yogahome

200H YOGA TEACHER TRAINING

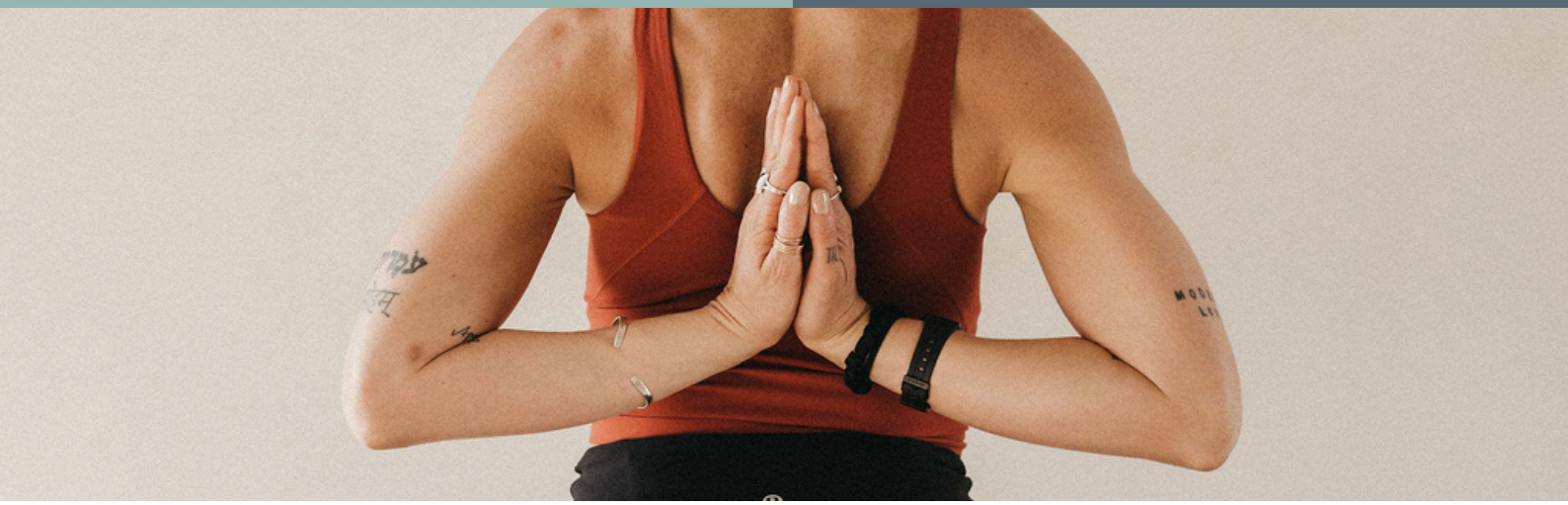
SEPTEMBER 2027 - JUNE 2028

ABOUT OUR COURSE

We are delighted to launch Yogahome's first 200-hour Yoga Teacher Training course. This is the culmination of decades of serving the yoga community, working with dozens of teachers and developing a deep understanding of what it takes to be an exceptional yoga teacher. If you have practised at Yogahome, you know that we stand for:

- Outstanding quality of teaching
- Inclusivity
- Diversity of techniques and styles

Rooted in these values, participants will qualify being able to deliver authentic, high quality, well informed, safe and ultimately transformative flow classes.



Taught primarily in person over 10 months, including a 3-day immersive residential retreat near London, this is a comprehensive and thorough training. Industry-facing, highly practical and hands-on, this training will support trainees to enter the world of teaching yoga with confidence, ease and a solid knowledge base. It is steeped in yoga philosophy but is designed to accommodate the needs and expectations of the contemporary yoga practitioner.

Led by two Senior Yoga Teachers who have been teaching at Yogahome for well over a decade: Isabell Britsch and Shira Hess, the training also features a number of other Yogahome teachers. This wide range of styles and approaches is one of the unique aspects of this training, and will significantly enhance participants' experience, resulting in an extensive range of modalities available for graduates. The course will be accredited through Yoga Alliance Professionals.



