

2 week yoga teacher training

2 week yoga teacher training programs offer an intensive and immersive pathway for aspiring yoga instructors to gain essential skills and certifications within a condensed timeframe. These accelerated courses are designed to provide comprehensive knowledge of yoga philosophy, anatomy, teaching techniques, and practical application in just 14 days. Ideal for individuals seeking to fast-track their yoga teaching career, a 2 week yoga teacher training course balances theoretical learning with hands-on practice. Participants can expect to deepen their personal yoga practice while acquiring the credentials necessary to teach classes professionally. This article explores the structure, benefits, curriculum, and considerations involved in enrolling in a 2 week yoga teacher training program. It also discusses how these courses differ from longer training options and what to expect from the certification process.

- Understanding 2 Week Yoga Teacher Training Programs
- Curriculum and Key Components
- Benefits of Completing a 2 Week Yoga Teacher Training
- Choosing the Right Training Program
- Certification and Career Opportunities

Understanding 2 Week Yoga Teacher Training Programs

2 week yoga teacher training is a condensed format of the traditional 200-hour certification courses recognized by organizations such as Yoga Alliance. These training programs are designed to deliver

the core competencies needed to become a certified yoga instructor in a shorter duration, typically around 14 days. Despite the reduced timeframe, these courses maintain a rigorous schedule that combines classroom instruction, physical practice, and teaching methodology. The intensive nature requires full-time commitment and often involves early mornings and long days of study and practice. This format appeals to individuals with limited time availability or those seeking to quickly transition into yoga teaching.

Structure and Schedule

The structure of a typical 2 week yoga teacher training course is highly organized to maximize learning efficiency. Daily schedules generally include multiple yoga practice sessions, lectures on anatomy and philosophy, as well as workshops on sequencing and teaching techniques. Students engage in practical teaching exercises to build confidence and receive feedback from experienced instructors. Due to the condensed timeframe, the pace is fast, and participants must be prepared for an intense learning environment. Many programs also incorporate meditation and mindfulness sessions to enhance mental focus and well-being.

Differences from Longer Training Programs

Compared to longer 200-hour teacher trainings that may span several months, the 2 week yoga teacher training condenses the curriculum without sacrificing essential content. Longer programs often allow for more in-depth exploration of topics and additional practice teaching opportunities. However, the shorter course provides a comprehensive overview suitable for motivated students who can dedicate focused time. Some students may opt for 2 week trainings to meet the minimum requirements and later pursue advanced certifications or specialty trainings. Understanding these differences helps prospective students select the program that best fits their goals and schedule.

Curriculum and Key Components

The curriculum of a 2 week yoga teacher training course encompasses foundational elements necessary to understand and teach yoga safely and effectively. The content aligns with standards set by professional yoga organizations to ensure quality and consistency. Despite the accelerated pace, the curriculum addresses physical postures, breath control, anatomy, philosophy, and teaching methodology.

Yoga Asanas (Postures)

Comprehensive instruction on yoga asanas forms the cornerstone of the training. Students learn proper alignment, modifications, and progressions for various postures across different styles. Emphasis is placed on understanding the benefits and contraindications of each pose to tailor classes for diverse student needs. Practicing asanas daily develops strength, flexibility, and body awareness essential for teaching.

Anatomy and Physiology

Knowledge of human anatomy and physiology is critical for safe yoga instruction. The training covers musculoskeletal systems, biomechanics, and common injuries relevant to yoga practice. This education enables teachers to design classes that promote physical health, prevent injuries, and accommodate different body types and conditions.

Yoga Philosophy and Ethics

Yoga philosophy offers a deeper understanding of the practice beyond the physical aspects. Topics often include the Yoga Sutras, the Eight Limbs of Yoga, mindfulness, and ethical guidelines for teachers. This component fosters personal growth and informs professional conduct within the yoga community.

Teaching Methodology

Students acquire skills in sequencing classes, verbal cueing, hands-on adjustments, and managing group dynamics. Practical teaching sessions allow trainees to apply theoretical knowledge, develop confidence, and refine communication techniques. Feedback from instructors supports continuous improvement.

Meditation and Pranayama

Breath control (pranayama) and meditation practices are integral parts of the curriculum. These techniques enhance mental clarity, reduce stress, and complement physical practice. Training includes instruction on various pranayama methods and guided meditation sessions to cultivate mindfulness.

Benefits of Completing a 2 Week Yoga Teacher Training

Completing a 2 week yoga teacher training offers several significant benefits for aspiring instructors and dedicated practitioners alike. The intensive format accelerates the learning process, allowing individuals to quickly enter the professional yoga teaching field. Additionally, the immersive environment fosters a strong community and supportive network among participants.

