



Soma Yoga Institute at Blue Lake, California

200 & 300 Hour Yoga Teacher Training
Yoga Alliance Authorized School



SomaYoga
INSTITUTE



Blue Lake Yoga Shala



Join us at the Blue Lake Yoga Shala in Northern California, where ancient redwoods, flowing rivers, and coastal breezes create a serene backdrop for transformation. Nestled in the quiet town of Blue Lake, this artfully designed sanctuary offers a warm, welcoming space for deep study and personal renewal. Radiant-heated floors, a wood-burning fireplace, and handcrafted details invite you to feel at home. A perfect location for your yoga teacher training.

A Letter from Peggy
Welcome to Our Blue Lake Yoga Home

Dear Yogis,

It's with a full heart that I welcome you to our yoga teacher training in Blue Lake, California. This program takes place in my personal residence—a home that has been lovingly transformed into a sanctuary for yoga, learning, and community.

Our Yoga Shala was purposefully designed as a sacred space for deep practice. With radiant heated floors, large windows opening to forested hills, and a wood-burning stove to gather around on cool mornings, this home holds the energy of many years of transformational learning.

Unlike a retreat center, we'll be living together in a shared home environment. You'll be part of a conscious living experience—sharing common spaces, the kitchen, and the rhythms of daily life. Everyone contributes to keeping our space clean, respectful, and nourishing for all. This includes tidying up after yourself and joining in shared responsibilities as needed.

Each day, you'll be served a healthy and delicious lunch. Breakfast will be on your own. If you choose to participate in our optional Community Dinner Club, we'll take turns preparing and sharing evening meals. It's a joyful tradition—one that often becomes a highlight of the training, where stories, laughter, and lasting friendships are exchanged over food made with love.

During breaks, you'll have time to walk to the Mad River for a dip or meditation, or take a short drive to the majestic redwoods for forest bathing, hiking, or simply soaking in the presence of thousand-year-old trees.

This training is a collaborative experience, co-taught by a team of senior teachers from Soma Yoga Institute. It's more than a certification—it's an invitation to live yoga together, in community, with intention and heart.

I can't wait to welcome you home.

With love,

Peggy Profant, C-IAYT Yoga Therapist, E-RYT 500
Senior Teacher, Soma Yoga Institute



Property Facilities Include

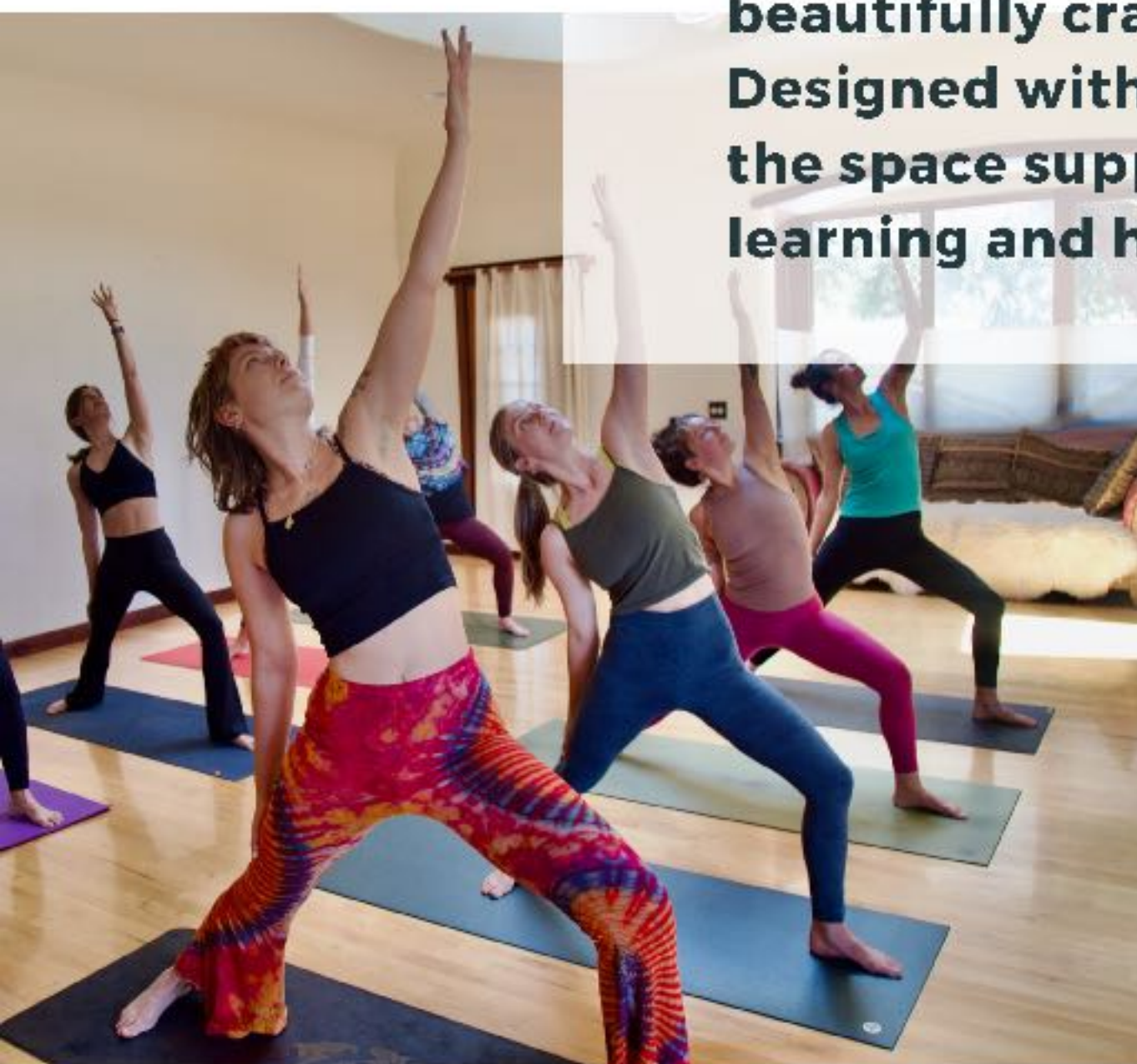
- A custom-built yoga shala with an artful architectural design
- Comfortable and simple shared accommodations in a warm, home-style setting
- A spacious indoor dining area & outside patio with views of forested hillsides
- Easy access to swimming holes, riverside trails, towering redwood groves and beautiful beaches

