

ONLINE TEACHER TRAINING PROSPECTUS



WHY choose yogahaven ONLINE?

Now you can learn to be a yoga teacher from the comfort of your own home, and at your own pace with YHTT ONLINE! A fully interactive, fun and engaging format, with professionally filmed video footage and lectures that you can play, pause, rewind and repeat as you please!

The yogahaven teacher training is all about enriching your life, whilst offering you convenience and community via cutting-edge technology.

Since 2006, yogahaven has been training exceptional yoga teachers with its unique brand of versatile tutoring. Literally 1000's of yogis have perfected the art of showing the world how to chaturanga, under the watchful eye of Allie Hill and her team, and we're proud to have set the standards for yoga teacher training worldwide.

We are so proud of our alumni that years on, some of them are now yogahaven tutors themselves. Their kind, nurturing and non-(downward) dogmatic approach is what sets yogahaven Teacher Training apart, and wherever they go in the world, they leave a group of big-hearted yogis just about ready to burst with their newfound knowledge and inspiration.

Wherever you choose to roam once you've completed the yogahaven online 200-hour course, you'll be qualified to teach yoga, with your internationally recognised certification – just make sure you send us lots of pics and make us jealous!

The benefits of learning ONLINE – enjoy exactly the same content as our in-person courses but...

- It's flexible! If you have other unshifting commitments, no problem - you can make this work
 - Go at your own pace, repeat the modules you want to spend more time on, whizz through the ones you're confident with. Watch and replay as much as you want!
 - No travelling - save time, money and the environment by staying put and learning interactively from wherever you're based
 - From the comfort of your own living room, or the comfort of a tropical beach (just don't drop your laptop in the sea!)
- Enjoy being part of an online community with fellow student teachers from all over the world • Practice teaching live and get real-time feedback from your tutors.
- Yoga Alliance accredited

Here is some more about the 200-hour CURRICULUM:

The course will provide structure as we move through the material but there's freedom to jump ahead, slow down or (literally) pause and rewind.

We encourage you to complete the course within 3 months and this is plenty of time to digest and assimilate the content. Breaking it down into 5 areas, you can expect the following...

Breaking it down into 6 areas, you can expect the following...

TECHNIQUES, TRAINING AND PRACTICE

- Asana - Learning to modify and understand Poses
- Pranayama - Breathing techniques
- Bandhas - Body locks
- Kriyas - Yogic cleansing practices
- Sanskrit - Practical learning of Sanskrit terms
- Mantras and Chanting
- Meditation and Yoga Nidra
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TEACHING METHODOLOGY / TEACHING TECHNIQUES

- Principles of Demonstration
- How to give hands-on Assists
- Ethics of Teaching
- Qualities of an inspirational yoga teacher
- The Art of Sequencing
- Sequencing for a Gentle Hatha Yoga Class
- Sequencing for a Vinyasa Flow Class

ANATOMY AND PHYSIOLOGY

- Functional Anatomy and Physiology
- Functional Movement and Movement Patterns
- Benefits of postures
- Contraindications of postures for injuries and • Modifications of postures for different body types.
- The Subtle Body, including the Koshas, Chakras, Nadis and Prana Vayus

YOGA PHILOSOPHY, LIFESTYLE AND ETHICS FOR YOGA TEACHERS

- The History of Yoga
- Study and Review the classical texts - The Yoga Sutras of Patanjali, Bhagavad Gita

- Learning the then ancient language of Sanskrit • Modern applications of a yogic lifestyle • Ethics for a yoga teacher.
- Understanding teacher/student relationships
- Ayurveda lifestyle and principles
- Life planning and journaling (creating the life you want through yoga)

TEACHING PRACTICE

- Teaching skills and practice
- Voice-work
- Performance coaching
- Learning through observation
- Assisting

Study Time

Fun, interactive homework

Assigned weekly study groups to help you stay on task!

Monthly live Q+A sessions with recap on content (via Zoom)

Live teaching practise and feedback from your tutors (via Zoom)

Comprehensive course manual, plus suggested and essential reading

If life gets in the way and you need to take some more time, we allow you 12 months to complete the course and receive your certificate.

WHAT will you teach after graduating?

As well as teaching you set sequences on the course, we'll teach you HOW to sequence on your own, and we'll also teach you how to correctly and safely assist your students.

In the competitive world of teaching yoga, imagination and versatility are key, so that's what we want you to take away. On completion of your yogahaven training you can be a dynamic Vinyasa Flow teacher, or you can teach a gentle Hatha.

You'll pick up some skills that will help you in all aspects of your life – confidence, observation, journaling. Even if you decide never to teach a yoga class, you will bound out of the training and back into your life with a glistening, rosy outlook and a shiny-new, updated CV.

Our graduates have opened their own studios, become brand ambassadors, direct their own yoga teacher training companies and have disappeared off in various directions around the world to spread their wings.

LETTERS after your name?

You'll be an RYT (Registered Yoga Teacher) on successful completion of the 200-hour course with yogahaven, and be accredited as an international 200 hour yoga teacher – an impressive and fancy accolade, and one that you can be extremely proud of.

We're also Yoga Alliance accredited. You can benefit from discounted teaching insurance (which you will need, if you want to teach) through yogahaven, and we can even arrange trainee yoga teacher insurance for you.

On that note – practise. Strike while the iron is hot, and get into teaching in any way possible ASAP once you're qualified. Teach anyone that will sit still long enough for you to assist them – friends, siblings, colleagues, your cat.

Ask Allie about Karma Yoga classes too; these run at some of her studios and online too, and they're a great way both to give back to the community, and to get in front of a group of strangers for the first time.

MENTORING

Once the formal training ends, you're not on your own. The yogahaven community is a giant, cosy, dysfunctional family – welcome. You might find that mentoring sessions are a good way to get your yoga teaching career off the ground.

Everyone is different, so for some people, these sessions are about gaining confidence in the classroom; some benefit from practicing assists in their mentor's classes, and some might need some general guidance on the practicalities and nuances of carving their career as a yoga teacher. Our mentoring program is 12 weeks long, and with a senior teacher of your choice.

Yogi ROOTS

yogahaven strives to stay close to yogic principles and to practice yoga off the mat as well as on it. We love our planet, we love our community, we love our oceans, and we love and respect all the living beings that we share the earth with.

What do our graduates THINK?

“...I never imagined that I would have the skills and confidence to teach a yoga class, but now I teach 3 times a week and it’s been life-changing, I have never ever regretted learning with YH.”

“There’s something magical that happens when you do a yogahaven course, I can’t quite put my finger on it, but everyone should do a yoga teacher training.”

“...I don’t teach professionally but I have found that I enjoy practising so much more know that I have the depth of knowledge, the course enriched me as a person and I spend all my time telling everyone how great it’s been!”

Want to know MORE?

If you’d like to get in touch to ask us something specific (or maybe you’d just like to know what we’re currently binge watching on Netflix) please send an email to allie@teachingyoga.co.uk.

You can apply for the YHTT ONLINE course at teachingyoga.co.uk



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