Fast-Track Certification

The most obvious benefit is the rapid attainment of a recognized teaching certification, enabling graduates to legally teach yoga classes. This fast-track option is particularly advantageous for those with time constraints or who want to expedite career changes.

Deepened Personal Practice

Beyond professional credentials, the training deepens personal yoga practice and understanding. The

daily rigorous practice, combined with philosophical study, cultivates greater physical ability and mental resilience.

Comprehensive Skill Development

Despite its brevity, the curriculum ensures a well-rounded skill set, including teaching techniques, anatomy knowledge, and ethical standards. This holistic approach prepares graduates to teach safely and effectively in diverse settings.

Networking Opportunities

Intensive group training fosters strong connections with peers and mentors. These relationships can support ongoing professional development and open doors to teaching opportunities worldwide.

- Accelerated learning and certification
- Enhanced physical and mental discipline
- Development of teaching and communication skills
- Building a supportive yoga community

Choosing the Right Training Program

Selecting the appropriate 2 week yoga teacher training program is crucial to ensure quality education and alignment with individual goals. Prospective students should evaluate various factors including credentials, curriculum, instructor expertise, location, and cost.

Accreditation and Certification

It is important to verify that the program is accredited by reputable yoga organizations such as Yoga Alliance. Accreditation ensures the training meets industry standards and that the certification will be recognized internationally.

Instructor Qualifications

Experienced and knowledgeable instructors significantly impact the quality of training. Researching the background and teaching style of lead trainers helps prospective students choose programs that match their learning preferences.

Training Environment and Location

The setting of the training can enhance the experience. Some programs take place in serene, natural environments conducive to meditation and focus, while others are offered in urban studios. Consideration of accommodation and amenities is also important for comfort during the intensive course.

Cost and Value

Tuition fees for 2 week yoga teacher training vary widely depending on location, reputation, and included services. While affordability is important, prioritizing quality and comprehensive curriculum ensures long-term value.

Certification and Career Opportunities

Upon successful completion of a 2 week yoga teacher training, participants receive certification qualifying them to teach yoga in studios, gyms, wellness centers, and online platforms. This credential

opens numerous professional pathways within the health and wellness industry.

Yoga Alliance Registration

Most 2 week yoga teacher training programs prepare graduates to register with Yoga Alliance as Registered Yoga Teachers (RYT 200). This registration enhances credibility and access to teaching opportunities globally.

Employment and Entrepreneurship

Certified yoga instructors can pursue employment with established yoga studios, fitness clubs, or wellness retreats. Alternatively, many choose to launch independent classes, workshops, or online sessions, leveraging their certification to build a personal brand.

Continuing Education

Certification from a 2 week yoga teacher training serves as a foundation for further specialization and advanced training. Continuing education in areas such as prenatal yoga, yoga therapy, or meditation deepens expertise and expands career prospects.

Frequently Asked Questions

What can I expect to learn in a 2 week yoga teacher training program?

In a 2 week yoga teacher training program, you can expect to learn foundational yoga postures, alignment principles, teaching methodologies, anatomy and physiology related to yoga, breathing techniques, meditation, and the philosophy of yoga. The course is intensive and designed to prepare

you to teach beginner to intermediate level classes.

Is a 2 week yoga teacher training enough to become a certified yoga instructor?

Yes, many 2 week yoga teacher training programs offer a 200-hour certification that meets Yoga Alliance standards, enabling you to become a certified yoga instructor. However, the intensity of the course means you'll need to be committed and dedicated to absorb the material within the limited timeframe.

Who is the ideal candidate for a 2 week yoga teacher training?

The ideal candidate for a 2 week yoga teacher training is someone with a consistent yoga practice who wants to deepen their understanding of yoga and learn how to teach. It suits those who can commit to an intensive schedule and are looking for a quick but thorough certification process.

What are the benefits of completing a 2 week yoga teacher training?

Benefits include gaining comprehensive knowledge of yoga, improving your personal practice, developing teaching skills, earning a recognized certification, connecting with a community of like-minded individuals, and opening opportunities for a career in yoga teaching or wellness.

How intensive is a 2 week yoga teacher training course?

A 2 week yoga teacher training course is very intensive, often involving 8-10 hours of daily practice, lectures, workshops, and teaching practice. It requires physical stamina, mental focus, and time management to successfully complete the program.

Can beginners join a 2 week yoga teacher training program?