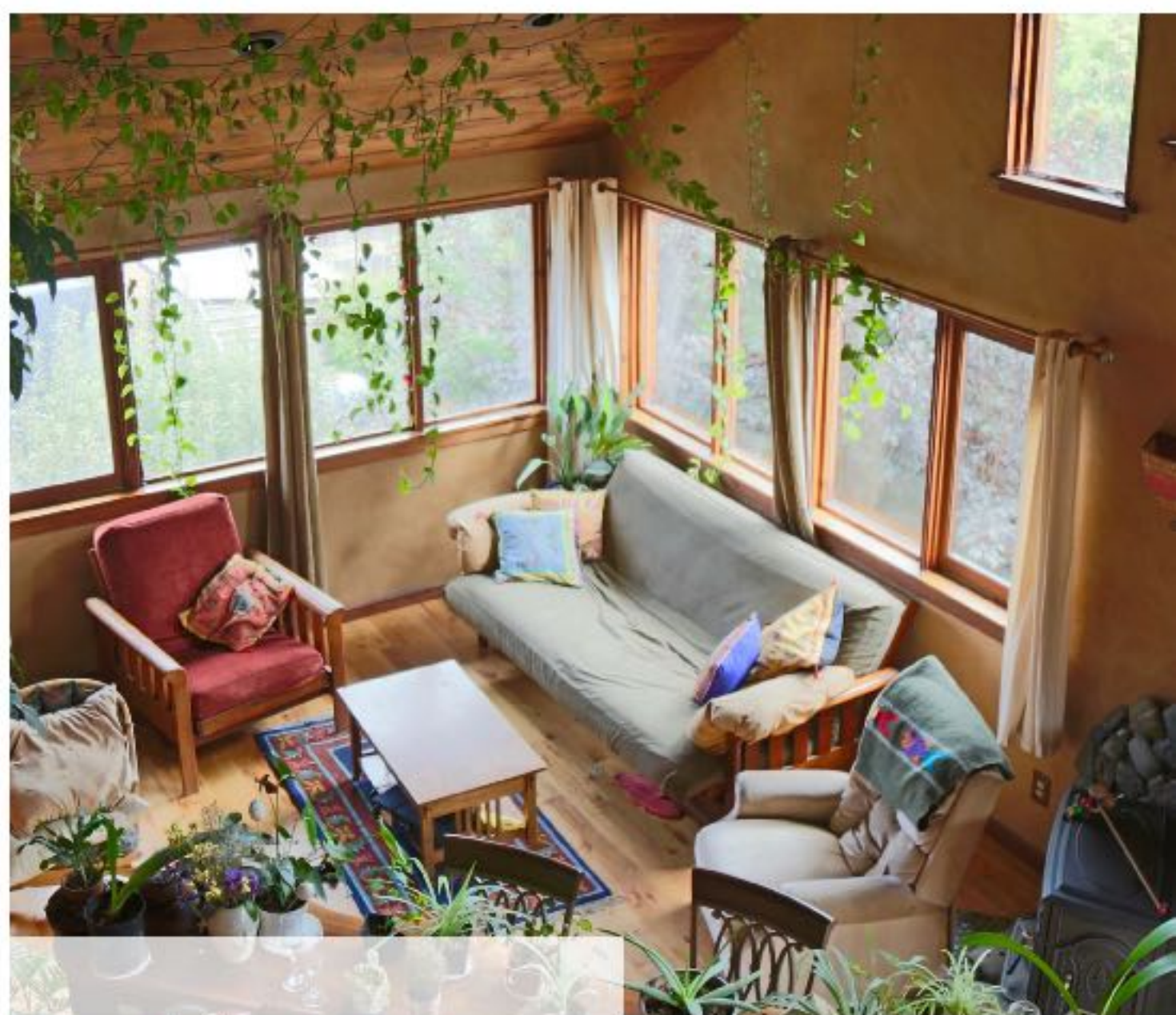


Soma Yoga
INSTITUTE

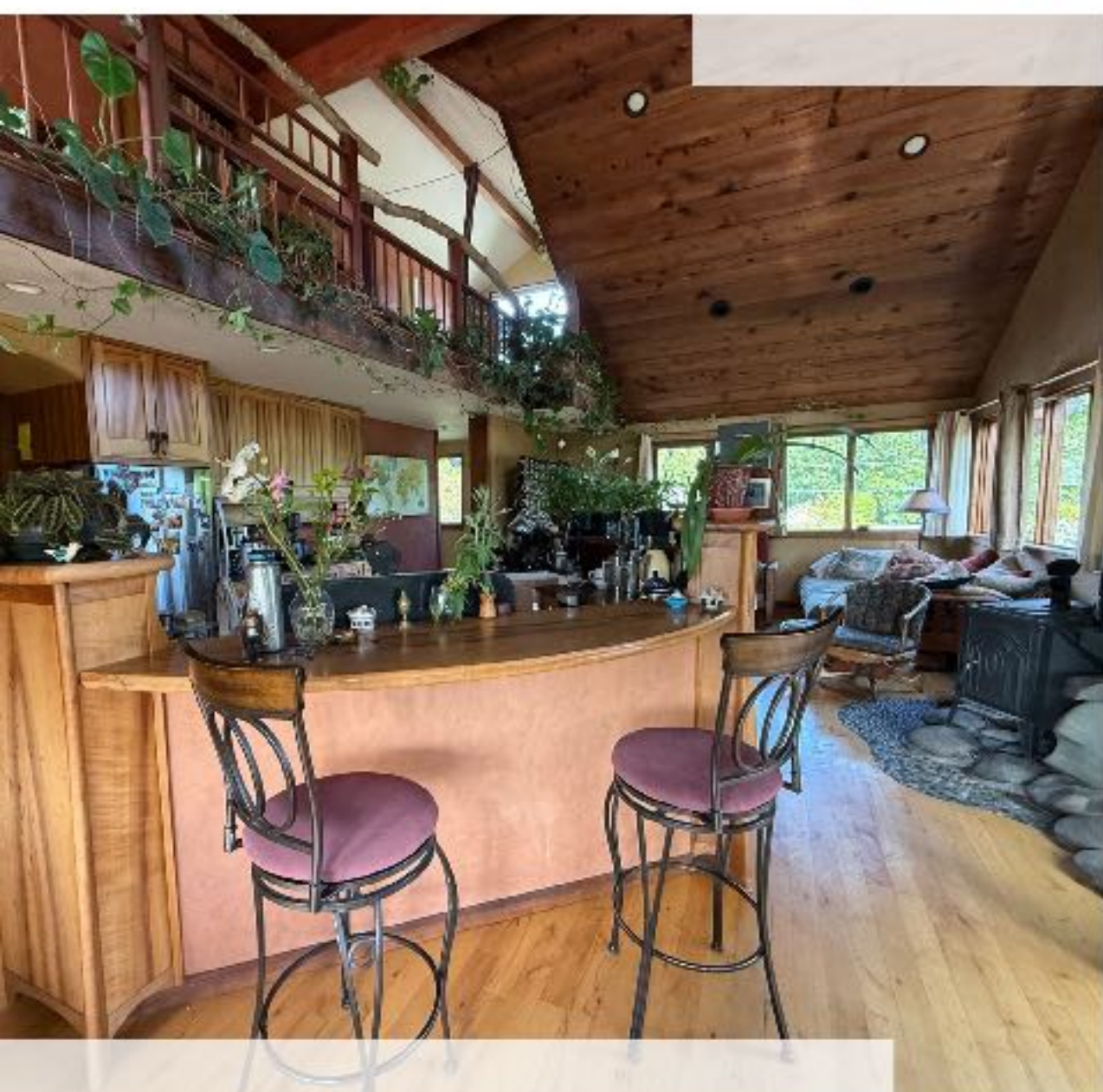


The Blue Lake Yoga Shala is a beautifully crafted studio space. Designed with care and intention, the space supports both deep learning and heartfelt connection.





