



# 200-hr YOGA TEACHER TRAINING

January to September 2026



# SYLLABUS

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## Why Choose Us?

The School of Yoga and Healing is an extension of Yoga with Esme, which has been offering expert yoga teacher training since 2021. With years of experience behind us, we've developed a proven approach that ensures you'll have all the tools you need to become a confident, capable yoga teacher.

### Small Group Size

We prioritise an intimate, highly personalised experience. With a maximum of just 10 participants in person, you'll receive tailored guidance from day one. This allows for hands-on experience and the confidence to lead real classes upon completion.

### Vinyasa with a Unique Approach

While we focus on vinyasa yoga, known for its dynamic sequences, we've developed a unique approach that reduces the stress and strain this style can place on a teacher. Our approach maintains the dynamic flow of vinyasa while offering a more manageable, sustainable way for teachers to approach sequencing and teaching, ensuring a more comfortable and confident experience. Throughout the training, each participant develops their own ideal sequence, which is shared with the group, equipping everyone with class plans that can be used throughout a year of teaching. Additionally, you'll gain the knowledge to incorporate yin yoga into your sequences, expanding your teaching capabilities.

### Community Focus

More than just a training programme, we invite you to become part of a supportive and welcoming community. You'll form lasting friendships with fellow participants and be encouraged to practise alongside them, fostering a strong sense of connection. You'll also have access to expert instructors who will provide guidance every step of the way, supporting your journey whether you're seeking personal growth or professional development.

## Additional Opportunities

You will also have the opportunity to hire the studio for personal practice during the training and to teach at the studio afterwards, either as a cover teacher or on a permanent basis. We can also create an online timetable for you to practise online teaching and further develop your skills.

## Non-Discriminatory Environment

Everyone involved with the School of Yoga and Healing are committed to offering a welcoming, non-discriminatory environment where acceptance is at the heart of everything we do.

## Graduation Outcomes

By the end of this training, you will be able to:

- ✓ Create intelligent sequences with different themes and modifications
- ✓ Draw classes using stick figures, name poses in Sanskrit, and cue accurately
- ✓ Teach, structure, and adapt yoga classes for all levels and needs
- ✓ Guide meditation and pranayama sessions with confidence
- ✓ Incorporate Yin yoga into your sequences with sufficient knowledge
- ✓ Understand anatomy and physiology to prevent and address injuries
- ✓ Apply yoga philosophy and history to your teaching
- ✓ Develop your personal style and niche as a yoga teacher
- ✓ Build a successful yoga business with clarity and direction
- ✓ Understand the basics of social media

As a Trainee, you are eligible for a FREE Yoga Alliance Professionals membership, granting you access to a wealth of resources to support your journey. Additionally, you can obtain insurance for just £25, allowing you to teach up to 2 hours per week while still being supported within the training hub. This is the perfect opportunity to gain confidence and start teaching in a safe and supportive environment.

Upon completion of the course, you will also receive:

- A certified qualification by Yoga Alliance Professionals
- FREE teaching insurance for your first year when you upgrade to full membership with Yoga Alliance Professionals within 14 days of graduating. This exclusive offer is designed to help you transition seamlessly into teaching, ensuring you can immediately put your skills into practice and build momentum in your new career.
- Subsidised trainee membership with Yoga Alliance Professionals (with the option to upgrade within 14 days of graduation with a saving of £35)

## Program Overview

The 200-hour YTT is equivalent to a bachelor's degree in yoga instruction, providing a solid foundation in yoga principles while exploring various styles. A minimum of 200 hours is required by studios, gyms, and professionals hiring yoga teachers, and this course exceeds that standard.

To qualify as a certified yoga teacher, you must complete all 200 hours of study while demonstrating consistent progression. The course includes:

- 170 contact hours
  - 152 hours with lead teacher, Esme Lopez
  - 8 hours of History and Philosophy with Madhura Bhagwat (these sessions are offered as live-streaming contact hours)
  - 10 hours with guest specialists
- 30 hours non-contact, pre-recorded anatomy and physiology (non-contact hours to be completed independently)
- Additional personal practice includes daily meditation, pranayama, journaling, and additional yoga classes outside of scheduled hours.

