

REVA

YOGA + WELLBEING



YOGA TEACHER TRAINING

200 HOURS | VINYASA | YIN | 2026

FACILITATORS



ZARA BROUWERS | LEAD TRAINER

Zara discovered Yoga when she was 16 and it has been a part of her life ever since. She obtained a Bachelor of Pharmacy from the University of Otago in 2012. She spent 2025 studying towards her Masters in Midwifery and is a HypnoBirthing Facilitator. Zara is passionate about the way Yoga and Meditation influence biology and psychology. She has been teaching group fitness since 2010 and Yoga full time since 2015. She is qualified in Vinyasa, Yin, Pre/Postnatal Yoga, Myofascial Release, as well as STOTT Mat and Reformer Pilates teacher.



YASAMAN AVAZPOUR | LEAD TRAINER

Yasi is a certified physiologist and senior yoga teacher who has been immersed in the practice of Yoga since 2010. Originally from Iran and now based in New Zealand, she brings over a decade of full-time teaching experience to her classes and trainings. With a deep passion for anatomy, Yasi has been teaching Yoga Anatomy since 2011 in various teacher trainings, focusing on human variation and the art of seeing bodies differently. Since 2019, she has been leading modules on Teaching Methods and Sequencing in advanced trainings. Yasi's teaching draws from her extensive experience in Vinyasa, Hatha, Yin, Trauma-Informed Yoga and Meditation. In addition to her work as a Yoga educator, Yasi is a certified Sound Healer, weaving the therapeutic power of sound into her offerings to create deeply healing experiences.



ERICA SNOWDEN | ASSISTANT TRAINER

Erica is a fully qualified and practicing Musculoskeletal and Pelvic Health Physiotherapist. She has been practicing Yoga for over 10 years and integrates her vast knowledge of the human body in her teachings. Erica is a skilful educator who empowers her students with variations and modifications to best suit their individual needs. Erica brings invaluable wisdom in anatomy and manual therapy to our 200 hour YTT and has been involved with REVA's Teacher Training Programme since its inception.

SYLLABUS

TECHNIQUES | TRAINING | PRACTICE | 75 HOURS

- Asana and Alignment
- Pranayama Modalities
- Mantra, Mudras and Meditation
- Koshas, Kleshas, Chakras, Prana Vayus and Nadis
- Subtle Body and Somatics

ANATOMY AND PHYSIOLOGY | 30 HOURS

- Musculoskeletal Anatomy
- Fascial Trains
- Biomechanics
- Cellular Physiology
- Nervous and Endocrine Systems
- Cardiovascular and Respiratory Systems

HISTORY AND PHILOSOPHY OF YOGA | 30 HOURS

- Patanjali's Yoga Sutras in a Modern Context
- Indic Philosophy and the History of The Vedas
- Sanskrit Studies
- Ethics

PROFESSIONAL ESSENTIALS | 50 HOURS

- Creative and Intelligent Vinyasa Sequencing
- Clear Communication and Cueing
- Your Authentic Voice as a Teacher
- Safe and Artful Assists
- Teaching Practicum
- Personal Development
- The Business of Yoga

YIN YOGA | 15 HOURS

- The Tenants of Yin and Yin/Yang Theory
- Asana Archetypes
- Anatomical Variation
- Prop Modifications
- Yin Yoga Sequencing
- Myofascial Release



FORMAT

PART TIME | FIVE MONTHS

- Four 4 Day Weekends (48 hours each)
- Thursday to Sunday
- Module One 2026 | March 5/6/7/8
- Module Two 2026 | April 9/10/11/12
- Module Three 2026 | May 28/29/30/31
- Module Four 2026 | June 25/26/27/28
- 10 Hours Homework, Reading and Self Reflection Practices

SAMPLE SCHEDULE | 8AM - 8PM

- 8am - 9.30am Vinyasa Yoga Practice
- 9.30am - 10am Meditation and Mantra
- 10am Brunch
- 11am - 12.30pm Lecture 1
- 12.30pm - 2pm Lecture 2
- 2pm Afternoon Tea
- 2.30pm - 4pm Lecture 3
- 4pm - 5.30pm Lecture 4
- 5.30pm - 7pm Asana Lab
- 7pm - 8pm Yin Yoga Practice
- 8pm Day Complete

LOCATION | One Burgess Hill
1 Burgess Hill Road, New Plymouth
5 minutes from Township
Accommodation available onsite at request



INVESTMENT

Our 200 Hour Yoga Teacher training is a world class offering right here in Taranaki. Nestled beneath the Mountain and beside the sea.

