

YOGA  **LONDON**

Teacher Training

Yoga Alliance Certified Training School

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A Training That Suits You:

YogaLondon runs Yoga Alliance Certified Yoga Teacher Training Programmes in the heart of London. Our courses are practical teacher trainings designed to both deepen your own practice, and make you a confident Yoga teacher.

What's in the course:

The course is comprised of intensive asana and meditation practice, journaling, study of set texts, anatomy and a thorough analysis of teaching methodology. For a full breakdown of the syllabus [click here](#). We at YogaLondon will share our expertise in the business of yoga too, teaching you about marketing, pricing, how to set up your own classes and how to approach studios and gyms.

For a full
breakdown of
the syllabus [click
here](#)

What we're not here to do:

We're not here to turn out cookie-cutter replicas of ourselves. Yoga is a personal practice and teaching should always come from your heart. We'll give you the knowledge on how to create both restorative and dynamic classes, how to modify yoga for different groups/abilities, and how to create a class that's both safe and fun. From there we'll support you in developing your own unique style.

A Practical Yoga Teacher Training That Fits Your Life

With different course formats to choose from you can find a training that suits you. Those who have full time jobs, families or other weekday commitments like our weekends only trainings (three months duration). If you prefer to spread out your learning, we also offer a one year programme that meets one weekend per month. You're not expected to wake up at the crack of dawn, nor to spend your evening in silent retreat; so you'll still be able to enjoy your coffee in the morning and be free to go out for dinner with friends on Saturday night. That said this is an intensive yoga teacher training, covering over 240 hours of learning. So be prepared to do home study and to practice yoga during your days off too.



Click here to apply for a place

Call: 07585 807 354



DOING YOGA:

Techniques - Theory and Practice

- Asanas - including Surya Namaskara (Sun Salutations A & B), standing, seated, and finishing asanas of the Ashtanga Primary Series
- Pranayama - The major yogic breathing techniques
- Bandhas - The art of yogic locks
- Kriyas - Yogic cleansing practices
- Sanskrit - Practical learning of basic Sanskrit terms
- Mantras & Chanting
- Meditation, Relaxation & Yoga Nidra



TEACHING YOGA:

Teaching Methodology

- Teaching Techniques
- How to give hands on Adjustments
- Principles of Demonstration
- Learning through Observation
- Assisting in yoga classes
- Teaching styles and the Ethics of Teaching
- Qualities of a teacher & methods of learning
- How to teach private classes
- How to sequence a Power Yoga Class
- How to sequence a Modified Ashtanga Class
- How to sequence a Restorative Class



KNOW THE BODY:

Anatomy & Physiology

- Physical Anatomy and Physiology - including muscles, bones, organs, bodily systems, etc.
- Energetic Anatomy - A study of the subtle bodies including Chakras, Nadis, Prana, etc.
- Application of Anatomy in Yoga - Benefits and contraindications, healthy movement patterns.

KNOW THE MIND:

Knowledge of the theory behind yoga

- Yoga History - The path of yoga from birth until today.
- Yoga Philosophy - Study of ancient texts including the Bhagavad Gita and Patanjali's Yoga Sutras.
- Yoga Lifestyle - Diet, lifestyle choices and creating the life you want.
- Your Philosophy - Developing a personal teaching philosophy

INTO THE WORLD:

The Business of Yoga

- Building your business - Tools of the trade
- Marketing yourself - The Ultimate tool
- Etiquette - Your responsibility in the classroom
- Get out there and Teach - How to set up your own classes and approach studios/gyms



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Training with a difference

Let me guess the scenario. You decided to look for a teacher training and so popped a search into Google. How many results popped up? Thousands. So how do you know which course is right for you? The truth is there are many great trainings out there, and you need to pick one that suits your style and needs. So what makes the YogaLondon Teacher Training different from others?

We want you to teach in your own style.

There are basic fundamentals that you just need to know: What's safe, how to structure things, what has been tried and tested and just works and what doesn't. But after that you can take it where you want. Yoga is inclusive. It accepts all people, all personalities and all abilities. The YogaLondon team will help you nurture your own authentic style and be flexible to the needs of others.

We don't just want you to have a great practice, we also want you to have a great career.

Being able to nail those advanced poses is all well and good, but a great teacher training will also teach you about the business of yoga. Whether you want to teach part-time on the weekend or take on a full-time career, we'll teach you the business tools you need to get you on your way.

As a graduate of the course you may be offered a place on the YogaLondon team.

We offer some graduates of the course have the chance to become part of the YogaLondon team. You'll have the chance to join a reputable London team and get experience on your CV.

The YogaLondon team will help you nurture your own authentic style and be flexible to the needs of others.



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In the Heart of London

Our Home:

Our training courses take place in a beautiful Tibetan Buddhist centre in Bermondsey, London. This newly refurbished building opened its doors in the summer 2010, and houses a shrine, two large yoga studios, a café and library.