The course combines in-person and online components, and requires **100% attendance** for certification.

## Module Dates

- **Module 1:** Warm-ups – 23<sup>rd</sup> to 25<sup>th</sup> January 2026
- **Module 2:** Sun Salutation Vinyasa Yoga – 27<sup>th</sup> February to 1<sup>st</sup> March 2026
- **Module 3:** Sun Salutation and Standing Poses (Sivananda) – 27<sup>th</sup> to 29<sup>th</sup> March 2026
- **Module 4:** Arm Balances and Backbends (Jivamukti) – 24<sup>th</sup> to 26<sup>th</sup> April 2026
- **Module 5:** Twists, Forward Bends, and Chakras – 29<sup>th</sup> to 31<sup>st</sup> May 2026
- **Module 6:** Inversions and Kundalini – 26<sup>th</sup> to 28<sup>th</sup> June 2026
- **Module 7:** Yin Yoga and Hypermobility – 14<sup>th</sup> to 16<sup>th</sup> August 2026
- **Module 8:** Yoga as a Business, Social Media – 4<sup>th</sup> to 6<sup>th</sup> September 2026

Each module integrates asana practice, meditation, pranayama, hands-on adjustments, verbal cueing, and teaching modifications. You will also explore various yoga styles, each offering unique benefits, to expand your teaching repertoire and develop into a well-rounded practitioner and instructor.

**PLEASE NOTE:** 100% attendance is required to qualify for certification.

## Training Structure

Weekends start on Fridays from 5pm to 9pm.

Saturdays and Sundays run from 9am to 6pm, with a one-hour lunch break.

Each day of the weekend will include:

### **Fridays**

5pm – 5.30pm: Opening the Weekend

5.45pm – 7.45pm: History and Philosophy Lecture

8pm – 9pm: Yin Yoga

### **Saturdays and Sundays**

9am – 11am: Practice session (Pranayama, Meditation, Asana Practice)

11am – 1pm: Study

1pm – 2pm: Lunch

2pm – 3.30pm: Workshop

3.30pm – 5pm: Teaching

5pm – 6pm: Practice

**PLEASE NOTE:** Times are subject to change, depending on how the group progresses through the course.

## Online & Self-Study Components

Each month, you will be required to complete:

- One Anatomy and Physiology module
- A review of one History and Philosophy module

These modules will be discussed in class with a summary and Q&A session. As part of the assessment, each student will be assigned one complete unit for review.

### History & Philosophy

(8 Hours Online - Livestreaming Contact Hours)

Madhura Bhagwat, an expert in History and Philosophy, brings an embodied, culturally grounded perspective to her teachings, ensuring a deeper understanding beyond just the academic. She will lead 2-hour livestream sessions each weekend. Recordings will be available.

The course will cover:

- Pre-Classical Yoga – The Upanishads & Bhagavad Gita
- Classical Yoga – The Yoga Sutras & the Eight Limbs
- Post-Classical Yoga – Hatha Yoga & Modern Yoga History
- Yoga & Buddhism
- Ayurveda & Its Benefits

At the end of the course, you will be expected to demonstrate an understanding of all the content and present one subject to the class.

### Anatomy & Physiology

(30 Hours Online, Non-Contact Hours)

You will also complete 30 hours of Anatomy and Physiology through a pre-recorded course with Dr Yogi, offering the flexibility to learn at your own pace while still gaining essential theoretical knowledge.

The course is divided into six key modules:

1. Intelligent Movement Principles
2. A Detailed Exploration of the Lower Limbs
3. A Detailed Exploration of the Upper Limbs
4. A Detailed Exploration of the Spine
5. Supporting Injured Students
6. The Science Behind Yoga (and Why It Makes Us Feel So Good)

The course will cover:

- Intelligent movement principles
- Detailed exploration of the lower limbs, upper limbs, and spine
- Supporting injured students
- The science behind yoga and its benefits

Students will also have the opportunity to join a monthly Zoom Q&A session with Dr. Yogi.

