

T H E / H O U S E \ O F / Y O G A

THE HOUSE OF YOGA 200HR TEACHER TRAINING PROGRAMME

Would you love to share your passion for yoga?
Are you ready to become a powerful yoga teacher?
Are you ready to transform your life and many
others' along the way?





Our objective is to help you take the rewarding step from student to teacher to leader in the world. Teaching yoga is a noble calling, it is a practical way to serve your community at the most important levels of existence. To help people heal, feel and wake up from debilitating or limiting beliefs and lifestyles is an important contribution out into the world. If we pass on even a fraction of the joy and satisfaction we have experienced through yoga, our Teacher Training Programmes will be an exciting journey and pathway for you.

This Teacher Training is so much more than becoming a yoga teacher. It will give you the tools to be the best version of yourself and close the gap between where you are now and where you want to be in your life.

We can't wait to start this journey with you.

Love, Team THoY

THOY 200HR TEACHER TRAINING PROMISE & MISSION:

Our promise and mission is to create empowerment, inspire, transform, promote growth, have fun and embody community. Our deepest desire is that as you travel along your unique life path, we can help you envisage your own limitless possibilities in mind, body & soul. We are devoted to helping you better understand the power of your body, mind and spirit connection in both your inner and outer universe. We are honoured that you are taking time to work with us on your journey of self-discovery. Our greatest reward is your truest expression.

Whether you are already a teacher or an aspiring teacher, ready to step into a powerful journey of transformation, this programme is designed to give you a platform to not only deepen your own yoga practice but also an opportunity to transform your life and the lives of so many yogis both on and off the yoga mat.

You will have the opportunity to look at teaching from the point of view of teaching as a practice; a practice that supports a deeper and stronger relationship to yourself and others whilst learning the tools and knowledge to become a powerful and authentic yoga teacher. Those who wish to embark on our 200hr teacher training will certainly be ready to share their passion and love of yoga in ways you could never imagine.





SO IF THAT DOESN'T EXCITE YOU, WE'RE SURE WHAT FOLLOWS WILL...

At the end of this programme you will:

- / Be a confident power vinyasa yoga teacher
- / Understand the fundamental alignment principles for a safe asana practice
- / Have a basic understanding of the history of yoga and its ancient texts
- / Be able to demonstrate an understanding of the psychology and philosophy of modern day teaching principles drawn from ancient texts
- / Be able to inspire others by authentically sharing your personal story
- / Have a better understanding of your yoga practice and yourself
- / Have a breakthrough in at least one area of your life
- / Have a teaching manual filled with a wealth of information to refer to at any time
- / Have an incredible yoga tribe to tap into for support and connection

PROGRAMME FACILITATORS:

The 200hr Teacher Training programmes at The House of Yoga were created by **Jason Pooley** (Certified Baptiste Power Vinyasa Yoga Teacher, E-RYT 200, E-RYT 500), the founder of The House of Yoga. Jason has extensively travelled and trained with Baron Baptiste and the Baptiste community worldwide over the last 9 years. The team at The House of Yoga are continuously improving, investing in training themselves to make sure they are bringing you the most innovative and up to date programmes.

Together with Jason, the House of Yoga facilitation team is made up of our senior teachers, who have explored their passion and expanded their knowledge in various areas of the yoga world. Together, they bring their guidance and expertise to coach you on your path to personal transformation.

Please note in the details of each course who your facilitation team will be.





Tal Zalel — Tal is one of our senior yoga teachers at The House of Yoga and has been teaching yoga for over 5 years. She is passionate about how yoga can be used as a platform for growth and transformation and brings this into her trainings and classes with skill, ease, and lots of humour. She also has an extensive and intricate understanding of the body and brings this into both her trainings and classes, teaching strong and powerful yoga classes and helping to develop strong and powerful teachers/leaders. Tal has a solid grounding in Baptiste methodology, as the majority of her training and teaching has been from Baptiste teachers and Baptiste-inspired trainings. Tal's coaching style creates confident and passionate teachers.



Emma Saunders — the Leader of Success and teacher at The House of Yoga. Emma has been with The House of Yoga from near the beginning, almost 6 years ago. Starting her life at THoY humbly by volunteering, she now runs a strong team that push the boundaries of wellness and bring Yoga and transformation to thousands of people. Her background as a dancer has set her up to explore the energetics of yoga and self expression. She coaches her students to find their fullest expression and step into their personal power.