Shared Kitchen & Living Room



Three Indoor Bathrooms

Outdoor Patio



Loft Spaces-Visually Private



Private Single Room with Loft



Private Single Room with Loft and Kitchenette



Spaces for tents



Outdoor Bath House

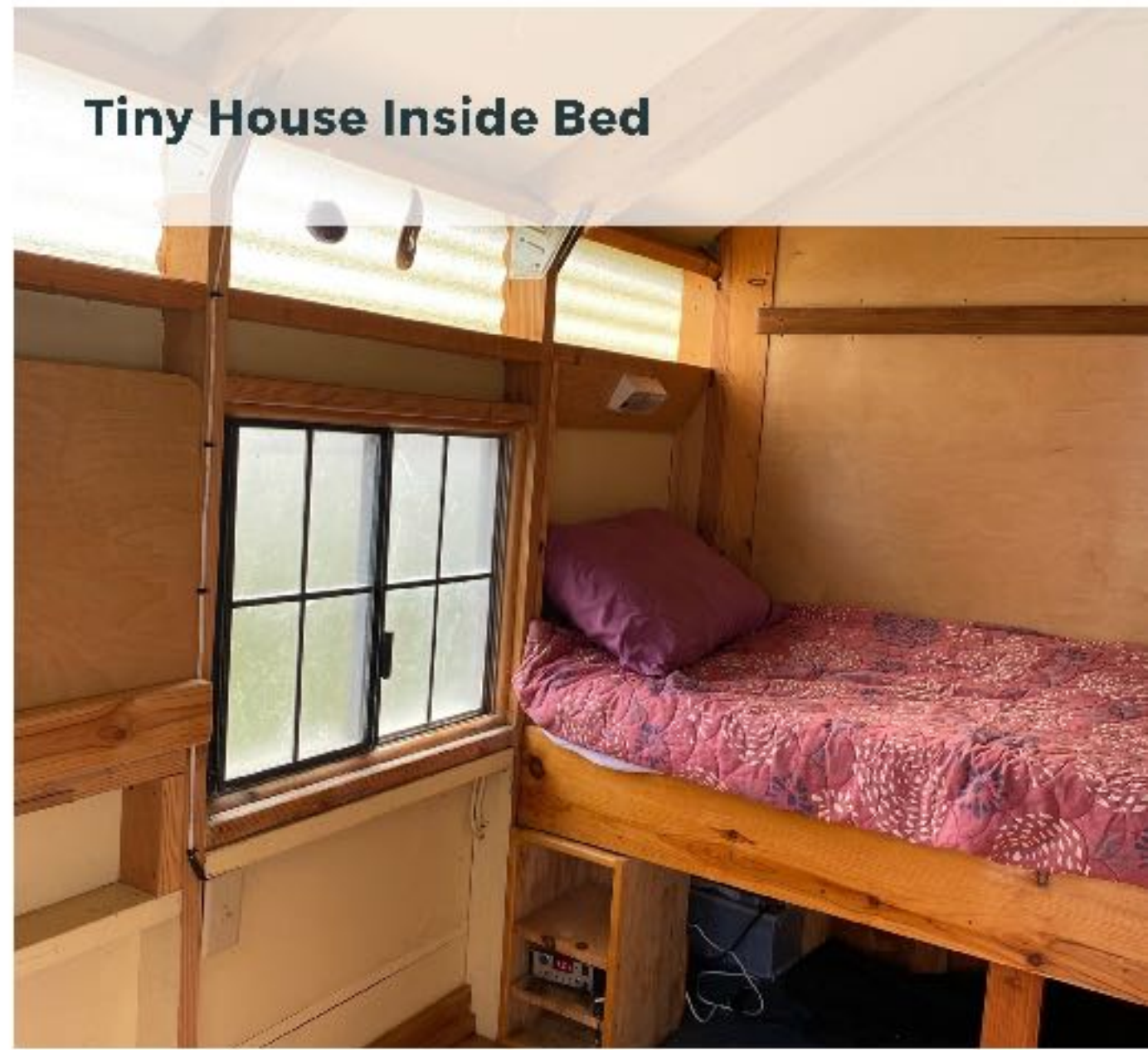


SomaYoga
INSTITUTE

Tiny House



Tiny House Inside Bed



Tiny House Inside Sink



Mini RV