To receive certification, students must submit Dr Yogi's certificate of completion.

## Module Breakdown

### Personal Sadhana and Diary Keeping

As you progress towards becoming a certified yoga teacher, maintaining a daily yoga practice is essential. With so much new information from your training and various classes, it can be challenging to keep everything organised.

Keeping a journal is a valuable tool for recording what you learn and experience. Make note of the yoga classes and styles you attend, highlighting what you enjoyed and what didn't resonate with you. Additionally, jot down any ideas or inspirations for your own future classes to support your growth as a teacher.

### Asana Training

Since most people attend yoga classes primarily for the physical practice, it's essential to deepen your knowledge and understanding of the principles behind both practising and teaching. With this in mind, you will be learning:

- The principles of alignment and asana families
- Sequencing to bring structure to your classes and aid student development
- Injury prevention and best practices
- Body reading and assisting

### Meditation

Through both personal daily practice and guided classes, you will develop a deep understanding of various meditation techniques, including:

- Mindfulness (Watching the Breath)
- Visualisations
- Loving-Kindness
- Chakra Meditations
- Gratitude Meditation
- Heart Meditation

- Japa (Mantra Meditation)

## Breathing and Pranayama

You will gain in-depth knowledge and practical experience in breathwork and its effective teaching methodologies, covering:

- Breath Awareness
- Breathing Ratios
- Sectional Breathing (Abdominal/Diaphragmatic, Thoracic, and Clavicular)
- Complete Yoga Breath
- Coordination of Breath and Movement
- Breath Awareness in Asana Practice

The training will include the following pranayama methods, with a primary focus on Ujjayi:

- Ujjayi
- Nadi Shodhana
- Sitali
- Sitkari
- Kapalabhati
- Bhastrika
- Bhramari

## Mudras and Bandhas

You will gain a deep understanding of mudras and bandhas, including their purpose, benefits, and effective teaching methodologies. These techniques help harness and redirect energy and awareness throughout the body.

### Mudras (Gestures)

The key mudras covered in this training include:

- Mana Mudras – Utilising the eyes, ears, nose, tongue, and lips

- Hasta Mudras – Hand gestures
- Kaya Mudras – With a specific focus on Viparita Karani Mudra

## Bandhas (Energy Locks)

The primary bandhas you will explore are:

- Mula Bandha
- Uddiyana Bandha
- Jalandhara Bandha

Additionally, we will study Maha Mudra Adhara, which integrates both mudras and bandhas.

## Exploring Different Yoga Styles

Exposure to diverse yoga styles—such as Jivamukti, Sivananda, Kundalini, and Yin Yoga—will provide you with a broad spectrum of techniques and insights. This knowledge will enhance your ability to incorporate different aspects of yoga into your class planning.

## Relaxation Techniques

You will develop expertise in guiding systematic relaxation methods, including:

- Body and Breath Awareness
- Body Scanning
- Yoga Nidra

## Accreditation

To qualify, a 100% attendance rate is required.

You will be accredited by Yoga Alliance UK upon successfully completing 200 hours of training and demonstrating consistent development. You must also show an understanding of:

- Asana, Meditation, and Pranayama Practices
- Sequencing and Theming
- Anatomy and Physiology
- Yoga Philosophy and History
- Teaching Skills

By the end of the course, you will be able to guide, structure, and teach Yin Yoga classes based on meridian theory and chakras, as well as general classes for all levels.

## Final Assessments

Over the last two weekends (time permitting), each participant who wishes to become a yoga teacher is required to confidently guide a full hour-long class that includes meditation, pranayama, and asana practice. A recording of it is also acceptable. Those who do not wish to become teachers will receive a certificate of completion and will be required to take an assessment with Esme Lopez should they change their mind at a later date.

You will also be allocated a module of the anatomy course, which you will be asked to present to all other practitioners in order to demonstrate your understanding of the anatomy in your allocated module.