Some 2 week yoga teacher training programs accept beginners, but it's generally recommended to have at least a basic understanding and regular practice of yoga before enrolling. This ensures you can keep up with the demanding schedule and grasp the concepts effectively.

What should I look for when choosing a 2 week yoga teacher training program?

When choosing a 2 week yoga teacher training, consider the program's accreditation (such as Yoga Alliance), the qualifications and experience of the instructors, curriculum content, class size, location, reviews from past students, and whether the training style aligns with your personal yoga interests and goals.

Additional Resources

1. *Foundations of Yoga: A Two-Week Intensive Guide for Aspiring Teachers*

This book offers a comprehensive introduction to yoga teacher training, designed specifically for those undertaking a two-week intensive course. It covers essential yoga postures, anatomy, philosophy, and teaching methodologies. With practical exercises and daily schedules, it helps trainees build a strong foundation for their teaching career.

2. *Yoga Anatomy Simplified: A Quick Reference for Teacher Trainees*

Perfect for a condensed training program, this book breaks down complex anatomy concepts into easy-to-understand sections. It focuses on the muscles, joints, and alignment critical for safe yoga practice and instruction. Illustrations and tips enable trainees to quickly grasp essential anatomy knowledge within two weeks.

3. *Mindful Teaching: Developing Presence in Two Weeks of Yoga Training*

This guide emphasizes the mental and emotional aspects of becoming a yoga teacher. It includes mindfulness techniques, meditation practices, and strategies for cultivating empathy and effective communication. Ideal for those aiming to deepen their connection with students during an accelerated training.

4. *Yoga Philosophy in a Fortnight: Key Concepts for Teacher Trainees*

Condensed to suit a two-week timeline, this book presents the core principles of yoga philosophy,

including the Yoga Sutras, the Bhagavad Gita, and the Eight Limbs of Yoga. It provides insightful commentary and reflective questions to help trainees integrate philosophy into their teaching.

5. Sequencing Yoga Classes: A Two-Week Crash Course

Designed to equip new teachers with the skills to create safe and effective yoga sequences, this book offers templates, pose breakdowns, and sequencing principles. It guides trainees through various styles and levels, ensuring they can confidently design classes by the end of their training.

6. Pranayama and Breathwork: Essential Practices for Yoga Teachers

Focusing on breath control techniques, this book introduces pranayama exercises suitable for beginners and teachers alike. It explains the physiological and energetic benefits of breathwork, providing step-by-step instructions to incorporate pranayama into teaching sessions.

7. Teaching Methodology for Yoga: Practical Tips in Two Weeks

This resource covers the pedagogy of yoga instruction, including cueing, class management, and student assessments. It offers practical advice to help trainees transition from students to confident instructors within a short timeframe.

8. Yoga Ethics and Professionalism: A Guide for New Teachers

Addressing the ethical considerations and professional responsibilities of yoga teachers, this book discusses boundaries, inclusivity, and maintaining integrity. It prepares trainees to navigate their teaching careers with mindfulness and respect for their students.

9. Two Weeks to Teaching Yoga: A Complete Training Companion

This all-in-one companion book supports trainees throughout their intensive two-week course. It combines elements of asana practice, philosophy, anatomy, and teaching tips into a cohesive guide, making it an invaluable resource for accelerated yoga teacher training programs.

2 Week Yoga Teacher Training

Find other PDF articles:

2 week yoga teacher training: Yoga Journal , 1998-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

2 week yoga teacher training: Yoga Journal , 1998-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

2 week yoga teacher training: Yoga Journal , 2001 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

2 week yoga teacher training: Yoga Journal , 1999 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

2 week yoga teacher training: Yoga for Singing Judith E. Carman, 2012 'Yoga for Singing' presents vocal students and professionals, voice teachers, and movement instructors with a unique approach to technique and performance improvement that fits the increasing interest in and prevalence of yoga practices.

2 week yoga teacher training: Yoga Journal , 2001 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

2 week yoga teacher training: Yoga Journal , 2001 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

2 week yoga teacher training: Yoga Journal , 1983-05 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

2 week yoga teacher training: Yoga Journal , 1996 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

2 week yoga teacher training: Yoga Journal , 2001-12 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With

healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Related to 2 week yoga teacher training

2 - Wikipedia The digit used in the modern Western world to represent the number 2 traces its roots back to the Indic Brahmic script, where "2" was written as two horizontal lines

2 - Wiktionary, the free dictionary 6 days ago A West Arabic numeral, ultimately from Indic numerals (compare Devanagari २ (2)), from a cursive form of two lines to represent the number two. See 2 § Evolution for more

