

# 200 HOUR ONLINE YOGA TEACHER TRAINING

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Soul Sanctuary Teacher Training Ltd. 2024 - 2025

## *Yoga Training Guidebook*



SOUL SANCTUARY

YOGA STUDIO | TEACHER TRAINING SCHOOL

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## SOUL SANCTUARY



*Hey! I'm Laura Clayton, founder of Soul Sanctuary Studios and lead trainer on our Teacher Training programs.*

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I share my story to reassure that you don't have to be 'good' at yoga to be a wonderful yoga teacher, you don't even have to want to teach yoga. You can literally just do this course for you, AND you will learn the skills to be an incredibly powerful yoga teacher, if you ever want to teach.

I found yoga when I was at rock bottom. Suffering from burn out and anxiety from my corporate job, as well as depression from my dad's bereavement. I'm not afraid to claim that yoga saved me, so I have since made it my mission to help any one who may be feeling how I was.

Being a 10K running, spinning type of girl, I had resisted doing yoga for years under the impression I wasn't 'the yoga type' and if I had free time I needed to be doing something more than stretching... But with zero energy, and having tried everything else, I went to the studio at the end of my road (then Putney) and I can honestly say that day changed my life. I came out of a 45 minute class feeling like a new person, I couldn't believe it was that easy!?! And I was determined to find out how yoga worked and how to share it with others. So not knowing the difference between my Updog and my Downdog, a few days into my 30 day trial at the studio, I signed up to their teacher training program! Fast forward a decade and I own several yoga studios, run corporate wellness programs and lead 200 hour teacher trainings, safe to say teacher training was the best decision I ever made, and everything really does happen for a reason.

So, unsurprisingly I have designed our teacher training programs so that they are accessible to anyone who want's to learn more about yoga and themselves. You do not have to be able to do any fancy yoga poses or want to teach, you just have to be passionate about yoga and interested in self-development. But, you will gain a Yoga Alliance Global qualification, so that you can teach yoga anywhere in the world, if you ever want to!

### *How does a 200 Hour Teacher Training work?*

Doing your 200 Hour Yoga teacher Training (200YTT) is your first building block towards becoming a yoga teacher, which is a lifelong journey. You need your 200 hour certificate to be able to get insurance and teach yoga classes. There are several governing bodies which insurers will accept certificates from, as listed below.

- Yoga Alliance Professionals
- Independent Yoga Network (IYN)
- Yoga Alliance
- British Wheel of Yoga (BWY)
- Register of Exercise Professionals (REPs)

There are pro's and con's of each governing body. Some are very strict meaning your course will be high quality, others more relaxed. Some certify you in UK only, some globally. Some require the lead trainer to have a certain amount of years experience (but not teaching hours) some require teaching hours but not years. There are lots of variables. Generally Yoga Alliance Global is considered the most reliable accreditor due to it's stringent assessment criteria for yoga schools to meet, hence demands the highest standards of course quality. Plus certifies you to teach yoga anywhere in the world. Our training is Yoga Alliance Global certified.

It used to be that in order to pass a 200YTT you would have to attend 180 hours in person. However since COVID that has changed. Courses are now able to be a combination of Synchronatic and A-synchronatic material, ie live & pre-recorded which gave way to online trainings. So now the pass is not based on attendance but by determining if the student is a safe and effective teacher at the end of the course.



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### *What are the course criteria?*

Below are the course criteria which every training school's syllabus has to meet.

#### **Techniques, Training and Practice: 100 Hours**

*Analytical training in how to teach and practice the techniques, and guided practice of the techniques themselves.*

#### **Teaching Methodology: 25 Hours**

*Principles of demonstration, observation, assisting and correcting. Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries. Etc*

#### **Anatomy and Physiology: 20 Hours**

*Topics in this category could include, but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.) Yoga Philosophy,*

#### **Lifestyle and Ethics for Yoga Teachers: 30 Hours**

*The study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita) Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma. Ethics for yoga teachers, such as those involving teacher – student relationships and community. Understanding the value of teaching yoga as a service and being of service to others through yoga (seva).*

#### **Practicum: 10 Hours**

*Practice teaching (does not include assisting, observing or giving feedback). Receiving and giving feedback. Observing others teaching  
\*Within these hours there are contact and non-contact requirements*