Whether you intend to teach or simply wish to deepen your knowledge of this ancient art form, your experience with us will be life changing.

This modular training is designed to fit in around work and family commitments. Each module is taught as a long weekend 'retreat' and is fully catered with colourful vegetarian meals and enjoyed in a relaxed countryside setting.

Our YTT is consciously intimate to ensure you receive close support and mentorship throughout. Following full attendance and graduation you will receive an internationally recognised qualification with Yoga Alliance, allowing you to teach Yoga in New Zealand and abroad.

INVESTMENT | \$4999

(Early Bird if paid before 1 January \$4599)

COURSE INCLUSIONS

- Four 4 Day Retreat Weekends
- Lunch and Afternoon Tea Catered
- Comprehensive 300 Page Teaching Manual
- 5 Months Access to our Online Studio
- 5 Months Tuition, Mentoring and Support
- *Please note accommodation is not included however can be accessed at Burgess Hill at a discounted rate.

PAYMENT | 15% DEPOSIT TO REGISTER

- Remaining Balance to be received 4 weeks prior to training commencement.
- EFTPOS and Bank Deposit available.
- Credit Card payments incur a 2.5% processing fee.
- Please note deposits are non-refundable.
- Course cancellations within 4 weeks of commencement will receive only a 50% refund of full course fees.



MATERIALS

Our beautiful 300 Page REVA YTT manual is provided to each student. These manuals have been curated by our team and are printed on recycled paper and bound to ensure their longevity. These have been made with love and care and are intended to be a resource for you long into the future. They include an encyclopaedia of knowledge on Yoga Philosophy, Pranayama and Asana and teaching skilfully.

RECOMMENDED READING

(To be purchased or borrowed independently by Students)

Living The Sutras
By Kelly DiNardo and Amy Pearce

Light on Pranayama
By BKS Iyengar

Mudras For Modern Living
By Swami Saradananda

Anatomy for Vinyasa Flow and Standing Poses
By Ray Long

The Complete Guide to Yin Yoga
By Bernie Clark

RECOMMENDED READING | Optional

Yoga, Fascia Anatomy and Movement
By Joanne Sarah Avison

For more information or questions please reach out to Zara at hello@revayoga.co.nz



TESTIMONIALS

From Our Past Graduates

"The YTT Course was amazing, a really broad inspiring curriculum, delivered by passionate supportive teachers. I had the confidence to jump straight into teaching afterwards."

~ Laura B.

"I had the privilege and pleasure of doing the 200Hr YTT this year. It is difficult to capture in words the experience of participating in this course. It was a journey alongside beautifully like-minded women (coming from myriad backgrounds and experiences) to explore the essence of Yoga. Yoga asana was but one aspect of the learnings. We delved into the anatomy, history, wisdom and philosophy of Yoga under the guidance of our teachers. We grew together in confidence as students, then teachers, as we finished the course standing taller (both physically and spiritually ;)). This course will gift you a feeling of being more grounded in yourself and more connected as a Yogic community. Thank you Zara for providing us the opportunity to deepen our Yoga practice through this course offering at Reva."

~ Sarah Y.

"What I didn't realise before starting this training was how much it would change me, not just as a teacher, but as a person. It's hard to put into words the depth of the experience. The container Zara & the team creates is something rare: safe enough to unravel, held enough to rebuild. The modules are structured in a way that makes complex wisdom feel simple, accessible, and embodied. Each part builds on the next, weaving philosophy, anatomy, and personal inquiry in a way that lands in both mind and body."

But beyond the learning, it's the connection that stays with you. The friendships. The tears. The laughter. The moments of seeing yourself clearly for the first time. It's a journey that asks a lot of you and gives even more in return."

~ Nadine R.

