



yogahaven

200HR TEACHER TRAINING

since 2003



yogahaven

ONLINE 200hr

Flexible
Affordable
Professionally Produced



why yogahaven?

2007

After opening our studio doors in 2003, we have been delivering teacher training in the UK and worldwide since 2007. Our influence in this space is something we are extremely proud of. Having contributed to the standards and expectations set on teacher training, our standards are high. We continuously evolve our curriculum to blend years of experience with the ever-evolving space we operate.

15
years

Our minds are unique and that's something we celebrate. With over 45 teacher trainings under our belt, we bring a level of experience that you won't find elsewhere. We've learnt what works (and what doesn't), in order to create an environment that promotes growth and inclusivity for all. Allie and her team nurture their alumni beyond Asana and into thoughtful, powerful, and aware teachers of yoga.

1300

It's likely you've attended a class in London by yogahaven alumni given there are over 1300 of them! Their impact has extended beyond the mat with many going on to set up successful businesses that you may have heard of, from HotPod, Level6, and yoga rise all the way to Adelaide TT and Yoga Corner in Melbourne. To say we are proud of our alumni would be an understatement!



**We respect our roots,
We protect our planet,
We care for all living beings.**

**At yogahaven we strive to stay close
to yogic principles, practicing yoga off
the mat as well as on the mat.**

Why yogahaven ONLINE TT?

Learn to be a yoga teacher from the comfort of your own home and at your own pace! Fun and engaging, professionally filmed video footage and lectures that you can play, pause, rewind and repeat as you please! Live mentoring sessions and regular teaching feedback.

The yogahaven Teacher Training is all about enriching your life, whilst offering you convenience via cutting edge technology.

Enjoy the benefits of flexible learning; being in your own surroundings or doing the course remotely, no time or money spent on travel and accommodation, work it completely around your other commitments.

Yoga Alliance accredited.

Structure, Syllabus and Time Frame

We encourage you to complete the course within three months as this is plenty of time to digest and assimilate the content. However if life gets in the way and you need some more time, we allow you twelve months to complete it.

Breaking it down into five areas you can expect the following:

Techniques, Training and Practice

- Learning to understand and modify poses/Asana
- Pranayama/Breathing techniques
- Bandhas/Body locks
- Kriyas/Yogic cleansing practices
- Practical learning of Sanskrit terms
- Mantras and chanting
- Meditation and Yoga Nidra

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
- The Business of Yoga and how to market yourself

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 and Lifestyle

- The History of Yoga
- Learning the ancient language of Sanskrit
- Study and Review of classical texts: The Yoga Sutras of Patanjali and the Bhagavad Gita.
- Modern applications of a yogic lifestyle
- Understanding teacher/student relationships
- Ayurvedic lifestyle and principles
- Life planning and journalling – creating the life you want through yoga.

Teaching Practice

- Skills, practice and feedback
- Voice–work
- Performance Coaching
- Learning through Observation
- Assisting

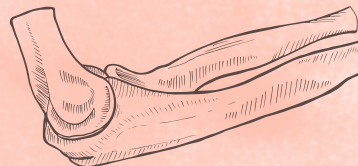
ANATOMY

There is a separate login for the Anatomy Course and you will have sixteen weeks to complete it. It is roughly 20hrs.

This online yoga anatomy course was designed with 200hr students in mind. Anatomy and physiology is an area that often feels daunting for students and can appear like an onslaught of new information.

By doing the course online, you can pause, rewind, revise, manage the hours within your schedule, and test your knowledge as you go along by using the in-course quizzes.

You will be asked to think about different concepts and apply some of your knowledge with simple exercises, before taking the final quiz right at the end. All the slides can be downloaded as you conclude each section. The information in this course is relevant for any trainee hoping to insert themselves into yoga as a contemporary practice, giving you the tools to feel empowered as you step into the studio to teach.



How will you be assessed?

Once enrolled you will be assigned a Senior yogahaven Trainer as your contact to help keep you accountable, and motivate you to stay on task.

You'll also be introduced to a Technical Advisor who will help you with any issues you may encounter on the platform.

You will be asked to submit video footage of your teaching at certain times during the course which you will get feedback on from your senior yogahaven Trainer.

You will have two live Zoom Mentoring one to one sessions with a Senior member of the yogahaven Teaching Team. They will give you feedback on your teaching, and give you the opportunity to get answers to any questions you may have so that you don't feel alone.

What will you teach after graduating?