#### **Additional hours**

*From there, any additional hours can be allocated to a subject that the school feels most passionately about. This is where course styles differ. Some courses may have additional hours on anatomy or ethics for example, you need to choose a course style which is aligned with your passion. Our additional hours go towards health, psychology and self development. Learning the tools we need to be able to step out of our own way and create the life we deserve, in doing so, inspiring others to do the same.*

### *What is the course syllabus?*

- Anatomy
- Understanding and teaching alignment
- Teaching language
- Class sequencing
- Vinyasa set sequence  
*(please note that you need to be comfortable practicing a flowing style of yoga class daily)*
- Ashtanga practice
- Nidra practice
- Yin practice
- Pregnancy yoga theory and practice  
*(separate pregnancy yoga qualification always necessary to teach pregnancy yoga)*
- Contraindications
- Modifications
- Meditation
- Pranayama
- History of Yoga
- People of Yoga
- Yoga Philosophy
- The Gita
- The Sutras
- The Eight Limbed Path
- Frequency and Om
- Mudras
- Chakras
- Drishti
- Sthira and Sukha
- Kleshas
- Koshas
- Yoga Ethics
- Self-enquiry
- The Business of Yoga

... And much more!

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### *How do the in-person vs online trainings work?*

**Our in-person trainings** are intensive, so we cover 200 hours in under 20 days. Dates overleaf. A typical day looks like:

07.45 arrival for 08.00 start  
08.00 - 9.00 Meditation and check-in  
09.00 - 10.00 Vinyasa Yoga Class  
10.00 - 10.30 Break  
10.30 - 13.00 Theory / Practice  
13.00 - 14.00 Lunch  
14.00 - 16.00 Theory / Practice  
16.00 - 16.30 Break  
16.30 - 17.30 Restorative Yoga Class  
17.30 - 18.00 Meditation & check-out

**Our online trainings mirror in person trainings.** Every theory lecture has been recorded and uploaded online. There are the same amount of classes and styles uploaded online, as well as meditations. The syllabus is exactly the same, the only difference is the style of learning, online rather than in person.

The benefit is you can learn at your own pace, and fit your learning around work, family, life! And to ensure you also get the chance to connect with your group, ask questions and discuss what you have learnt, you have 2 live calls every month and if you want you can also attend 1 in-person meeting every month if you choose the Hybrid option. So you get the best of both, flexibility and connection!

Online courses are 6 months to give you time to complete the content around life. If you need longer you can extend and join the training calls on the next online course. The online course is constantly rolling as the content is modular, people join all through the year, you do not have to worry about the set start or end date, it's just a way to number the calls. All content is recorded so you can catch up anything missed. If you want teach sooner than 6 months you can get trainee insurance and get teaching straight away. Every option is covered!

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### *When are the In-Person Course dates?*

We offer 2 types of in-person trainings:

**Extensive trainings** which run **1 weekend per month for 6 months.**

**Intensive trainings** which run for **2 intensive weeks, qualified in 1 month.**

All in-person courses run 08.00 - 18.00 at our Worcester studio, in the beautiful Spetchley Gardens, WR5 1RS. 100% in-person attendance required, if there are a couple of unavoidable dates you can catch up with your peers / online but we try to encourage full attendance.

**Upcoming course dates below:**

#### **Intensive in-person 2025**

*2 week intensive, qualified  
in 1 month*

7th - 15th June

21st & 22nd June

28th June - 5th July

#### **Extensive in-person 2025**

*4 day intensive in November,  
followed by 1x weekend per  
month until July*

6th - 9th November

6th & 7th December

10th & 11th Jan

7th & 8th Feb

7th & 8th March

11th & 12th April

2nd & 3rd May

6th & 7th June

3rd & 4th July

## ONLINE TRAINING 2024

Pre-recorded videos are all on our learning platform + live zoom calls (dates below)  
Live calls are constantly rolling, repeating every 6 months and are recorded, so if you cannot attend the live call you can catch up in your own time.