Malin Johansson — found her passion for yoga at The House of Yoga in 2013. Since then, she has trained in and explored many different styles and practices of yoga from Ashtanga, Rocket and Power Vinyasa to Vipassana Meditation and Yin. Having trained with a number of inspiring teachers, Malin's passion for facilitation lies in the fusion of styles and self expression. Her teaching encourages awareness both mentally and physically in a nurturing environment to allow students to learn, experiment and transform through their yoga practice.



Zoshia Shepherd — Like so many, Zoshia was first attracted to yoga for its physical benefits – strength, flexibility, toning and a good sweat. However, she quickly discovered that it was about so much more. Over the years, the transformative power of the practice has been life changing for her, not just physically but mentally and spiritually too. Yoga gives her a sense of presence, awareness and space, and it continually inspires her both on the mat and in her life off the mat. She is passionate about empowering others and aims to bring her students into connection with their bodies and breath.



Monika Balga — Baptiste Yoga has helped Monika to grow stronger, more open and flexible – both on and off the mat. This style of Vinyasa awakens her physical core and soul. Monika wants to share her passion for Baptiste yoga with students and support them on their own journey by creating fun yet challenging classes. Monika completed her "200 hours teacher" training at The House of Yoga with Gregor Singleton and Claire Este-Mcdonald, Senior Baptiste Teachers, in 2014, and has been a certified Baptiste Yoga teacher since October 2016. Monika is currently working on her 500 hours, having completed Level 3 and Advanced Art of Assisting with the Baptiste Institute.

The House of Yoga facilitation team will be sharing with you their insights of the Baptiste methodology, the three themes of Baptiste Yoga: Asana (Power Vinyasa), Meditation, and Self-Enquiry, and a whole lot more!



APPROVAL

The House of Yoga is approved by the Yoga Alliance to provide a 200-hour registered yoga teacher certification for professional careers in teaching yoga.

EMPLOYMENT OPPORTUNITIES

Whilst The House of Yoga endeavours to offer teaching opportunities within our community, we cannot guarantee employment following completion of the THoY 200HR Teacher Training Programme. However, the THoY teaching team is built in-house from graduates of our teacher training programmes. Continuing education and employment postings will be offered as an ongoing service.

TEACHER TRAINING PROGRAMME CURRICULUM

- / Techniques
- / Teaching Methodology
- / Anatomy and Physiology
- / Philosophy/Ethics/Lifestyle
- / Practicum
- / Homework and Exams

Techniques of Yoga: Asanas, pranayamas and meditation. Time allocated to this category includes both training in the techniques and practice of them. Ad hoc THoY classes included.

Teaching Methodology: The art of teaching a powerful yoga class. Principles of demonstration, observation, hands-on assisting, instruction and teaching styles. The qualities of a great teacher and the student's process of learning.

Anatomy and Physiology: A foundation of anatomy and physiology with a focus on practicing and teaching yoga. How to teach a safe class, alignment principles and modifications.

Philosophy/Ethics/Lifestyle: The study of yoga scriptures (The Yoga Sutras and Bhagavad Gita). How the yogic traditions are still relevant to modern day life 'living the life of the yogi', etc.

Self Development: How to stand in your own power. A deeper understanding of the self, how to be present and how to take ownership of your path in life.

Practicum: Repetition leads to mastery. Students will be teaching from day one. Observing and assisting in classes taught by others.

Homework and Exams include: Written and practical assignments to be completed fully during the training. Self-study and in-class assignments will be set throughout the programme.





APPLICATION REQUIREMENTS

- / Be at least 18 years of age
- / Complete application for admission. Application to the programme does not guarantee acceptance
- / Candidates are evaluated for academic and physical ability, personal character, motivation and ability to manage time and meet financial obligations for tuition
- / Submit an application fee (deposit) of £500 (applied towards tuition, non-refundable)
- / Application requirements must be completed prior to first day of the programme. Notification of acceptance will be by email

CERTIFICATION

Our yoga teacher certification is designed to fulfil the requirements necessary to become a Yoga Alliance (RYT) Registered Yoga Teacher. To graduate, a student must complete all of the programme curriculum that the training assigns. This will include: class participation, exams, hands-on techniques, written and practical assignments, homework, special extra credit projects, attendance and timely completion of all assignments. Students are required to make up all class hours missed, both excused and unexcused, by making arrangements with the Facilitators.

