that feels in authentic alignment with our individual soul’s purpose.

An over-arching theme of yoga is that each being is an important part of the greater universal whole Self. When we live as empowered individuals and work to contribute to the greater whole, we live up to our spiritual potential. In taking better care of individual selves and living well, we also increase our potential to contribute back and uplift the universal field of light so that we may all flourish and shine to our full potential.

There are many ways to practice yoga. This book will explore some of the various paths and practices of yoga. It’s important to know that there is no right or wrong way to practice yoga. There will however be a path that is likely to feel more resonant depending on your needs, goals, and preferences. I encourage you to explore the broad field of yoga because there is surely a practice that will be of benefit to you and your life.

Although there are many differences in the field of yoga, there are commonalities too. What is held in common in the divergent forms, philosophies, and styles of yoga is the goal of yoga. The goal of yoga across the broad field is to experience a level of spiritual freedom and bliss of understanding your true nature and working to exist as close to that true nature as possible.

New Hybrid Multi-Track Student Immersion & Teacher Training Course Overview & Course Requirements

Our new hybrid track combines on-line and in-person modules so that you have the benefit of a supportive learning & practice community and you can move at your own pace and pay as you go.

Whether you want to dive deeper into yoga & meditation for your own benefit or you want to develop & enhance your skills of teaching, we have a track for you. Those interested in teaching certification can follow the teacher training track. Those who simply want to deepen their own practices with the benefit of supportive resources & community can join the immersion track. Both tracks are play and pay at your own pace.

Our 2026 - 28 teacher training program is primarily geared for those looking to advance their understanding of the elements of yoga practice and further develop teaching skills with a 300 ryt track but we are also able to accommodate those looking for a foundational 200 ryt training as well.

>>>> Visit www.kobenoble.com/trainings for more info!

The intention for the 2026-27 & beyond course is to provide up to a 500 hour hybrid training of which participants can work for the foundational 200 ryt course and/or 300 ryt course. Once both tracks have been completed, participants can apply for 500 ryt status. Participants can start with and participate with either or both courses. While it most beneficial to take the courses in order 200 > 300 > 500, there are exceptions to the rule. Because the 2026-27 course is primarily focused on the 300 hour level, there will be some pre-requisite courses for those wishing to join us without a 200 ryt training.

Those looking for Certification & Yoga Alliance Registration will need to complete a set of requirements before they are able to apply with YA for Registration. Find requirements below. Find more info about the 200 ryt track below this 300 ryt section.

Over the next 18 - 24 months we will be offering a wide variety of deep dive immersion and training courses in both in-person and on-line formats that are open to ALL types of yoga students & teachers alike. Often there will be an on-line module offered that has a follow-up in-person and/or live-stream component.

Enjoy the benefit of a supportive & inspiring learning community while you work at your own pace and choose your electives as you go. The goal is to create a community environment that supports personal inquiry & enrichment for yoga students, deep dive studies for all, and skill development for teachers.

Participants can play and pay as you go on student immersion, continuing ed, and teacher training tracks.

300>500 RYT Requirements For YA Cert.

- Complete 300 training & practice hours in approved categories and meet certain requirements in each category. These hours can be a mix of in-person and home-study of approved modules.
- Of the 300 hours, 45 must be synchronous hours. These can either be in-person or live-streaming. (This 45 hours includes the 30 hour synchronous practicum.)
- Log minimum learning and practice hours in the following educational categories: Anatomy & Physiology, Yoga Philosophy & Ethics, Yoga Teaching Methodology, Yoga & Meditation practices, and Electives in those primary areas.
- Pass proficiency quizzes and skills demonstrations in the participants primary areas of focus.
- 30 hours Yoga Humanities (yoga philosophy, lifestyle, ethics, etc.)
- 25 hours of Anatomy & Physiology which will include Kinesiology & Functional Movement Applications
- 25 hours Minimum of Teaching Methodology
- 50 hours of General Techniques Practices which may include personal practice of yoga/ meditation exercises and Teaching Skills practices.
- 30 hours of Practicum that will include you teaching. There will be an additional charge for practicum as it requires specific mentoring and feedback. Everything will be done to make this as affordable as possible for you.
- This leaves 40 hours of electives that you can choose. Courses must fit in the above 5 categories.
- Each RYT prospect must participate in a 30-hour (synchronous = in-person or live-streaming) practicum and demonstrate proficiency in teaching skills in their desired area of focus.

While participants are required to track their own hours, a mentor is assigned to help guide you on your path and make sure you meet your requirements at a pace that works for you.

Additional Pre-Requisites For the 300 Level

- All in-coming participants at the 300 level need to have a good working knowledge of the basic yoga postures (a three year practice background is encouraged / a one-year background is minimum).
- Participants should have a basic understanding of yoga history. An Intro to Yoga History & Philosophy Course coming soon for purchase in the YogaFio® shop.
- Participants should also have at least a basic understanding of the way that the body's kinetic chain works. (Skeleton, joints, major muscle groups, actions of joints and muscles.)

There is an Intro To Yoga Anatomy & Kinesiology course coming soon for purchase in the YogaFio® shop.

How Do I Start?

The first step is simply to reach out to me by dropping me a line at kate@kobenable.com. I will be your mentor for the 2026-28 cycle. Drop me a line and I'll be back in touch with you very soon with more details.

Also - if you are receiving this packet before November 1st 2026, please join us for our kick-off Satsang. We will practice and meditate together and then share more information about the program before we end the session for the day.

Please find more information about the Satsang and the Program at:
www.kobenable.com/training.

Hope to see you soon!

~ Kate

Keep reading through for my training pre-view and welcome letter on the next page.