COURSE DATES & DETAILS

Welcome Evening and Residential Retreat at Sevenos

9 September 2027
10, 11, 12 September 2027

Sessions at Yogahome

BH Monday 9:30pm - 5:30pm
Thursday 6:30pm - 8:30pm
Friday 5:00pm - 8:30pm
Saturday & Sunday 9:30am-5:30pm

- 8-10 October 2027
- 12-14 November 2027
- 10-12 December 2027
- 7-9 January 2028
- 4-6 February 2028
- 3-5 March 2028
- 31 March - 2 April 2028
- 29 April - 1 May 2028
- 9-11 June 2028





Course Work

In addition to taking part in 9 weekends, retreat and the online session, you will also be required to dedicate around 10 hours each month between weekends for practice, reading and practising teaching.

ASSESSMENT

- Attendance of all training weekends and retreat
- Completion of 10 hours of teaching during the duration of the training
- Completion of 50 hours of practice
- 5 classes observation and completion of short reflection reports
- Book reading and reflections papers
- 1 written exam anatomy and physiology
- 1 practical exam
- Practice diary across disciplines
- Submitting two class plans
- Quizzes after each weekend marked by trainer



OUR APPROACH

Broad & Comprehensive

This carefully curated training is unique in that even at a 200-hour level it offers participants experience in a broad range of disciplines.

Complementing the training's sequencing, teaching skills, asana labs and anatomy and physiology modules, trainees will qualify having also a solid and extensive knowledge base in a wide range of additional modalities.

Applicable in a variety of contexts, these resources will benefit people practising at all levels of yoga experience, thereby increasing the range of opportunities available for our trainees when they qualify.

Bringing together a range of Yogahome teachers who are specialists in their field, trainees will learn how to incorporate into their classes: meditation, sound, pranayama and breathwork, and restorative yoga, amongst other modalities. This will give them the edge and enrich and elevate their offerings.

Traditional & Contemporary

Honouring and drawing on ancient yogic texts and philosophy is an essential part of this training. Our philosophy and history modules include an overview of texts such as Yoga Sutras of Patanjali, Bhagavad Gita and non-dual Saiva Tantra sources. We believe that even just an overview knowledge of these texts will offer trainees a deeper understanding of yoga and will in turn enhance the physical practice, coherence and authenticity of the classes they will be able to offer.

Of equal importance are contemporary evidence-based and science-based approaches to postural yoga and meditation. Both ancient and contemporary sources support our approach that respects the spiritual roots of yoga as a meditative practice of self realisation, but puts the modern practitioner at its heart. So new research into anatomy and using fitness and mobility techniques will strongly feature in our training to ensure that trainees are aware of the industry at large and meet the expectations of modern yoga practitioners, many of whom are likely to also partake in a range of other sports and fitness activities.

Authentic

What runs through the training and all the modules is offering the tools and supporting trainees to develop their own authentic voice and teaching style.

We know that this takes time and that the style will evolve over time and experience of teaching. But this training is practical and hands-on. Trainees will have time to teach each other during our weekends and get immediate feedback from the lead teachers, as well as required to teach 15 external classes (outside of the training weekends).

We are certain this will give trainees a solid base and a real taste of their specific approach.

Non Dogmatic

The broad curriculum and range of teachers shore up a non-dogmatic approach, which is flexible and people-centred that does not rigidly adheres to one school of yoga teaching and dismisses others. Trainees can expect new science and evidence-based studies feeding into our asana labs, experiential anatomy and trauma-informed modules, which underpin our approach to alignment and to leading a class.

Based on recent research, trainees will learn to create inclusive classes through their verbal cues and overall attitude in response to the multitude of bodies and abilities out there. We believe this emphasis will ensure their classes appeal to a wide range of people and incorporate the rich and varied styles of teaching yoga whilst remaining coherent.

Vinyasa

The training is rooted in a Vinyasa Flow tradition, which emphasises dynamic, breath-led movement, and a continuous flow of poses. Classes follow a general structure, but there is no set sequence and Vinyasa classes can be adapted to different levels and contexts.

This flexibility is one of the system's main advantages. Whilst our sequencing modules in particular will follow this tradition, the training will draw on a wide range of styles and sources, and is open to everyone from any yoga background.

Our intention is for our trainees to be well-versed in the building blocks of a yoga class and confident in teaching a range of breath-led styles. They will be able to draw on a wide range of sources for inspiration and weave them into a safe and coherent structure.