STUDENT RECORDS

Student records will be kept for a period of seven years. Records are accessible to students by appointments only. THoY maintains confidentiality by keeping records locked. Students may obtain transcripts by sending £10.00 with a request in writing.

STUDENT CONDUCT

Students are required to follow all THoY rules and procedures. Students will be expected to behave in a professional manner at all times. Standards of conduct policies include, but are not limited to:

- / No sexual harassment of any type or form will be allowed
- / No substance use or abuse during THoY hours will be accepted
- / No smoking allowed on THoY property
- / No breach of confidentiality will be tolerated. Please be mindful to personal hygiene during the programme

Failure to comply with the standards of conduct policies will be handled by the Facilitator. Failure to comply will lead to conduct warning or dismissal





LEAVES OF ABSENCE

Due to medical disability, a leave of absence will be granted. In the event of a leave of absence, the student will have to reapply for the next available session and pay the difference, where relevant, of any remaining tuition.

ATTENDANCE AND TARDINESS

One hundred percent attendance is required. Any missed hours will have to be made up before the end of the Programme. All hours must be documented accurately. Tardiness will not be tolerated and will result in dismissal. All classes will start on time and students are expected to be present and ready to participate at the appointed starting time. Students that need to make up hours will be expected to pay a fee to join another course or to cover extra facilitation hours. If a student misses more than 2 weekends, they will need to join another course to complete their 200HR certification. Students are expected to notify THoY if they intend to withdraw from the programme. Any student who fails to attend a weekend intensive without communication will be assumed withdrawn. Cancellation of classes due to unforeseen circumstances may occur. Additional Saturdays or weekends will be added near the end of the programme if a cancellation is necessary.

STUDENT COMPLAINTS

Each month, time will be allocated to discuss any concerns students may have regarding the programme. Complaints may be presented to the Facilitators, at which time it may be decided to meet to address the issue. Final decisions will be made by the Facilitators.

INVESTMENT AND REFUNDS

Application Fee (deposit): £500 (applied towards tuition, non-refundable) due at time of application.

Investment: £2,800 (including £500 non-refundable deposit)

Early Bird Investment: £2,600 (including £500 non-refundable deposit) please check the website for deadlines

All payments are payable by card only (MC, VISA, DEBIT).

4 month payment plan available

*Discount on membership contracts for current and new members during the 7-month programme is also available

INCIDENTAL ADMINISTRATION CHARGES:

/ Application Fee £500 (deposit)

/ Practical Retake £30

/ Lost Manual £25

/ Additional training (due to missed weekends) to be revised upon individual circumstances

REFUNDS

/ The application fee of £500 is non-refundable except in the case of a declined application

/ This programme is non refundable except in the event of unexpected medical circumstances (minus application fee/deposit)

/ No refunds will be made after programme start date

Thank you for your interest in THoY 200HR Teacher Training Programme. We look forward to providing you with a transformational experience. We will be constantly improving as we evaluate our programmes with input from our students. We hope you join us for the beginning of this exciting journey!

Feel free to contact us with any questions you have about our programme.

TESTIMONIAL

Hey Emma, Jason and Tal,

Hope you guys are all well!! I just wanted to share this feedback from one of my new students in a village hall! I had 18 people show up to my first class- all paying £4.50 each too!!! I had to kick my boyfriend out because I ran out of mats. So with 18 people I was worried I was not going to be able to get enough assists in or make people both work themselves hard but also give them a chance and the space to rest. And then I got an awesome [ed.] review. it literally melted my heart and made me cry!! As I was teaching everything was coming into place and I just started noticing everything you had said in training. It's obviously an amazing training course and I'm so happy I did it with you. I felt so ready and confident, even with a jam packed room! Can't thank you enough for making me ready for this... it's the best thing I've ever done.

Loads of love,

Charlotte
Our 200hr TT Graduate, Class 2017

Feel free to contact us at trainings@thehouseofyoga.co.uk
with any questions you have about our programme.

