

300-Hour Advanced Yoga Teacher Training

*A Fellowship in Leadership, Stewardship, and Embodied Teaching
Led by Dr. Tamisha J. Ponder*

Program Overview

The Sankofa 300-Hour Yoga Teacher Training Program is not simply an advanced certification, it is a year-long leadership training for experienced yoga teachers. Designed around mentorship, responsibility, and real-world application, the program focuses on how advanced teachers are expected to practice, teach, and lead within a community.

Participants move through the training within a *Fellowship* model, where learning is relational and applied rather than purely instructional. Teachers develop discernment, consistency, and accountability as they learn how to carry yoga beyond the mat, into real teaching environments, programs, and community spaces.

Program Leadership & Pedagogy

The program is led by Dr. Tamisha J. Ponder, whose approach to yoga education is shaped by decades of experience in higher education, mentorship, equity-centered leadership, and embodied practice. As both a master teacher and community-builder, Dr. Ponder is known for developing people, not just techniques. Her work centers on how teachers walk, know, and apply yoga in real life: how they make decisions, hold responsibility, and show up in service to others.

Under her guidance, the 300-hour training establishes a clear standard for what it means to be an advanced yoga teacher. Teachers are supported in refining their teaching, strengthening their leadership, and building offerings that meet real community needs with integrity. This program reflects the Sankofa model: yoga as disciplined practice, applied wisdom, and a responsibility to the spaces and people it serves.



Training Foundation

The Sankofa 300-Hour Yoga Teacher Training approaches yoga as a lifestyle, a theory, and a lived practice.

Rooted in the Vinyasa tradition and informed by Power, Yin, Restorative, and Traditional Hatha Yoga, the program offers an in-depth exploration of the eight limbs of yoga with extended study in asana, meditation, sound healing, dharma talks, and embodied teaching.

Fellows are given longer periods of inquiry, slower learning, and intentional space to feel, reflect, ask questions, and refine both technique and teaching voice. Teachers are supported in not only refining how they teach, but in developing discernment around how they carry yoga into the world, with integrity, care, and purpose.

Designed for teachers ready to deepen their practice and engage in mentorship, the Sankofa 300-Hour Yoga Teacher Training prepares participants to take responsibility for how yoga shows up in the community. Graduates emerge as skilled instructors and teacher-leaders, grounded in lived experience and equipped to bring yoga, mindfulness, and meditation into diverse settings.

In addition to monthly training sessions, participants commit to a daily practice, reflective assignments, regular classes at Sankofa Yoga (included at no additional cost), and active leadership within a community-based teaching model.

The Fellowship & Stewardship Model

What distinguishes Sankofa's 300-hour training is its integration of Fellowship and Stewardship.

Participants begin the program as trainees and are formally welcomed into the Sankofa Fellowship during the opening weekend immersion. From there, learning unfolds through mentorship, peer relationship, and active participation in the daily life of the studio.

During the first phase of the program, Fellows engage in guided exploration, deepening practice, refining leadership style, and clarifying their areas of interest and service. At the program's midpoint, each Fellow steps into a Stewardship Focus: a specific area of teaching or community leadership they will actively build, lead, and steward at Sankofa for the remainder of the training.

Rather than waiting until graduation to identify and develop a program without assistance, Fellows practice leadership in real time. They learn how to design, pilot, refine, and sustain offerings within the Sankofa community, supported by Dr. Tamisha Ponder and the 300-Hour training support staff.

Who This Program Is For

This program is designed for yoga teachers who feel called to grow into greater clarity, responsibility, and purpose in their teaching. It is for those who sense there is more to their practice than instruction alone, and who are seeking mentorship, structure, and lived experience to develop that work within a real community.

Through sustained mentorship, applied learning, and active stewardship at Sankofa Yoga & Wellness Center, participants do not simply study advanced yoga, they practice leadership. Graduates leave with the experience, confidence, and discernment to build, lead, and sustain meaningful yoga offerings, grounded in integrity and responsive to community needs.

If you are ready to align your practice with how you are called to serve, lead, and carry yoga forward, the Sankofa 300-Hour Training was designed for you.

SCHEDULE

The 300hr Sankofa Yoga Teacher Training Program is designed with a balanced rhythm of in-person study, optional virtual support, and independent practice, allowing learning to unfold steadily and sustainably over time.

