STRETCHTOGO

FOR YOGA STUDIOS

Host Stretchtogo

Assisted stretching, rooted in yoga.

Stretchtogo certification is built on yoga assists and a repeatable routine, taught by its founder, Heather Nichole. This page summarizes what students learn and what to expect.

WHAT STUDENTS LEARN

- Client management and professional guidelines
- Appointment preparation
- The Stretchtogo routine, taught by video
- Functional stretching and flexibility (required reading)
- Working as a Stretchtogo practitioner, and a final exam
- A live evaluation with a certified Stretchtogo professional

FORMAT

- Studied online at the student's own pace
- 12 weeks of access from enrollment
- Completed live, by video call or in person
- Recorded videos are not accepted for the evaluation

WHAT STRETCHTOGO IS

Stretchtogo is assisted stretching: a practitioner guides a fully clothed client through active and passive stretches. It is not massage, physical therapy, chiropractic care or any other medical care, and practitioners do not diagnose or treat any condition.

INSURANCE

Practitioners carry active professional liability insurance.

HOURS AND CATEGORIES

Continuing education hours and educational categories are confirmed on request.

THE INSTRUCTOR

Heather Nichole is the founder of Stretchtogo and creator of the Stretchtogo routine. She is an E-RYT 200 yoga teacher and YACEP, certified by NASM and ACE, with more than 5,100 teaching hours and experience working with professional athletes.

Send an inquiry: learnstretchtogo.com/host
Our team replies by email.

See the syllabus: learnstretchtogo.com/syllabus