### *What are the live call dates & topics?*

<u>Time &amp; Dates</u>	<u>Topics covered</u>
<b>Call 1</b> Monday 8th July 2024 Monday 13th January 2025 Monday 7th July 2025	<b>Course introduction</b> Training structure Sequence explained True North Alignment Meditation Pranayama (Ujjai)
<b>Call 2</b> Wednesday 24th July 2024 Wednesday 29th January 2025 Wednesday 23rd July 2025	<b>Practical</b> 45 minute class Alignment clinic Practice teaching
<b>Call 3</b> Monday 5th August 2024 Monday 10th February 2025 Monday 4th August 2025	<b>Theory: History &amp; Philosophy</b> History of yoga Yoga Sutras The Cita 8 limbed path Yamas & Niyamas
<b>Call 4</b> Wednesday 21st August 2024 Wednesday 26th February 2025 Wednesday 20th August 2025	<b>Practical</b> 60 minute class Alignment clinic Practice teaching
<b>Call 5</b> Monday 2nd September 2024 Monday 10th March 2025 Monday 8th September 2025	<b>Theory: Yogic Science</b> The stress process Frequency & Aum Chakras Ayurveda Shtira & Sukha
<b>Call 6</b> Wednesday 18th September 2024 Wednesday 26th March 2025 Wednesday 24th September 2025	<b>Practical</b> 75 minute class Alignment clinic Practice teaching
<b>Call 7</b> Monday 7th October 2024 Monday 14th April 2025 Monday 6th October 2025	<b>Theory: Self-discovery &amp; psychology</b> Limiting beliefs Value system Mask 10 Tenets
<b>Call 8</b> Wednesday 23rd October 2024 Wednesday 30th April 2025 Wednesday 22nd October 2025	<b>Practical</b> 90 minute class Alignment clinic Practice teaching
<b>Call 9</b> Monday 4th November 2024 Monday 12th May 2025 Monday 10th November 2025	<b>Theory: Anatomy</b> Part 1 & Part 2 Q&A
<b>Call 10</b> Wednesday 20th November 2024 Wednesday 28th May 2025 Wednesday 26th November 2025	<b>Practical</b> TNA & P2P into teaching Asana Clinic
<b>Call 11</b> Monday 2nd December 2024 Monday 16th June 2025 Monday 8th December 2025	<b>Live theory exam</b>
<b>Call 12</b> Wednesday 18th December 2024 Wednesday 25th June 2025 Wednesday 17th December 2025	<b>Business of Yoga Reflection &amp; Close</b>



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### *When are the hybrid meeting dates?*

Hybrid meetings offer a chance for those doing the online training to meet in-person with members of their group and get any help they need with a lead Soul Sanctuary trainer.

**14.00 - 16.00 at Soul Sanctuary Studio Worcester, WR5 1RS**

#### **July - December 2024**

- Saturday 24th August
- Saturday 28th September
- Saturday 19th October
- Saturday 23rd November

#### **January - June 2025**

- Saturday 8th February
- Saturday 8th March
- Saturday 11th April
- Saturday 9th May

#### **July - December 2025**

- Saturday 8th August
- Saturday 6th September
- Saturday 11th October
- Saturday 15th November

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### *What if I miss a call?*

All calls are recorded so it's no problem if you miss a call, you can watch it back in your own time, but you will get more from joining a live call as you can ask questions and join discussions.

### *How do I access the content?*

All course content is laid out clearly on our online learning platform. Once you have paid your deposit and agreed your payment plan, you will be sent your log ins with a walk through 'how to' video, it's all completely self-explanatory. All live calls are on zoom, it's the same link every time.

### *What are the costs?*

**In-Person Trainings: £2500** (*industry standard, equiv. £12.50 / hour*)

**Online Trainings: £1750**

*Upgrade to Hybrid for an extra £200 (£1950 total)*

#### **Process:**

£500 at point of application

Flexible payment plans available to work around you, available on request, email [teachertraining@soulsanctuarystudios.com](mailto:teachertraining@soulsanctuarystudios.com) to arrange.

Payment details on application form.