The Number 2 for kids - Learning to Count - Numbers from 1 to Educational video for children to learn number 2. The little ones will learn how to trace number 2, how to pronounce it and also how to count with a series of super fun examples

2 (number) - Simple English Wikipedia, the free encyclopedia 2 (Two; / 'tu: / (listen)) is a number, numeral, and glyph. It is the number after 1 (one) and the number before 3 (three). In Roman numerals, it is II

2 Player Games - TwoPlayerGames.org is the very first 2 player games portal in the world and has the largest games archive in its field. We listed instant play to all games without downloads and the site

Superscript Two Symbol (²) This signifies that the variable x is raised to the power of 2, which means x is multiplied by itself

2 -- from Wolfram MathWorld The number two (2) is the second positive integer and the first prime number. It is even, and is the only even prime (the primes other than 2 are called the odd primes)

Math Calculator Step 1: Enter the expression you want to evaluate. The Math Calculator will evaluate your problem down to a final solution. You can also add, subtraction, multiply, and divide and complete any

Web 2.0 scientific calculator How to upload a picture. If a question is ticked that does not mean you cannot continue it. Should you consider anything before you answer a question? Geometry Thread PUZZLES LaTeX

2 (number) - New World Encyclopedia The glyph currently used in the Western world to represent the number 2 traces its roots back to the Brahmin Indians, who wrote 2 as two horizontal lines. (It is still written that way in modern

2 - Wikipedia The digit used in the modern Western world to represent the number 2 traces its roots back to the Indic Brahmic script, where "2" was written as two horizontal lines

2 - Wiktionary, the free dictionary 6 days ago A West Arabic numeral, ultimately from Indic numerals (compare Devanagari २ (2)), from a cursive form of two lines to represent the number two. See 2 § Evolution for more

The Number 2 for kids - Learning to Count - Numbers from 1 to 10 Educational video for children to learn number 2. The little ones will learn how to trace number 2, how to pronounce it and also how to count with a series of super fun examples

2 (number) - Simple English Wikipedia, the free encyclopedia 2 (Two; / 'tu: / (listen)) is a number, numeral, and glyph. It is the number after 1 (one) and the number before 3 (three). In Roman numerals, it is II

2 Player Games - TwoPlayerGames.org is the very first 2 player games portal in the world and has the largest games archive in its field. We listed instant play to all games without downloads and the site

Superscript Two Symbol (²) This signifies that the variable x is raised to the power of 2, which means x is multiplied by itself

2 -- from Wolfram MathWorld The number two (2) is the second positive integer and the first prime number. It is even, and is the only even prime (the primes other than 2 are called the odd primes)

Math Calculator Step 1: Enter the expression you want to evaluate. The Math Calculator will evaluate your problem down to a final solution. You can also add, subtraction, multiply, and divide and complete any

Web 2.0 scientific calculator How to upload a picture. If a question is ticked that does not mean you cannot continue it. Should you consider anything before you answer a question? Geometry Thread PUZZLES LaTeX

2 (number) - New World Encyclopedia The glyph currently used in the Western world to represent the number 2 traces its roots back to the Brahmin Indians, who wrote 2 as two horizontal lines. (It is still written that way in modern

2 - Wikipedia The digit used in the modern Western world to represent the number 2 traces its roots back to the Indic Brahmic script, where "2" was written as two horizontal lines

2 - Wiktionary, the free dictionary 6 days ago A West Arabic numeral, ultimately from Indic numerals (compare Devanagari २ (2)), from a cursive form of two lines to represent the number two. See 2 § Evolution for more

The Number 2 for kids - Learning to Count - Numbers from 1 to Educational video for children to learn number 2. The little ones will learn how to trace number 2, how to pronounce it and also how to count with a series of super fun examples

2 (number) - Simple English Wikipedia, the free encyclopedia 2 (Two; / 'tu: / (listen)) is a number, numeral, and glyph. It is the number after 1 (one) and the number before 3 (three). In Roman numerals, it is II

2 Player Games - TwoPlayerGames.org is the very first 2 player games portal in the world and has the largest games archive in its field. We listed instant play to all games without downloads and the site

Superscript Two Symbol (²) This signifies that the variable x is raised to the power of 2, which means x is multiplied by itself

2 -- from Wolfram MathWorld The number two (2) is the second positive integer and the first prime number. It is even, and is the only even prime (the primes other than 2 are called the odd primes)