On Campus (*In-Person Training Weekends*)

We meet 11 weekends in person for immersive study and practice:

- Fridays: 6:00–9:00 PM
- Saturdays & Sundays: 8:30 AM–5:30 PM

In-person weekends focus on deep practice, skill refinement, teaching methodology, mentorship, and community learning aligned with the monthly theme.

Course Dates

Mandatory Orientation & Compliance Meeting (Virtual)

- Thursday, March 26, 2026 | 7:00 PM (EST)

Training Weekends

- March 27–29, 2026
- April 24–26, 2026
- May 22–24, 2026
- June 11–14, 2026
- July 10–12, 2026
- July 31–August 2, 2026
- September 25–27, 2026
- October 23–25, 2026
- November 20–22, 2026
- December 11–13, 2026
- Jan. 15-17, 2027

On-Campus Participation & Learning Environment

All training sessions (with the exception of designated virtual meetings) will be held on campus at [300 Main Street, Laurel, MD](#), pending health and safety conditions. Sankofa Yoga & Wellness Center follows all Prince George's County Executive Orders. Should an in-person meeting need to pivot, live-streamed or online learning will be implemented via Zoom, ensuring continuity of training.

Online Support (*As Needed*)

While the program is primarily in person:

- Some Friday evening sessions may be held virtually when appropriate
- Virtual office hours are offered once-a-month for coaching, questions, and integration. *Office hours are optional to attend live and will be recorded for later viewing.*

These touchpoints ensure Fellows remain supported between training weekends.

What to Expect Between Training Weekends

Learning continues between training weekends through guided independent study. Each month is organized around a central theme that informs both in-person training and at-home engagement. This structure supports consistency, reflection, and ongoing growth rather than waiting until the next gathering.

Between in-person sessions, trainees are expected to remain actively engaged through:

- Assigned readings and reflective writing
- Meditation, yoga, and home practice
- Attendance at required studio classes
- Stewardship development and observation
- Teaching and assisting opportunities, as scheduled
- Optional live participation in office hours and coaching sessions

There will be one extended independent study period (approximately 7-8 weeks) during the program. This time is intentionally designed to allow deeper immersion in personal practice, stewardship refinement, and teaching application. During this period, Fellows are required to teach, engage in self-study, supporting both skill development and real-world integration.

Even when we are not meeting in person, trainees remain supported, connected, and actively engaged in the training process.

The Big Picture

The 300-hour training extends beyond scheduled meeting dates. It is a continuous learning experience that blends practice, reflection, mentorship, and real-world application—supporting Fellows in growing steadily into confident teachers and thoughtful yoga stewards.



ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training.

In the case of any **emergency absences**, please notify the program director immediately.

If a student has **planned absences** that conflict with attendance in the program, please contact the program director prior to enrollment to discuss options.

Options may include apprenticeship, a group study-session, use of our buddy system, etc. If the options discussed with the program director do not work with the student's schedule, students must pay an additional cost for private make-up sessions with a teacher. Please discuss attendance concerns with the Program Director at study@sankofayogacenter.com prior to enrolling.

Each student is expected to be at each session 5 minutes before the start time to set up and so that the training may start on time. If the student is late more than 5 times, this will result in a deduction of 1 hour from their total contact hours.

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

TUITION

Tuition for the 300-hour Sankofa Yoga Teacher Training Program is **\$4,400**. Enrollment requires review of the course syllabus, submission of an application, and a **non-refundable \$367 deposit**.

PAY-IN-FULL OPTION (*Early-Bird 10% Off*)

After the **\$367** deposit is placed, the remaining balance is **\$4,033**. Those who choose to pay the remaining balance in full **at least one month prior to the start of training** will receive a **10% early-bird discount**, reducing the balance to **\$3,629.70**. *Payment will be coordinated with the school.*

PAYMENT PLAN OPTION:

After the **\$367** deposit is placed, a payment plan is available for those who may need support. Tuition can be paid according to the following schedule:

- Followed by **11 equal monthly payments of \$367 due on the 15th** of each month starting March 2026.

Payments are processed through automatic billing via MindBody. Please ensure your card information is up to date as the program start date approaches. Card details may be updated at any time. Late payments may incur a fee and could impact participation in the training.

TUITION & REFUND POLICY

If an applicant withdraws from the program after acceptance/deposit, but before the program starts, \$367 from the applicant's deposit amount will be retained by the program as the deposit is non-refundable and non-transferable.