### *What are the next steps?*

- 1. Submit your application** (*this is only so we can check any medical details before you partake in a yoga teacher training, for your safety*)
- 2. Transfer your deposit** on the same date you submit your application (*your application won't be read until deposit has been received, this will be refunded if you are not accepted on the course*).
3. Once your application and deposit have been received, you can let us know your preferred payment plan, once agreed **we will send you your log-in's and information pack! Then you are ready to go!**

**APPLY NOW**

*FAQ's & testimonials below...*

### *FAQ's*

#### **Is there pre-course work or homework?**

When sending your acceptance letter we enclose a reading list and ask that you write 200 words explaining how two of the texts made your FEEL. It's not examined, just a chance for us to get to know you :) super relaxed. You will need to work through the course reading list at your own pace but you don't have to complete it before the course start date, yoga teaching is a lifelong journey, as long as you have a read (or listened to audiobook versions of) a couple of the core texts that's great.

#### **Course text book**

We have written and designed our own bespoke course text book which covers all the material in your training and more for extra reading with space for you to make notes. You will be given hard copies of this handbook if doing an in-person training, and an e-book for online trainings.

#### **What will I need?**

- Comfortable, breathable clothing. Lots of layers. Warm socks :D
- Water
- Lots of light snacks
- A journal and a pen to take notes
- A yoga mat, block, brick, strap, just email if you need help with this.

#### **Is there an exam?**

Yes, theory - we run through all the questions with you a few days before hand, and everything is in your course handbook, no surprises, it's super simple, we just need to know that you would be a safe teacher. And practical, you will be practicing teaching from day 1, your practical exam is just another practice teach session. Online exams are observed via Zoom, or sent in as a pre-recorded video. This course is designed to help boost your confidence. It's all FOR you!

## **SOUL SANCTUARY**

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### **How many people are on each training?**

No less than 5, no more than 15

### **What if I have to miss a day?**

We ask that you attend as much as possible, but you can catch up on any theory online. If you have to miss a day please let us know in advance so that we can prepare the content for you to catch up on. We will support you all the way!

### **Do you require a certain level of physical practice?**

We accept any level of practitioner. Our training has a strong focus on empowerment and self development so for us, your ability to do certain poses is not important. It's likely that most of your students will be beginners so it's more important that you connect with them by sharing your journey and your practice. You do not have to be able to do advanced poses to inspire others. For us, it's never about the pose, it's about what you learn about yourself on the way to it. You do need to be well enough to be able to practice a flowing yoga class, but of course you can rest as much as you need to, it's not bootcamp, more like a retreat for you!

### **Accommodation**

At our current venue we do not include accommodation, but we can offer local recommendations.

### **Parking**

At our current venue we have free parking on site.

### **What is the course procedure for Injury / illness / pregnancy ?**

You can complete our course whilst injured as long as you meet the attendance hours. You will learn a lot from having to modify poses and then be able to help others who may experience a similar injury. We do not recommend pregnant students attending the course as the practical sessions are not tailored to pregnancy yoga so you wouldn't get the most out of the training and it would not be safe.

### **What are your payment options?**

Please ensure you pay your deposit on application. Your remaining balance can then be paid in instalments on the 1st of each month, with the total payment to ideally be completed 30 days before the course start date (this can be waived if applying close to a course start date). Please let us know if this needs to be amended for your personal circumstance, we want to accommodate however we can. Our refund T&C's are detailed on our application.

All payments to be made to the below details:

Name: Soul Sanctuary Teacher Training Ltd.

Sort: 30-98-97

Account: 48065260



### Testimonials

**Dani Tasker August 2023**

*I feel very lucky to have found this teacher training course. The standard of teaching was amazing, even with it being an online course you didn't feel isolated as they had set it up so you could engage and interact with other students and the course leader. Really enjoyed my experiences with Soul Sanctuary*

**Clare Woolfrey June 2023**

*For me the teacher training was such a wonderful experience. It really made me look at my life in a way I hadn't before. Laura is such a lovely and knowledgeable person. Very approachable and warm. She creates an environment that you can feel safe in to be yourself which is a very rare thing nowadays. I loved the training so much I'm going over it again, which says a lot as usually once you pass an exam you're thrilled to not have to study it anymore. It has opened doors for me which I never thought possible. I would highly recommend Laura and her team to guide you through this wonderful journey. Clare x*