Mini RV Inside Bedroom



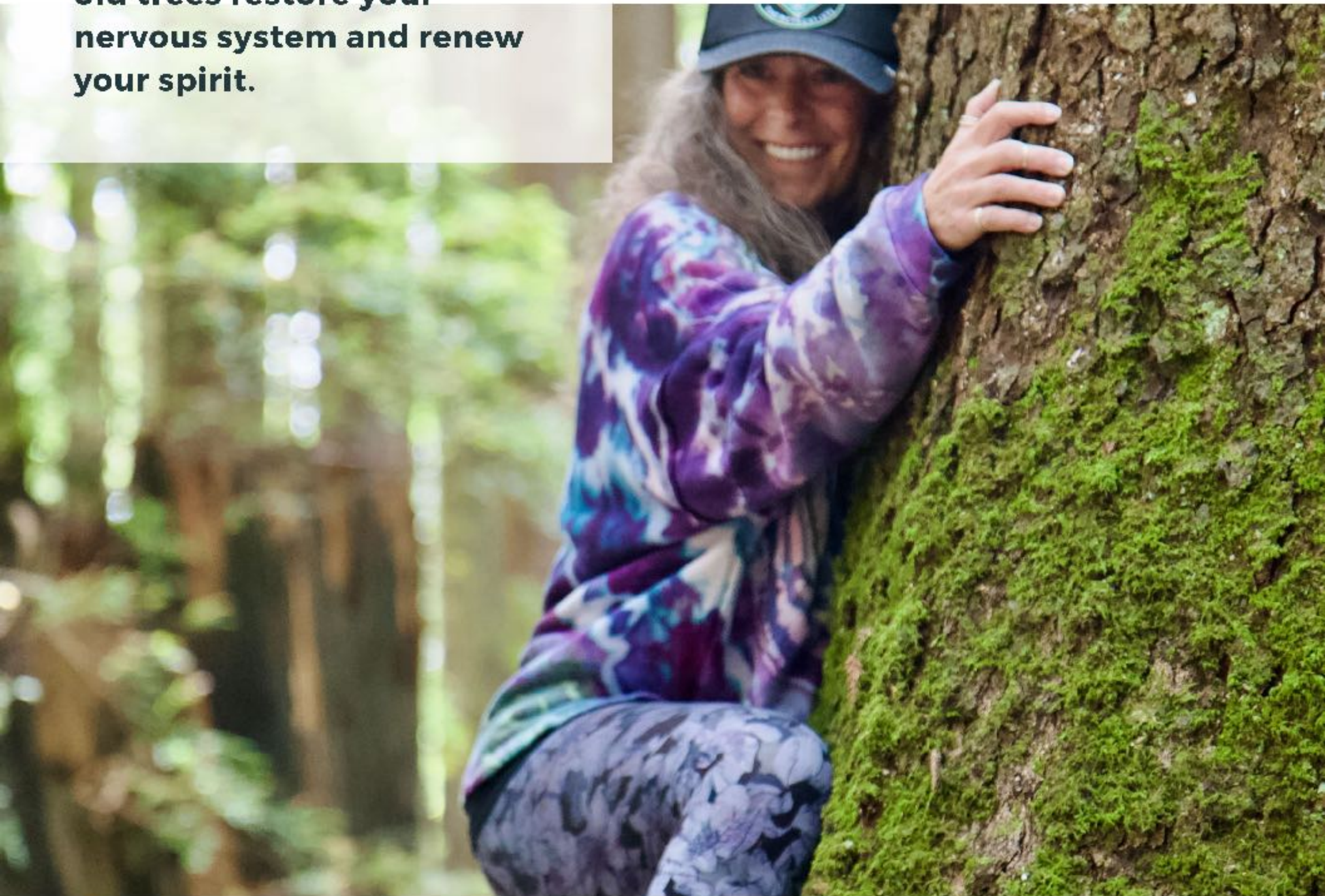
Mini RV Inside Sink



Soma Yoga
INSTITUTE

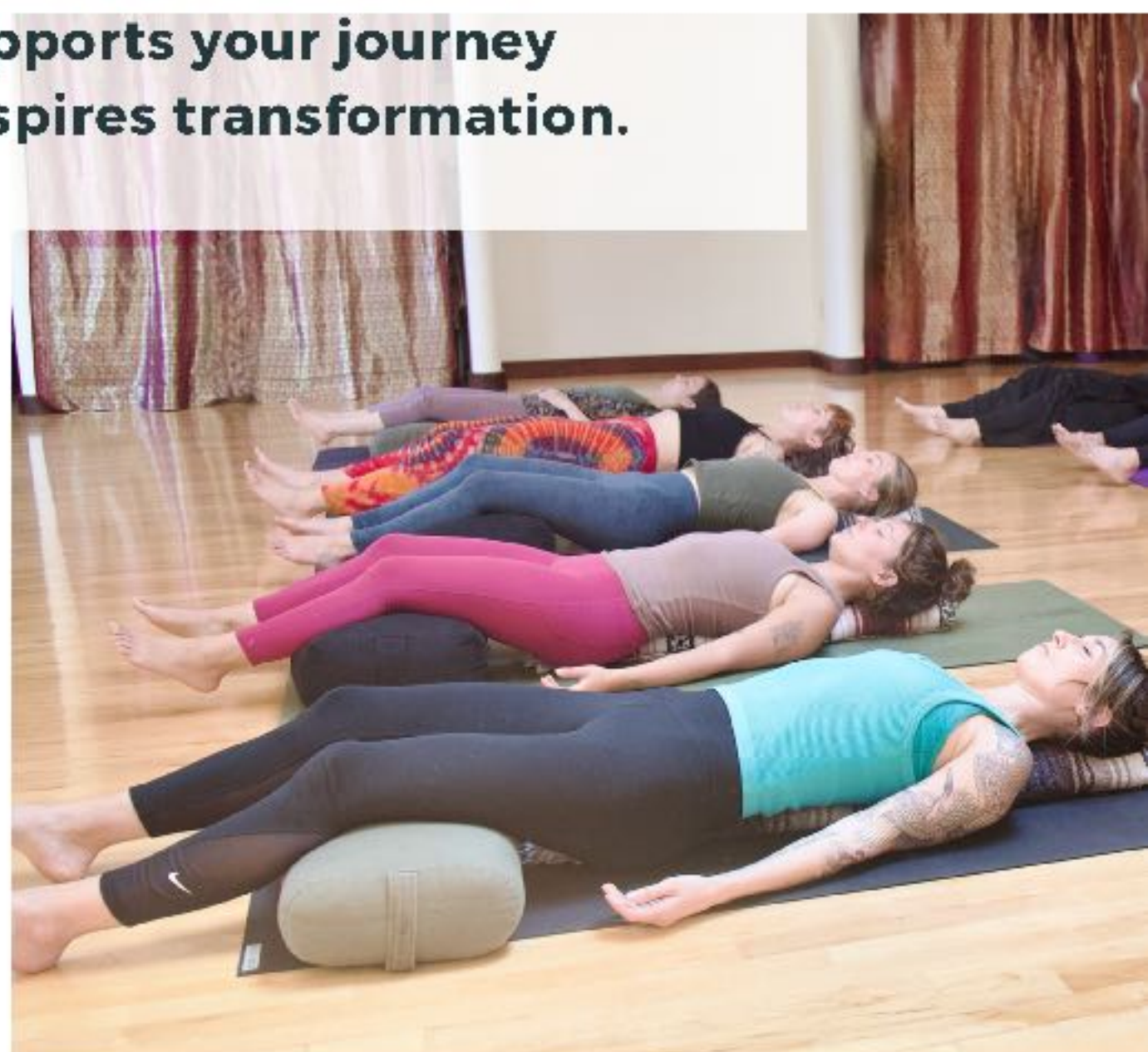


Just minutes away, ancient redwood groves invite you to experience forest bathing—where the scent of earth and the towering presence of thousand-year-old trees restore your nervous system and renew your spirit.