As well as learning how to teach the unique yogahaven TT set sequence, you will be taught HOW to sequence on your own, and how to safely assist your students.

In the competitive world of teaching yoga, imagination and versatility are key. On completion of the yogahaven Online TT you will be able to teach a dynamic Vinyasa class or a Gentle Hatha.

You'll pick up skills that will help you in all aspects of your life e.g confidence, self-observation and journalling. Even if you never decide to teach a yoga class you will emerge from the training with a new outlook and a shiny, updated CV.

What will you be able to do with your qualification?

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

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

If you intend on teaching yoga after the course strike while the iron is hot and get into teaching in any way possible ASAP once you're qualified. Teach anyone who will sit still long enough for you to assist them: friends, siblings, colleagues etc.

Further 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 practising assists in their mentor's classes, and some might need some general guidance on the practicalities and nuances of carving out a career as a yoga teacher.

Want to know more? Ask us for more info once you've graduated.

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 three times a week and it's been life-changing. I have never, ever regretted learning with yogahaven".

"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 knowing that I have this new depth of knowledge. The course enriched me as a person, and I spend all my time telling everyone how great it was!"

Meet Your Tutors

Allie Hill

An early adopter in the yoga industry, Allie opened yogahaven almost two decades ago and has since taught thousands upon thousands of students, including bringing yoga to Premier League football clubs Aston Villa and Tottenham Hotspur.

Having opened one of the UK's first yoga teacher training schools, Allie has been passionately evolving her trainings for 15 years, and to this day remains rooted in the yogic and buddhist principles she first fell in love with.

She works as a consultant to other new studio owners and has a laid back approach to business, and life. Though she is a petite-sized person, her heart and ambition are super-sized.

The first yogahaven studio was opened in Brighton in 2003. In just over a decade an amazing family of six yoga studios across the UK grew with a wonderful, vibrant yoga community surrounding it due to Allie's down to earth, fun and encouraging nature.

An entrepreneur, environmental and spiritual activist, a Mother to her son Ziggy and beloved rescue Dog dexter, she stays true to her yogi roots helping raise awareness of vegetarianism, animal charities and environmental issues through yoga and special community events and fundraisers

Her list of personal teaching accreditations is impressive, knowing that the best teachers continue to be students themselves. Originally training in Bikram in 2001, Allie has since trained in Jivamukti Yoga and other styles along the way, She is a certified Ante-natal teacher and has completed a foundation course in Yoga Therapy with the Bio-medical Trust in London.



A portrait of Krystal Nash, a woman with long brown hair and bangs, wearing a white short-sleeved button-down shirt. She is standing with her arms crossed against a light green background.

Krystal Nash

Krystal fell in love with yoga from the first class she went to as a teenager. This love took her to India to learn more, but instead of yoga she found herself studying Ayurveda in Kerala. With a passion for complementary medicine and plants, Krystal came home and gained a scholarship to study Western Herbal Medicine at University in London.

A few years later, her close friend (Allie!) didn't need to do much to convince her to join the yogahaven teacher training in Morocco and from there, they went on to open yogahaven in London together.

Krystal has an appreciation of all yoga and has gone on to do teacher trainings in Pregnancy yoga and Ashtanga.

Krystal is passionate about sharing her knowledge on the teacher training, touching on big subjects such as Ayurveda and The Chakras, it's her aim to encourage people to explore and think about things in a different way. She loves being around aspiring teachers. finding it rewarding, at times humbling and most of all enlivening.

Elodie Frati

After moving to the UK from her native France to train as a contemporary dancer at the Northern School of Contemporary Dance, Elodie discovered yoga as a way of staying injury free whilst developing deep strength. It is only later that she fell in love with the wider world of yoga, in all its variety, adaptability, physicality and spirituality. Elodie decided to make the full leap in 2013, going on her first yoga teacher training and running with it.

Elodie is sometimes described as "the smiling assassin". Her classes are about working hard whilst having fun! Her aim is to help students cultivate respect and awareness of the body and mind, whether in the most dynamic or restorative styles. Elodie teaches with a strong emphasis on the physical, helping students to develop an expressive, strong and flexible body: use it, or you will lose it!

Over time, her love of yoga in all its versatility has become the prime focus of her teachings so that students can embody their most powerful self by combining work on the physical body, the breath and the mind. Her knowledge of multiple disciplines layers into class so that intelligent movement can be the prime focus every time (with a good dose of self-belief!).

