



# પુરૂઠા ભિશ્શિપ્લિનેટ



## 200 HOURS PART-TIME YOGA TEACHER TRAINING

"If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it."  
Yogi Bhajan



### WHY YOGA BLISSIPLINE

A supportive, welcoming, and inspiring environment where you can learn and grow.

- Personal Transformation
- Improve your practice & understanding of yoga
- Flexible schedule that fits your life
- Ongoing support during training
- Discount on class bundles when attending at least 2 classes a week.
- Interest free payment plans
- Internationally recognized certification with Yoga Alliance



### EMBODYING YOGA

This TTC is designed to deliver a holistic approach to yoga that encompasses not just learning about the asanas (postures) but also the many other aspects of yoga: pranayama (breathing practices), meditation, kriyas and yogic philosophy in order to adopt yoga as a way of living rather than a practice that is done on a mat during a specific period of time



# Course Content 200 Hours TTC (Module I & II)

## YOGA TECHNIQUES - 75 HOURS

- The practice will consist of primarily vinyasa flow and you can also expect practices such as gentle flows, yin yoga, restorative yoga, partner yoga and more.
- Asana Techniques, progressions, regressions and Alignment.
- Pranayama , Meditation, Mudra & Mantra.

## ANATOMY & PHYSIOLOGY - 30 HOURS

(24 hours pre-recorded modules with Andrew Mcgonigle +6 live Q&A sessions.)

- Fundamentals of Functional Anatomy, Physiology & Yoga Biomechanics.
- Adjustments for standing postures, floor poses, basic inversions and backbends, including enhancements and use of props.
- Subtle Anatomy including the chakra system, nadis, koshas, prana vayus and bandhas.
- Modifications and variations of poses

## PHILOSOPHY, ETHICS & LIFESTYLE - 30 HOURS

(10 hours online meeting once monthly on Zoom with Sudhir Rishi)

- Yoga Philosophy; Yoga Sutras of Patanjali and a special focus on the Yamas and Niyamas
- History of Yoga,
- Roots of vinyasa and modern yoga
- Soulful Theming applying ancient wisdom in modern times.
- Intro into Ayurveda and the gunas.
- Lifestyle & Ethics for Yoga Teachers
- The Business of Yoga Using Social Media to Boost your Success as a Yoga Teacher.

## DATES 2025-2026

FIRST MODULE 2025	SECOND MODULE 2026
Module One: 16-17 August	Module Six: 3-4 January
Module Two: 6-7 September	Module Seven: 7-8 Feb
Module Three: 4-5 October	Module Eight: 7-8 March
Module Four: 1-2 Nov	Module Nine: 4-5 April
Module Five: 13-14 December	Module Ten: 2-3 May



## BECOMING A CERTIFIED YOGA TEACHER

### PROFESSIONAL ESSENTIALS- 40 HOURS

- Teaching Methodology
- Cueing movement & pace of class with effective communication.
- Sequencing for group and private classes (vinyasa krama, wave, alignment-based practices)
- Demonstration,
- Making yoga inclusive
- observation, assisting tools for teaching.
- Professional development

### PRACTICUM - 20 HOURS

- Observing, Assisting, designing classes
- Completing Assignments & Presentations
- Sequencing for different needs
- Teaching one to one and group classes

### ELECTIVES -5 HOURS

These topics are drawn from the previous 5 categories, based on this program's emphasis.

**CONTACT HOURS 180 total /  
Non-Contact Hours 20 total**

The weekends of training will consist of an intensive program covering a broad range of fascinating subjects aimed at deepening your understanding of the vastness and richness of all that is yoga.

# પુસ્તક બીજીડિપ્લોમ



## Groundwork ~ Preparing the soil & Planting the seed

Get to know the foundations of yoga philosophy, "the seed," the history, methodology and evolution of vinyasa yoga while deepening your understanding of yoga, as well as your physical, and breathing practice.

Here, you will learn about the anatomy & physiology for foundational yoga postures which will enable you to teach safely, adapting the practices to your or your students' needs, paving the way for a stable, life-long practice.



## Cultivation ~ Create the conditions & Cultivate Patience

Once the ground and your understanding of foundational postures has grown, and your "roots" have started to settle, you will learn the art of skilful sequencing integrating functional movement principles to support long-term mobility, strength and flexibility for you and your students while also tending the energetic dimensions of the practice to support mental health and overall well-being.