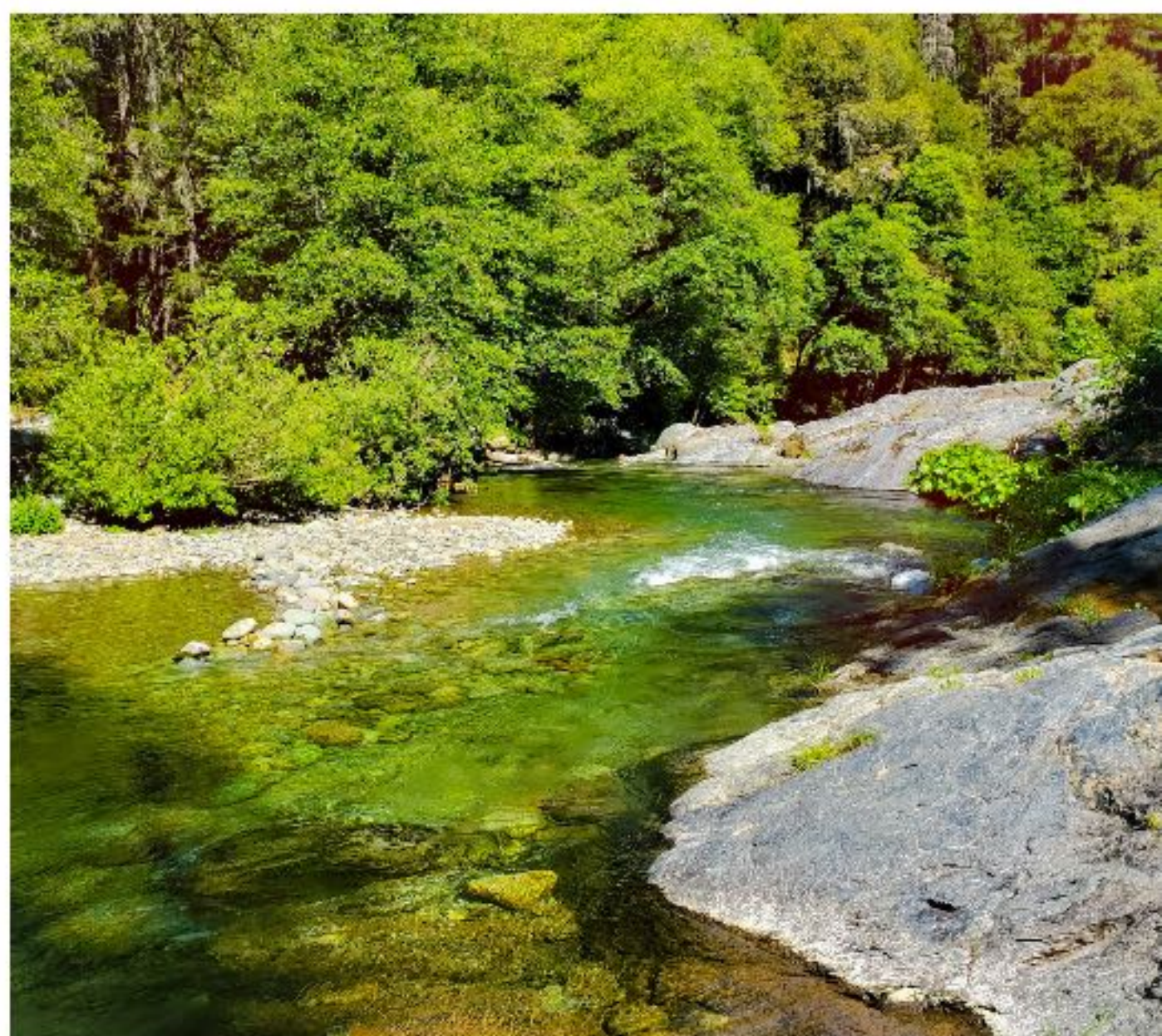
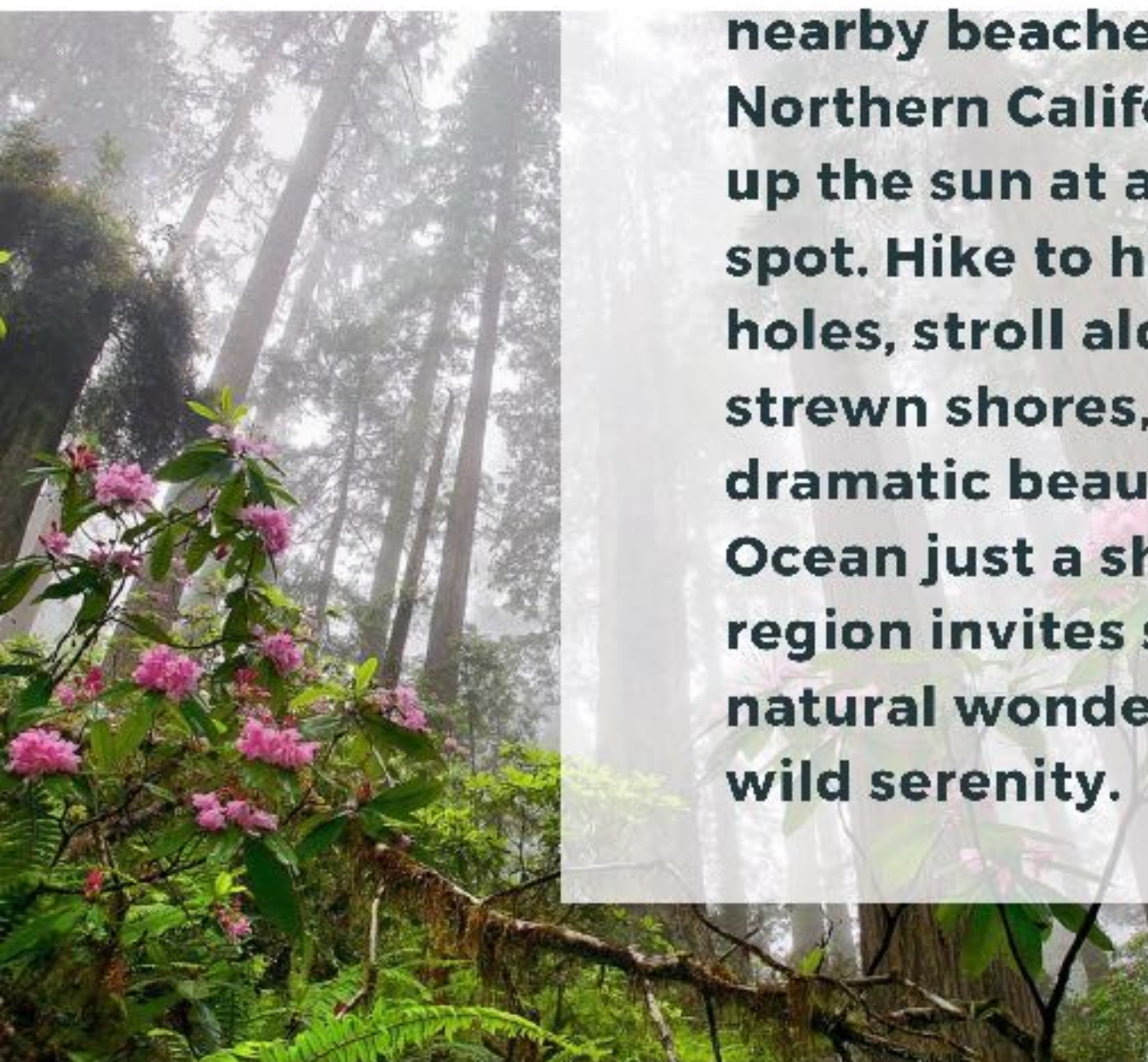
**The peaceful energy of Blue Lake
Yoga Shala supports your journey
inward and inspires transformation.**