**Keiko Iwakaka April 2023**

*Wow this feels even better than I thought! Things work in interesting ways ... I started to do yoga daily because of COVID and I signed up to your course because my regular studio cancelled the course- if not for these coincidences we would not have 'met'! I never thought I will be the one to be aum-ing and Sanskrit-ing, but strangely the most interesting part of the course for me is the history and philosophy around yoga. My workplace is really going through stress crisis and I am going to offer to do what I can do tomorrow and I am so grateful that this course gave me confidence to support the others.*

**Alex Wittering March 2023**

*My teacher training experience at soul sanctuary was just wonderful, utterly life changing experience. I learned so much about yoga, and about myself. I can't wait to continue my trainings with soul sanctuary this winter and would recommend this school to everyone.*

**Jess Oldnall February 2023**

*Laura's 200 hour Teacher Training course at Soul Sanctuary was one of the most rewarding, insightful things I've ever done. It has truly encouraged me to view life through a different perspective, and it has empowered me to step out of my own way with anything I ever battle or wish to accomplish in the future. The self-paced nature of the course is amazing - Laura and her colleagues are so supportive throughout the process and are very understanding of everyone's own circumstances whereby no pressure to complete the course in a set period is ever exerted. Likewise, the community that I was part of throughout my teacher training journey was unmatched and I've met some incredible, supportive people that I plan to keep in touch with and see where their qualification takes them. Before the course I had no intention of using my learnings to teach and attended solely to improve my own yogic practice, but considering all that I have learned and the way I have grown as an individual has had me feeling so inspired to share my yoga knowledge with others. I wish to make people fall in love with yoga the way I have - stripping back all of the stereotypical perceptions of yoga and simply encouraging people to be the healthiest, strongest and best versions of themselves, in mind, body and spirit. It taught me commitment, it taught me patience, it taught me the art of balance, and it taught me the true meaning of self-worth. I cannot recommend this course enough. Thank you Laura and Soul Sanctuary!*

### Testimonials

*Cassie Dawson June 2022*

*I feel so lucky and thankful to have discovered Laura, Soul Sanctuary Studios and Laura's Yoga Teacher Training course. Laura's style, the way she teaches a class, level knowledge shared in classes and the course has been so inspiring. I've experience so many 'penny dropping' moments since being part of the Soul Sanctuary Studios as a student. Laura's yoga classes and her teacher training programme has deepened my self enquiry, enabled me to get to know me better, improving my self belief and worthiness, and recognise when my life is out of balance. Laura gives so much to her students, and her personalised support has helped me continuously grow. I started by saying this was luck, but truly feel I was supposed to cross paths with someone so inspiring. Thank you Laura, for all you do and who you are.*

*Anjuli Berry 2021*

*My experience with Soul Sanctuary Teacher Training Ltd was nothing short of amazing. The team are beyond helpful and will support you through the course and beyond. I would recommend doing the Soul Sanctuary Teacher Training to everyone.*

*Emily Watts 2021*

*The Soul Sanctuary Teacher Training was one of the greatest experiences of my life. The teachers were all so inspiring in their own ways, the guest teachers complemented the training perfectly and the course handbook is invaluable. I would more than recommend Soul Sanctuary as a teacher training school, I would insist on others signing up.*

*Hollie Westwood 2021*

*200hr YTT at Soul Sanctuary was the best experience of my life so far, there was such dedication from Laura, Polly and Charly all throughout the course. Not just dedication to the practice and teaching safely but dedication to us growing as individuals on and off the mat. There was a real broad range of topics covered and in a really interesting interactive way with external teachers coming in to teach which I really valued. It's so hard to put into words how grateful I am to Soul Sanctuary for this experience, the challenge and the outcome I've gained as a teacher and a person. If you're even slightly considering YTT at Soul Sanctuary that's all you need and you won't regret it!*

*Debbie Kings 2021*

*Laura, Polly and Charly were extremely professional throughout the training. Their knowledge and wisdom was so inspiring and beneficial. I felt totally safe in the space they had created and was able to be totally authentic. Their teachings will stay in my heart and head forever. I will always remember this experience as being one of the best journey's of my life. I would recommend Soul Sanctuary 100%.*