She has been lucky to have trained with some of the most wonderful mentors and teachers to which she offers up her gratitude: Allie Hill and Toni Roberts, Joy Kunkanit and Ricardo Martin, Uma Dinsmore-Tuli and Nirlipta Tuli, Sharon Gannon and David Life, Jason Crandell and David Kyle to name a few.

Elodie's passion for the moving body has taken her one step further, to the University College of Osteopathy of which she has been a student since September 2017. She is also a UKAD anti doping advisor and qualified Sports Massage Therapist.





Amy McDonald

Mentor, Yoga Teacher, Teacher Trainer, Retreat & Event Planner, a Yogipreneur and Founder of Evolution Lab Yoga Teacher Academy, but most of all, Amy has a passion for sharing these beautiful teachings of YOGA with as many people as possible. Doing this in a way that helps them live life to the fullest, while trying to make the world a bit brighter on the way.

Evolution Lab has been created from Amys own experience as a new teacher... knowing what it is to have imposter syndrome, lacking confidence in what she had to offer. She spent alot of her early years teaching, feeling unsupported in teaching, her offerings, her business and in what to do next once out of training. It took her a lot of time, hard work, different trainings and mentors, alot of mistakes made and lessons learnt to get to where she is now.

Amys aim with Evolution Lab is to create a space of community, support and practical guidance within the yoga teaching sphere. Creating programmes and trainings that serve as a bridge between your early trainings and teaching out in the real world.

Amy is here to help you to cultivate confidence and clarity within your pathway to teach. Helping you to build a strong platform to EMPOWER and INSPIRE your community.

Tess Mabbit-Mair

Movement has always been an important form of medicine for Tess, and yoga specifically offering the perfect concoction, mentally, physically and spiritually.

Tess originally trained to teach yoga in 2014 with Allie Hill at yogahaven London. She has since joined their team of teacher trainers, helping to guide and lead the new budding students to become teachers themselves! Guiding on the trainings is one of her favorite aspects of teaching yoga, especially discussing and exchanging views on the philosophy.

After training with yogahaven she went on to complete her Ashtanga teacher training in 2016 in India at the Tattvaa Yogashala under the guidance of Yogi Kamal Singh. Ashtanga will always be her "first love", it was the practice that helped her realize how truly transformational a regular practice can be for the mind and body.

In 2019 she trained in pre-natal yoga, whilst pregnant with her first son. Guiding pregnant women through a yoga practice is something she holds close to her heart, and hopes to continue for years to come. More recently, her studies under the guidance of Laurent Roure, have been focused on pranayama, and yoga Nidra, and the more subtle and therapeutic practices.

Tess' classes always have a firm focus on how to control and utilize the breath, whether practicing her up-beat Ashtanga, gentle beginners, dynamic vinyasa or slow mindful Hatha.

A balance of honoring the ancient traditions, but with space to laugh and 'let go' is her goal.



Carla Turner



Carla began her yoga teaching journey alongside acting. She started to pursue teaching full-time as she loved it so much, and has never looked back.

She trained originally with yogahaven in 2012, and has since trained in pre and postnatal yoga, and completed a 300hr Advanced Teacher training with Triyoga in 2020.

Carla classes blend together considered and nourishing postures, as well as giving the body an opportunity to strengthen. Her performing background spices her sequences with creativity and a sense of play.

She loves the work she does on the Teacher Trainings as she thrives in the company of like-minded individuals who want to deepen their knowledge, and contempate the yogic teachings.

Investment

Once enrolled, you will be assigned your Senior Trainer and Mentor, and receive instant access to your yoga teacher training library. All our pre-recorded content gives you access to our years of experience from your own home, or wherever you may roam! You can learn at your own pace; creating space to work with your other commitments. No costly travel or days spent away from work or family.

Total Investment: £1995

£500 deposit required to secure your spot

Pricing plans available, full fee to be paid prior to your TT start date.

A large, abstract teal watercolor splash or ink blot that originates from the top right corner and spreads across the right side and bottom of the page. The color varies from a light, airy blue to a deeper, more saturated teal, with soft, feathered edges.

Your Next Steps

TO DO LIST

- ☐ Send any remaining questions to allie@teachingyoga.co.uk
- ☐ Apply for your space on our upcoming training via www.yogahaven.co.uk
- ☐ Follow [yogahaven_teach](#) on instagram to gain access to our teaching top tips
- ☐ Get excited because your next chapter is about to begin!



We can't wait to guide you on this
life changing journey.

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since 2003