WHO IS THIS TRAINING FOR?

This training is for you if you are passionate about sharing the benefits of the practice that you experience and are keen to add yoga teaching to your career path. There is no need to want to change your whole career! The course is for you even if you don't think at this stage that you would want to teach.

You might want to:

- deepen your practice and experience of yoga
- learn more about the poses, anatomy, sequencing and hands-on-assists
- learn more about the roots of yoga and its philosophy
- personal development

What you will receive

In addition to a course manual with details of the material covered in sessions, trainees will receive a curated reading list as well as a variety of links to online resources and articles to expand their knowledge and help navigate the extensive labyrinth of information out there.

This will be an invaluable companion throughout the training and beyond.



WHY TRAIN WITH US

There are many courses out there.
Here is what we believe makes this training is special:

- **Small groups** and personal attention
- **Led by two Senior Yoga Teachers** with a combined teaching experience of over 30 years
- **Non dogmatic** approach
- **Opportunity to teach** community classes at Yogahome during your training
- **Opportunity to assist** our teachers
- **Range of methodologies and approaches** to teaching yoga from a range of experienced teachers
- **Extensive teaching tool-box** including: using sound, meditation, pranayama and modern breathwork, restorative yoga and yin, integrating pre-and post- natal and introduction to Ayurveda
- **This variety of tools will enrich your classes and give you the edge, should you choose to teach**
- **Immersive 3-day retreat** included to deepen your experience
- **25% discount on Yogahome membership** during your training
- **Grounded in inclusivity,** you will learn to teach different people and a range of bodies, tailoring language and modifications to everyone
- **Be fully supported to develop your own authentic voice,** rooted in well-informed teaching skills

TEACHING TEAM



ISABELL BRITSCH - LEAD TEACHER

Isabell has been teaching yoga, mindfulness and meditation at a senior level since 2009. She has been involved in training yoga and meditation teachers since 2017.

Her flowing vinyasa yoga classes explore ever changing, imaginative, challenging and fun sequences. They are set in a welcoming and inclusive space weaving in yoga philosophy and pranayama. Connection to the breath, attention to alignment, and encouragement to develop clarity and awareness off the mat are integral to her teaching.

Isabell's meditation and mindfulness classes emphasise a deepening self awareness and understanding of our internal psychology – our patterns of behaviour and how they influence our lives.

SHIRA HESS - LEAD TEACHER

Trained with Claire Missingham in 2012, Shira has been teaching for over a decade. Her classes offer carefully designed and creative sequences, rooted in, and inspired by yogic philosophy. Nourishing hands-on assists are a vital part of her classes and support practitioners to access deeper forms of each poses.

She qualified as a sound healing practitioner with Leo Cosendai in 2021 and has been holding regular sound baths since then. She also ran Yogahome's last CPD programme for yoga teachers in 2023, including short courses on hands-on-assists and sequencing.

What guides Shira as a teacher, and as an eternal student is the experience of yoga as tool for self-reliance, courage and profound awareness.



SCARLETT PERDEREAU -Experiential anatomy and pre/post natal

VALERIA LUZZI - Anatomy & physiology

FLORENTINA LAM-CLARK - Intro to Ayurveda; restorative and yin yoga

FRANCESCO MAZZETTI - Inversion asana lab

ASHLEY JONES - Kriyas and modern breathwork

ZO RAHM - Using music in class

ALICE TROW - Business of yoga



COURSE SYLLABUS

ASANA LABS, PRACTICE & HANDS ON ASSISTS:

Covering all grouping of poses, this practical modules will include:

- Standing poses
- Balances
- Sun salutation
- Forward folds
- Twists & side stretches
- Arm balances & inversions
- Back bends

TEACHING METHODOLOGIES & SKILLS:

- Sequencing, class planning, using themes
- Use of language, pace and volume, alignment cues and options
- Using your voice, class management, teaching etiquette
- Mirroring, demoing, moving around the room, online teaching
- Adaptations and modifications for inclusive and trauma-sensitive teaching
- Boundaries + self care
- diversity, cultural appropriation, abuse of power in the yoga world.

