



200-hr YOGA TEACHER TRAINING

October 2026-April 2027



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

- ✓ Design intelligent, creative, and accessible yoga sequences for a wide range of students.
- ✓ Confidently teach Vinyasa, meditation, pranayama, and foundational Yin Yoga.
- ✓ Adapt classes using modifications and variations for different bodies, abilities, and injuries.
- ✓ Understand functional anatomy, biomechanics, and physiology to teach safely and prevent injuries.
- ✓ Use clear verbal cueing, demonstrations, and hands-on assists with confidence.
- ✓ Integrate yoga philosophy and the Eight Limbs into both your teaching and daily life.
- ✓ Develop your own authentic teaching style and discover your professional niche.
- ✓ Build the foundations of a sustainable yoga career through branding, marketing, business skills, and social media.
- ✓ Lead classes with professionalism, compassion, and confidence.
- ✓ Join a supportive international community committed to lifelong learning and continued professional development.

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.

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:

- 180 contact hours ○ 152 hours with lead teacher, Esme Lopez ○ 20 hours of History and Philosophy with Amy Hughes (these sessions are offered as live-streaming contact hours) ○ 8 hours with guest specialists
 - . 30 hours non-contact, pre-recorded anatomy and physiology (non-contact hours to be completed independently), plus attending 8 online live sessions with Dr Yogi where questions can be asked.
 - . Personal practice includes daily meditation, pranayama, journaling, and additional yoga classes outside of scheduled hours.

The training combines in-person and online learning and requires **100% attendance for certification**. Of these, 80 hours will take place in an intensive immersion in Spain, focusing on hands-on assisting, sequencing, theming, and teaching methodology. Accommodation, breakfast, and lunch are included, with shared bedrooms provided.

Participants who prefer private accommodation can arrange nearby hotels at their own cost.

Module Dates

Module 1: Warm-ups – 23rd to 25th October 2026

Module 2: Sun Salutation Vinyasa Yoga – 20th to 22nd November 2026

Module 3: Sun Salutation and Standing Poses (Sivananda)
22nd to 24th January 2027

Module 4: Arm Balances and Backbends (Jivamukti)

19th to 21st February 2027

Module 5: Inversions, Chakras & Yin Yoga (Valencia Immersion)

10–24 March 2027

Module 6: Yoga as a Business, Social Media – 23–25 April 2027

Each module integrates asana practice, meditation, pranayama, adjustments and assisting, sequencing and teaching practice as well as history, philosophy and lifestyle principles. 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

6.45pm – 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

80-Hour Immersion – Valencia, Spain (10–24 March 2027)

Monday to Friday: 8am – 5pm

Saturday and Sunday: Off

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
- Journal on the reflective question from the history and philosophy module

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

History & Philosophy

(20 Hours Online - Livestreaming Contact Hours)

Amy Hughes holds a BA and Master's degree in Philosophy and brings over 25 years of yoga teaching experience, with a particular passion for Yoga Philosophy, Philosophy of Mind.

Amy will guide 75 minutes of Yoga Philosophy each training weekend and a daily one-hour session during the Valencia immersion, bringing these teachings to life through discussion, reflection and practice.

Recordings will be available.

The course will cover:

- The Origins and History of Yoga
- Pre-Classical Yoga: Veda, Vedānta, Upaniṣads, Bhagavad Gītā and Śaṅkarācārya

- Classical Yoga: The Sutras of Patañjali and the eight limbs
- Post-Classical Yoga: Hatha Yoga and Modern Yoga history
- 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)

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 practicing 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
- Use of props and variations

Meditation

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

- Mindfulness
- Visualisations
- Loving-Kindness
- Chakra Meditations
- Gratitude Meditation
- Heart 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

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.

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.

Learning from Guest Teacher

Specialised guest teachers will bring fresh perspectives, broadening your understanding of what's truly possible on your yoga teaching journey, from hypermobility and trauma-informed yoga to niche fields like yoga in prisons and beyond.

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, Theming and Teaching skills
- Anatomy and Physiology
- Yoga Philosophy and History
- Yogic lifestyle and ethics of teaching

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.