### Testimonials

*Susan Appleyard 2021*

*The training, and studio, are set within beautiful gardens which we had access to throughout our training. This was perfect for anyone looking for a beautiful and peaceful environment for their teacher training. The training was of a very high quality. I learned a great deal about the history of yoga, the different aspects of yoga such as asanas, pranayama, meditation and styles of yoga. We were also encouraged to expand and share our learning in areas that were of special interest to us personally. The training on the literal teaching of yoga was excellent. From day one we all felt confident to teach small parts of the sequence. This progressed to us all confidently delivering longer sequences with postural and breath cues. If you want to teach, this is a training that will give you all of the skills you need.*

*Felicity Atkinson 2019*

*My training was so much more than I could have dreamed of. It was challenging at times but the environment was always so supportive and they encouraged me to go that bit further or dig a bit deeper. I learnt so much about myself during the process and what sort of person do I want to be, not just a yoga teacher because a lot of the work takes place off the mat. It was a very practical course which I loved, from day 1 we were up teaching which has really given me the confidence to actually teach in the real world. I am very thankful for my teaching and very grateful for the soul sanctuary team for sharing so much with me and will be eternally grateful.*

*Gemma O'Sullivan 2019*

*The Teacher Training at Soul Sanctuary was incredible, we not only covered all the relevant skills for becoming a very qualified yoga teacher (Asana, Pranayama, Assisting ect) but we learnt so much about ourselves and what it means to help others. I made friends for life on this course!*

*Nicola Vaughan 2019*

*Yoga Teacher Training at Soul Sanctuary was probably the most intensive learning I've ever done, and by far the most rewarding. Excellent balance of the physical, mental and emotional content. I loved the fact that it's open to anybody and the most important thing is your attitude, your ability to empathise and your communication skills, your ability to connect with people. These are the things that make a great yoga teacher. It was empowering, intriguing, thorough, fascinating. I went into it not sure if I would want to teach yoga at the end of it, but might use it as a journey to deepend my own practice. But I discovered I loved teaching it, I learned so much about myself, and by the end standing up there in front of a class and teaching them a yoga sequence just feel totally natural. I loved it. I'm so proud of myself for doing the training, and so happy to have found something I'm really good at and I love doing. Yoga gives me so much - both physically and mentally. I can't wait to share this with other people. I would highly recommend Soul Sanctuary Yoga and their Teacher Training - they embody a perfect mixture of grace and power, strength and flexibility, guidance, instruction, kindness and humour.*



### *Testimonials*

*Caroline Dean 2019*

*Excellent training which goes the extra mile to help you become fully fledged yoga teacher. Fantastic community and support throughout.*

*Emma Caddick 2018*

*The Soul Sanctuary Teacher Training programme was thorough and very structured. Time was allocated well to all aspects of the training and I feel confident in my skills to teach yoga at this stage. The emotional support was second to none with the care and attention to individual needs and differences outstanding. I will be proud to recommend this training.*

*Sarah Brooks 2018*

*Very thorough, in-depth training with a focus on psychology. Lovely friendly and knowledgeable teachers. The studio is a warm and welcoming sanctuary - the perfect location for undertaking the 200hr training. Highly recommended :)*

*Panna Parma 2018*

*I can't even begin to tell you how good the training at Soul Sanctuary was. It thorough, well thought out and I felt so empowered and equipped to not only teach, but to seek out further knowledge about yoga confidently. It was very much about self awareness and the psychology behind yoga. Amazing. They encourage you to not only learn about yoga, but to learn about yourself too. I loved it and the ongoing support at the end of the course has been excellent.*

*Rebecca Clissett 2017*

*Great TT course, so much more than asana fundamentals. I learned so much about myself, the best life experience I could have given myself as someone in love with yoga!. Laura's approach is personal and relaxed, making the course possible for so many people who may not have had the confidence to apply or attend at other TT providers.*

*Sylvia Roberts 2017*

*The teacher training was one of the best experiences in my life. It was physically and mentally tough but 100% worth it. Couldn't have trained at a better school. The training is leaving room for self inquiry without losing theory and philosophy out of sight. Everyone is super friendly and an expert on the topic they talk about. Additional to that the mentoring program offered after the training gives new teachers the perfect start to teaching. I personally can not wait to get started.*

Thank you & enjoy  
your teaching journey!



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YOGA STUDIO | TEACHER TRAINING SCHOOL | CORPORATE WELLNESS

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