EXPANDING TEACHING MODALITIES

- Using sound and using your voice
- Restorative and yin yoga
- Introduction to Ayurveda and how to incorporate in class
- Introduction to mediation techniques
- Pranayama, modern breath techniques and introduction to Kundalini Kriyas
- Pre and post natal yoga in a regular class

YOGA PHILOSOPHY AND INTRO TO SANSKRIT

- Yoga history - incl. the roots of yoga + Yoga history + an introduction to Sanskrit
- Patanjali's yoga sutra and the early yogic teachings: Upanishads, Hatha Yoga Pradipika, and Nada yoga
- Introduction to Bhagavad Gita
- Introduction to Non Dual Saiva Tantra
- Yoga in the modern world, the roots of vinyasa
- The subtle body: Prana vayus, Panchamaya kosha, the seven chakras system

EXPERIENTIAL ANATOMY AND PHYSIOLOGY

Making this module as practical as possible, sessions will focus on anatomy and physiology as pertinent to yoga poses and how to safely cue and teach them. This will include both a theoretical overview of the physiological systems of the human body as well as practical applications. A major component will be addressing and accommodating common injuries.

BUSINESS OF YOGA

- Earning a living from teaching yoga
- How to approach yoga studios you wish to teach at
- Social media & online presence
- Host your own retreat



LEARNING OBJECTIVES

1.PERSONAL DEVELOPMENT

- Maintain a regular personal yoga practice.
- Maintain a personal diary of regular yoga practices
- Participate in regular public classes.

2.UNDERSTANDING THE CONTEXT

- Define and explain what yoga is (and is not).
- Understand and be able to explain the historical background and philosophy of yoga including the subtle anatomy of yoga.
- Understand the modern context of yoga.
- Understand diversity, the cultural context of modern yoga, abuse of power in the yoga world.

3.THE EFFECTS OF YOGA ON HEALTH & WELLBEING

- Understand and be able to explain the purpose, benefits and contraindications of yoga.
- Learn and understand how to modify and adapt practice for common injuries.
- Understand anatomy and physiology as applied to teaching yoga.
- Understand the basics of Ayurveda.

4.UNDERSTANDING & TEACHING VINYASA YOGA

- Understand and teach the setup, alignment principles, purpose, benefits and contraindications of a large range of yoga poses.
- Understand how yoga poses can be linked together for specific physiological or energetic effects.
- Understand the process and structure of sequencing and planning a class
- Adapting class plans for different levels of students and lengths of class.

5.TEACHING SKILLS

- Understand use of language and using your voice when teaching.
- Understand how to manage a class.
- Understand how to work with themes in a class.
- Understand the importance of self care and boundaries.

6.DEEPER SKILLS OF TEACHING

- Develop a regular breathwork and meditation practice
- Teach in an inclusive, trauma-sensitive way accessible to all bodies and people
- Understand how to individually assist common postures through language, gestures and hands-on adjustments.
- Learn to use sound as part of teaching a yoga class.
- Learn how to integrate pregnant students into general classes
- Get an overview of restorative yoga as a balance to the dynamic form of vinyasa yoga.



7.THE BUSINESS OF TEACHING YOGA

- Understand how to make a living as a yoga teacher.
- Resources for further practice and teaching.

FEES & HOW TO APPLY

COURSE FEES

The course is £3,400.

To secure your place after successful application, we require a non-refundable deposit of £600.

You have the option to pay in 7 instalments of £400 after the initial deposit.





WHAT'S INCLUDED?

The course fees include:

- Group tuition
- Individual and group mentoring
- Course manual
- Handouts
- Assessments
- Certificate
- 25% discount on Yogahome Studio Membership
- Residential 3-days retreat at Sevenoaks

HOW TO APPLY

- A minimum of 2 years' consistent yoga practice is required for application.
- Applicants must be over 18.
- In order to receive the application form please contact training@yogahome.com with your expression of interest
- Including whether you will apply for a bursary

ANY QUESTIONS?

We will be offering a FREE Q&A session on 19 February 2027 at 6:30pm.
This is a chance for us to get to know each other, and for you to ask any questions you might have.

Reserve your FREE place on the Q&A via **training@yogahome.com**

We look forward to this opportunity to connect and hope that you can join us.