A short walk away you'll find iconic London sites such as the Tower Bridge, the Tower of London and Borough Market. If you are coming in from out of town, ask us about affordable accommodation nearby.

The Yoga Studios Have:

- High ceilings
- Lots of natural light
- Bamboo floors
- Well heated and clean
- Zafus (meditation cushions for sitting)

Delicious food and drink

The café in the centre serves delicious vegetarian food, teas and coffee, served to you by the resident monks and nuns. There you shall also find a library and small shop. Perhaps best of all is the Shrine Room, available to the public as a retreat from the hustle and bustle of London life.



Job Opportunities

As a graduate the course you may be offered a place on the YogaLondon team. You'll have the chance to join a reputable London yoga network, teaching private and group classes and immediately get some experience on your CV.

The yoga market has been growing steadily and in the past few years we have seen an explosion of new yoga teachers hit the scene. With plenty of competition for work out there it's simply not enough to just have your training any more. Gyms, yoga studios and students are looking for teachers with experience on their CV and a Teacher Training that shows plenty of contact hours with experienced teachers.

At YogaLondon we understand this challenge and want to help our graduates on their first steps. Students of the course who show Commitment to learning, Enthusiasm, Great Time-keeping and Maturity in their practice may be invited to join our existing team.

[Click here](#)
to check dates
and times

Become part of the YogaLondon network.

Graduates of the YogaLondon trainings are already teaching all over the world! This community of fellow teachers is there to help develop ideas, take retreats together, and share classes with. You can take a look at photos and comments of graduates on our Facebook page. Click [Here](#) to See More!

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FAQs

How good at Yoga do I need to be to do the teacher training?

The YogaLondon training programme includes dynamic two-hour asana classes. We strongly recommend that applicants have one year of consistent asana practice and are comfortable with the vinyasa style. If you have a regular yoga practice you may be more ready than you think. We are looking for trainees with a solid foundation in the basic yoga postures. An advanced practitioner is not someone who can move into the most twisted pretzel poses, but someone who comes to the mat with a willingness to learn and an understanding of the limits of their own body.

How are the 200 hours covered on this course?

The YogaLondon Teacher Training is a comprehensive course in which you'll actually complete much more than the minimum required hours. The basic breakdown includes contact hours totaling 180 hrs (3 hrs Friday 8 hrs Saturday 8 hrs Sunday), class observations/assisting (10 hours), Home work/self study (50 hours), plus attendance at yoga classes/Self Practice.



What are the days like on the Teacher Training Course?

The course is intensive and we pack in a lot to our weekends. A typical day on the course would be:

9.00 -11.00am	Yoga Class
11.00-11.15am	Break (run to the toilet/grab a coffee)
11.15-13.00pm	Theory Class (e.g. anatomy/techniques theory)
13.00-14.00pm	Enjoy lunch
14.00-16.00pm	Theory Class (e.g. business of yoga/yogic lifestyle)
16.00-16.15pm	Break (time for a cup of tea and cake)
16.00-18.00pm	Teaching Methodology/Practice (e.g. practical approach to getting you teaching).

Do I automatically qualify as a yoga teacher by attending the course?

No, to qualify you are required to:

1. Attend 100% of the course.
2. Complete all written work: homework, class observations, written essays, theory exam paper.
3. Observe 5 classes externally and write up observations.
4. Assist in a yoga class on the training.
5. Complete a final practical exam, teaching a full one hour class before an examiner.

What if I miss a day?

100% attendance of the course is expected in order to become certified. In some circumstances private lessons may be scheduled with the course leader to cover missed classes, at an additional cost of £50 per hour.

What do I need to have in order to teach?

Most gyms and studios require yoga teachers to show their Teacher's Certificate and Liability Insurance. On successful completion of this course you will be awarded a YogaLondon Teacher's Certificate. You will then be eligible to get insurance cover. Many yoga studios also require their teachers to be registered with the Yoga Alliance, and showing the YA logo on your correspondence shows you're a teacher students can trust.

How do I register with Yoga Alliance?

Once you have your Teacher's Certificate you can become a Registered Yoga Teacher and have the letters RYT after your name. Yoga Alliance is a US based organization that was created to set standards for yoga teachers and yoga teacher trainings. With this certification you may teach worldwide.

To learn more visit the Yoga Alliance Website: <http://www.yogaalliance.org/Standards.html>

If you have a regular yoga practice you may be more ready than you think.

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The Details:

Location: Kagyu Samye Dzong London,
15 Spa Road,
London SE16 3SA
Nearest Tubes: Bermondsey/
London Bridge

Dates and times: Two course formats to choose from:
• 3-month weekends only
• 1-year programme
click [here](#) to check dates and times

What's included: Yoga Teacher Training Manual,
all tuition fees, final exam, and
YogaLondon Teacher's Certificate

What's not included: Set texts for the course
Insurance Cover &
Yoga Alliance Membership

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