## Observation ~ Develop Intimacy with your creation & Tend the sprout

This module allows you to strengthen your relationship to meditation and breathing patterns which will result in greater clarity, confidence, a sharper sense of awareness and more refined understanding of yourSELF. The tending of the seed can take time, but it is this cultivation of acute attentiveness that allows us to embody yoga with the awareness of the physical, mental and emotional patterns that either block the flow of energy or enhance it.

With an sharper focus, we will be able to adapt our practices to suit healthier habits



## Integration ~ Support the Sprout & Create a harmonious environment

Part of being a great yoga teacher that sets you apart from the rest is being able to understand and work with your students' individual practices and soulfully care for their wellbeing.

During this module, you'll learn:

- Creating a class plan taking into consideration your students physical/mental /emotional needs as well as group variables.
- The art of assisting and enhancing postures safely, functionally and confidently in order to reap the fruits of the practice.
- Practice Teaching



## Blossom ~ Become the Tree & Reap the Fruits

Once you have acquired a greater set of tools and understanding of the inner works of the different practices available, you'll become a space holder and a yoga guide while putting into practice all you will have learnt. You will be able to craft classes that support well-being, taking into consideration body variations and subtle energy encouraging the true blossoming of your future students.



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## WHAT TO EXPECT

- Deepening your practice of asana, pranayama and meditation by increasing your understanding and awareness.
- Embodying yoga through an understanding of yoga philosophy
- How to recognise different morphology and adapt to suit your students' needs
- How to sequence classes coherently and make them suitable for beginners and intermediate students
- Designing vinyasa classes including ladder flow (krama), mandala, vinyasa and alignment-based sequences.
- Teaching with clear verbal instruction, demonstration and hands-on-adjustments.
- How to provide modifications (regressions and progressions) taking into consideration practitioners needs and/or requirements.
- How to teach yoga in a functional and safe way by understanding alignment principles, physiology, biomechanics and morphological differences.
- The role of the bodily systems (nervous, cardiovascular, endocrine, digestive, respiratory) affected in a yoga practice and how to use these to benefit students.
- How to create harmonious and balanced practices by understanding the role of ayurveda, chakras, koshas, kleshas and prana vayus on our bodies/minds/emotions/spirit.
- How to find your voice and let your personality shine through your teachings
- Giving classes meaning through themes
- Chanting mantras and using mudras.



## PRACTICUM



- During the second module, you will be required to attend 3 classes of different styles as an observer and complete an assignment for each observation.
- Complete 3 case studies where you teach 3 one to one classes to 3 different people (friends or family) and write an assessment afterward.
- Practice teaching one to ones and group classes.
- Throughout the training, you will be required to maintain your yoga practice by attending at least 3 yoga classes a week and keeping a logging sheet signed by your teacher.



# पठ्ठा बिइइिप्लिन

## 200 HOURS PART-TIME YOGA TEACHER TRAINING



### REQUIREMENTS FOR THE 200-HOUR PATHWAY

A minimum of 2 years of regular yoga practice under the guidance of an experienced yoga teacher (but we will also consider students with other relevant experience and an established home practice.)

Able to commit to the full duration of training according to schedule.

Commitment, dedication to full participation in the program and to your own practice.

Pre-course preparation which will include completing pre-course study (reading and watching one anatomy module)

Have an interest in yoga beyond the mat.

### TIMES

Course weekends run from 9.00am to 6.00pm.  
(Lunch break between 1.00-2.00pm)

### VENUE

Lychpit Village Hall, Great Binfields Road, Lychpit,  
Basingstoke, Hampshire, RG24 8TF

### COST

#### REGULAR PRICE £3108

EARLY BIRD £2649 when paying £300 non-refundable deposit before end of May 2025.

Payment options:

Pay up front and get a discounted price  
Pay in instalments of your choice before TTC commencement date with no added fees

Note: Bespoke instalment plans if required.  
If you'd like to enquire about this, please email me on [info@yogabasingstoke.com](mailto:info@yogabasingstoke.com) to discuss

### TRAINING INCLUDES

- 3 Yoga Manuals (Yoga Foundations, Asana & Anatomy)
- 180 in person/live hours with senior teachers
- Online Yoga Anatomy Course with Andrew McGonigle
- Yoga goodie bag with Ayurvedic tools
- Certification upon course completion if requirements are met.