Soma Yoga
INSTITUTE



On your day off, cool off with a swim in the Mad River, explore nearby beaches along the rugged Northern California coast, or soak up the sun at a peaceful riverside spot. Hike to hidden swimming holes, stroll along driftwood-strewn shores, or take in the dramatic beauty of the Pacific Ocean just a short drive away. This region invites slow exploration, natural wonder, and moments of wild serenity.





The sense of community and constant support is what I loved most. From the moment I arrived, my nerves eased—everyone was so welcoming. The days were beautifully organized with just the right balance of activity and rest. Teaching from day one built my confidence immediately. The Blue Lake property radiates loving and healing energy, and the dinner club added joy to the experience. I would absolutely recommend this training—and do it again in a heartbeat. - Julie



I loved it all—the structure of the program, the content, the people, the teachers, the location. Every piece of this experience has shifted my perspective on life itself. The grounds at Blue Lake are breathtaking, and the house felt like home thanks to Peggy and her family's warmth and kindness. I especially valued the challenge of self-study, which helped me re-examine my life choices with compassion. Yes, I'd absolutely do another training with Soma! - Chloe



This experience made the most positive and loving impact in my life. Learning alignment and ways to practice safely have exponentially improved my understanding of yoga and mindfulness and have smoothly transitioned into my personal practice. After this course my confidence is at an all time high. Liz and Peggy are the greatest Yoga duo ever!! So knowledgeable and loving! - Brandon



This training enriched every part of my life. I felt nurtured and cared for the entire time. Liz and Peggy are a peaceful, perfect teaching pair. Dinner Club was a highlight, and I wouldn't hesitate to stay at Peggy's house again. I will 100% be back and highly recommend this to anyone seeking a truly transformative experience. - Joanne



There are no words to express how much gratitude I have for Soma Yoga Institute. From day one, Liz and Peggy put all my fears to rest—Was I too old? Too out of practice? Too unsure?—they met every doubt with love, presence, and wisdom. This training changed my life on every level. I deepened my personal practice, gained confidence as a teacher, and finally understood alignment in my body. The rich history woven into every class touched me spiritually in ways I didn't expect. Liz and Peggy are the perfect balance—nurturing and wise. I will absolutely be back for more. - Michelle



I was worried that yoga teacher training might feel sterile or commercial, but Blue Lake was the opposite—cozy, intimate, and deeply authentic. The training greatly deepened my understanding of yoga as both a philosophy and a practice. The alignment work was a total game changer in my personal practice, and I now feel secure offering my students a safe experience. Yes, I would absolutely recommend this program—especially the Blue Lake location. _ Arianna



DIVERSE STUDENTS – SAFE, LOVING ENVIRONMENT FOR LEARNING

Our students have one thing in common - they all want to dive in deep into the study and practice of yoga. Other than that we are a pretty diverse group. The ages of our past students span from 18 to 70+ from many different countries. This diversity provides a rich learning environment for you to understand how to adapt the practices so ALL BODIES can do yoga. ALL WELCOME!





Transformation awaits, come join our next
Yoga Teacher Training at the beautiful, homey Blue Lake
Yoga Shala



SomaYoga
INSTITUTE