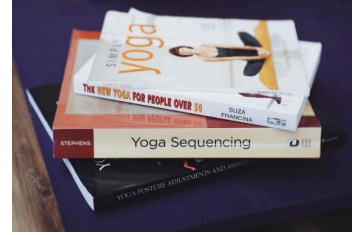
- If an applicant withdraws during the program, the applicant is still responsible for the remaining balance.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous 300hr YTT cohort but completed their full tuition payment, the applicant is responsible for the difference of tuition for the new training cohort.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous 300hr YTT cohort and did not complete full tuition payment, the applicant is responsible for paying the previous remaining balance and the forthcoming tuition amount.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full. Questions regarding tuition balance, please contact marcus@sankofayogacenter.com

REQUIRED READING & SUPPLIES

This reading list builds upon the required and suggested texts from your foundational training. The following books are recommended as core texts to support shared language, context, and learning throughout the program.

NOTE: Textbooks are not included in tuition.



Required:

- *Yoga Posture Adjustments & Assisting* by Stephanie Pappas
- *The Complete Guide to Yin Yoga* by Bernie Clark
- *Restorative Yoga for Ethnic and Race-Based Stress & Trauma* by Gail Parker
- *The Politics of Trauma* by Staci K. Hanes
- *Bhagavad Gita: A New Translation* (Stephen Mitchell)
- *Skill in Action: Radicalizing your Yoga Practice to Create a Just World* by Michelle C. Johnson
- *The Yamas & Niyamas Embodied: A Companion Journal* by Deborah Adele

Key Texts (Standard texts from 200hr Yoga Teacher Training):

- *The Heart of Yoga: Developing a Personal Practice* by T.K.V. Desikachar
- *The Yoga Sutras of Patanjali* (Translation and Commentary by Sri Swami Satchidananda)
- *The Yamas & Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele
- *Yoga Anatomy* by Leslie Kaminoff
- *Yoga Sequencing* by Marc Stephens
- *Teaching Yoga Beyond the Poses* by Sage Rountree and Alexandra Desiato
- *Meditations from the Mat* by Rolf Gates

FAQs

Do I need to purchase all of the books before the first training weekend?

No. Readings are scaffolded throughout the program, and books are introduced gradually. You will not need any texts for the first weekend and will be notified in advance when specific readings are required.

Do I need to read every book cover to cover?

No. Assigned readings will be given at different points in the program, with guidance on what to read and when.

Is there a required reading order?

Yes. Readings align with the monthly themes, and clear instructions will be provided.

Can I use audiobooks or library copies?

Yes. Audiobooks and library resources are welcome and encouraged.

Yoga Supplies

- Yoga Mat
- Yoga Bolster
- Yoga Blanket
- 2 Blocks
- 1 Strap

SANKOFA YOGA

300hr Yoga Teacher Training | Certification Requirements

In addition to attending all training sessions, there are a few other certification requirements:

LOGS & PRACTICE

- **20 Yoga Classes**

Students are required to attend **20 additional yoga classes** during the course of the program with the lead trainer or senior teachers at Sankofa. There is no additional fee.

- **Written hOMework & Bookclub Discussion**

Students are required to complete hOMework assignments based on their readings from the assigned texts. The areas of independent study include a deeper exploration of the: Paths to Yoga, 8 Limbed Path, and the Yoga Sutras, Bhagavad Gita and more.

- **Insight Journal**

Students must establish and maintain a **journal** throughout the training. This journal should include: the type of contemplative practice, duration of practice, intention or inquiry, and observations and reflections after.

- **5 Community Observations**

Students are required to observe community events surrounding the eight-limbs

TEACHING & STEWARDSHIP

- **Practice Teaching**

Students are required to complete **practice leading sessions**, each at least 30 minutes in length.

- **Sangha Teaching Requirement**

Fellows must teach **(2) classes at Sankofa Yoga & Wellness Center** during the program. These classes serve as an opportunity to apply training concepts, develop teaching confidence, and practice stewardship in the community.

- **Yoga Stewardship Program | Capstone**

Each student is required to establish a Yoga Stewardship focus during the training, which involves identifying a specific area of care, service, or specialization; observing and assisting relevant offerings; engaging in ongoing mentorship and reflective practice; and refining their teaching and leadership skills in alignment with their stewardship path. Stewardship development unfolds gradually and is thoughtfully supported throughout the program.

QUESTIONS?

Contact us:

Email: info@sankofayogacenter.com

Phone: 301-278-1864