Welcome Letter For Teacher Training

I am so glad you've decided to join us for this Flourish & Shine YogaFio® training & yoga immersion. While a training like this requires a lot of energy and focus, it is also some of the most soul-fulfilling work that I do. I hope it will feel like that for you too. Every year, I find myself so excited about the people that end up coming to join the course. Please know that my greatest intention throughout this course is to help support each one of you on your unique journey that will also be inspired and supported by our group. I hope that if we come in feeling like strangers, we will leave feeling like friends.

I want to provide a bit of my background to give context to the course I've created for you. I primarily taught Anusara Yoga from 1998 - 2012. (I'll tell you a little more about that later.) In 2012 I denounced my Anusara affiliation and began teaching my own unique blend of yoga that also incorporated principals from exercise science and psychology. In previous teacher trainings, I called "my style" the Shine Yoga Method. The problem with that was that it was that the style was not clearly defined and not everyone at Shine was actually teaching in a similar manner.

Over the last decade and a half, I've been getting more clear about what my style actually is, why it's beneficial, how it works, and how it would be helpful if I did actually give it a name with it's own set of core principles. I have named this method YogaFio®. The F.I.O. tag holds a double meaning.... Functional. Integrative. Optimized. - it also stands for... Yoga... From the Inside Out.

I tend to lean in towards the quality of humility and so I have to share that I honestly feel a little awkward about having created "my own style" of yoga. But... throughout my life I have been blessed to have been taught by and inspired by many amazing teachers, healers, and artists. In systematizing my style, I feel I can better bring ALL of their unique influences into my teacher trainings.

I am at the point in my vocation that I know that naming and codifying the method that I use to practice & teach yoga will be more helpful than not. I will be sure throughout this course to give nods to information that comes from other styles & teachers — along with what I've curated myself. It is important to me as a teacher of yoga to keep authentic traditions of yoga alive and clear even as we adapt them to meet our individual needs as modern yoga practitioners. As you learn more about the history of yoga, you'll understand that most modern systems of yoga have developed in much the same way. While I'm not quite ready to do any sort of franchising around my method, now called

YogaFio®, I know it will help us in this course to have a shared language around how we practice and teach.

Ultimately YogaFio® is a hatha/vinyasa blend of yoga with a “universalist” and non-dogmatic philosophical & spiritual base. Because much of the course is about feeling into your own styles for practice and teaching, we can wait until the end of the course to be concerned about what you each might call your style.

My approach to practicing and teaching yoga is to be rooted in the earliest philosophy of yoga which is a focus on feeling centered & at home in our sense of self — and in our place in the universe. From this centered place, we can move forward in our lives from a place of peace, purpose, and empowerment.

Eastern philosophy affirms that while life is not always easy, we can find some sense of ease in the rhythm and flow of our lives. I will be here to help support you during this phase of your life journey.

Together we will take time away from our every day lives to explore the inner caverns of our own hearts & souls. We will work to calm and intentionally activate our minds (& our nervous systems), we will work to balance our bodies through asana & pranayama practices with knowledge about how our body/mind complex works, we will learn & study, we will also tap into our own creative potential, we will honor the different aspects of ourselves: body/mind/heart/soul.

We will utilize yoga practice & philosophy to activate each of these integrated aspects of ourselves, we will practice being more courageous in our ability to trust what we feel in our hearts, and together we will create an environment where we can each be more confident, clear and generous in our ability to share what truly feels most important for us to put out in the world in a way that is helpful and supportive of the “greater good.”

While I will provide you with a LOT of information, I hope that you will find that I ask more questions than I actually answer. Authentic yoga practice is concerned with tapping into a source of deep wisdom that dwells beneath the layers of cultural conditioning that we all move through in modern society. I will not ask questions to “test your knowledge” but rather to help you dig a little deeper into your field of understanding as well as to inspire us as a group to see a broader view as we share a variety of answers -- and more questions;-)

*You can expect to study in the traditional sense but I will also offer lots of activities that encourage you to begin your explorations from within. Another way that people are categorized in our world today is by being described as “right-” or “left-brained. We tend to classify each other as either analytical *or* creative. It is my intention to create a “balanced-brain” & “whole-being” experience for the people who move through my trainings. So while you may feel more comfortable in activities that more fully align with your more natural way of processing information and learning skills, I invite you to be brave as you dabble into the realms that may currently lie outside of your comfort zone. In testing your own current limits and edges, you WILL expand your field of play and understanding of life. We will support each other through this process!*

Yoga Alliance does now require me to use “assessments” to make sure that you are learning the material set out in the curriculum — and — I will ask you to participate in “creativity exercises.” I understand that if you feel that you are not very “analytical” on one end of the spectrum — or “creative” on the other end — that assessments and creativity exercises may feel stressful.

Please remember that I am here to help you grow, to help you unlock hidden potential, and to help you experience life in a more “whole”istic way because I believe this is at the heart of yoga practice.

I will play the edge of challenging you and comforting you.

My expectations are only that you do the best that you with where you are and with you have.

Please take the pressure off of yourself right now to not feel a need to be “perfect” at any point in this training.

I hope that you will give yourself room to be as “messy” as you need to be in your learning process.

Give yourself permission to make “mistakes” because that’s how we make new discoveries, how we break old habits & create new ones, and is one of the very best way to help yourself grow. A desire to be perfect, in my eyes, is the surest way to paralyze our capacity to expand our potential.

Let us all help each other choose playfulness over perfection as we embark on our studies and our practices. I work hard to give you the best course possible. I hope you will too will put in good effort... And.... I really hope that we will have fun along the way too!

~ Kate Noble for YogaFio® Teacher Training From The Inside Out c. 2026