Math Calculator Step 1: Enter the expression you want to evaluate. The Math Calculator will evaluate your problem down to a final solution. You can also add, subtraction, multiply, and divide and complete any

Web 2.0 scientific calculator How to upload a picture. If a question is ticked that does not mean you cannot continue it. Should you consider anything before you answer a question? Geometry Thread PUZZLES LaTeX

2 (number) - New World Encyclopedia The glyph currently used in the Western world to represent the number 2 traces its roots back to the Brahmin Indians, who wrote 2 as two horizontal lines. (It is still written that way in modern

2 - Wikipedia The digit used in the modern Western world to represent the number 2 traces its roots back to the Indic Brahmic script, where "2" was written as two horizontal lines

2 - Wiktionary, the free dictionary 6 days ago A West Arabic numeral, ultimately from Indic numerals (compare Devanagari २ (2)), from a cursive form of two lines to represent the number two. See 2 § Evolution for more

The Number 2 for kids - Learning to Count - Numbers from 1 to Educational video for children to learn number 2. The little ones will learn how to trace number 2, how to pronounce it and also how to count with a series of super fun examples

2 (number) - Simple English Wikipedia, the free encyclopedia 2 (Two; / 'tu: / (listen)) is a number, numeral, and glyph. It is the number after 1 (one) and the number before 3 (three). In Roman numerals, it is II

2 Player Games - TwoPlayerGames.org is the very first 2 player games portal in the world and has the largest games archive in its field. We listed instant play to all games without downloads and the site

Superscript Two Symbol (²) This signifies that the variable x is raised to the power of 2, which means x is multiplied by itself

2 -- from Wolfram MathWorld The number two (2) is the second positive integer and the first prime number. It is even, and is the only even prime (the primes other than 2 are called the odd primes)

Math Calculator Step 1: Enter the expression you want to evaluate. The Math Calculator will evaluate your problem down to a final solution. You can also add, subtraction, multiply, and divide and complete any

Web 2.0 scientific calculator How to upload a picture. If a question is ticked that does not mean you cannot continue it. Should you consider anything before you answer a question? Geometry Thread PUZZLES LaTeX

2 (number) - New World Encyclopedia The glyph currently used in the Western world to represent the number 2 traces its roots back to the Brahmin Indians, who wrote 2 as two horizontal lines. (It is still written that way in modern

2 - Wikipedia The digit used in the modern Western world to represent the number 2 traces its roots back to the Indic Brahmic script, where "2" was written as two horizontal lines

2 - Wiktionary, the free dictionary 6 days ago A West Arabic numeral, ultimately from Indic numerals (compare Devanagari २ (2)), from a cursive form of two lines to represent the number two. See 2 § Evolution for more

The Number 2 for kids - Learning to Count - Numbers from 1 to 10 Educational video for children to learn number 2. The little ones will learn how to trace number 2, how to pronounce it and also how to count with a series of super fun examples

2 (number) - Simple English Wikipedia, the free encyclopedia 2 (Two; / 'tu: / (listen)) is a number, numeral, and glyph. It is the number after 1 (one) and the number before 3 (three). In Roman numerals, it is II

2 Player Games - TwoPlayerGames.org is the very first 2 player games portal in the world and has the largest games archive in its field. We listed instant play to all games without downloads and the site

Superscript Two Symbol (²) This signifies that the variable x is raised to the power of 2, which means x is multiplied by itself

2 -- from Wolfram MathWorld The number two (2) is the second positive integer and the first prime number. It is even, and is the only even prime (the primes other than 2 are called the odd primes)

Math Calculator Step 1: Enter the expression you want to evaluate. The Math Calculator will evaluate your problem down to a final solution. You can also add, subtraction, multiply, and divide and complete any

Web 2.0 scientific calculator How to upload a picture. If a question is ticked that does not mean you cannot continue it. Should you consider anything before you answer a question? Geometry Thread PUZZLES LaTeX

2 (number) - New World Encyclopedia The glyph currently used in the Western world to represent the number 2 traces its roots back to the Brahmin Indians, who wrote 2 as two horizontal lines. (It is still written that way in modern

Related to 2 week yoga teacher training

'I Did CorePower Yoga For 2 Weeks. I Didn't Expect The Changes I Saw In My Body.' (3don MSN) 'I Did CorePower Yoga For 2 Weeks. I Didn't Expect The Changes I Saw In My Body.'

'I Did CorePower Yoga For 2 Weeks. I Didn't Expect The Changes I Saw In My Body.' (3don MSN) 'I Did CorePower Yoga For 2 Weeks. I Didn't Expect The Changes I Saw In My Body.'