

Hybrid Yoga Foundation Plus

Teacher Training

Syllabus

What You will Achieve

By the end of this 200-hour Yoga Teacher Training, you will be fully equipped to teach safe, engaging hybrid yoga classes—a modern, anatomy-based approach that blends traditional practices with up-to-date movement science. You will gain the skills and confidence to plan and lead your own classes, communicate clearly with students, and begin building your yoga teaching practice. This training offers end to end support, it isn't just a certificate or a piece of paper, I will make sure you are ready to start and that you carry on.

This training places a strong emphasis on anatomy and physiology, offering a deeper level of understanding than is typically found in standard yoga teacher trainings. You will leave with a clear grasp of how the body moves, how to support individual needs, and how to teach with integrity and care.

Whether your goal is to teach professionally, explore a new direction in your yoga journey, or gain deeper knowledge in a different area of practice, this course provides a strong, practical foundation to support your next steps.

Before you sign up for the course I want you to feel absolutely confident that you understand the style of hybrid yoga so you can step in feeling prepared, inspired and excitedly, so I invite you to a 2 hour workshop on zoom pre signing up, the cost is £40 which is deducted off the cost of the course when signing up.

Foundation plus

Once you have successfully completed the course and passed the final assessment you can begin your post course mentoring. This is designed to support your transition from trainee to confident yoga teacher and it is a valuable part of the training to help you succeed with your yoga teacher business. You will receive continued access to guidance and mentorship during the months that follow. Yoga plus is an excellent option for your professional growth.

Prerequisites

This training is designed for students who already have a strong and consistent yoga practice. To ensure participants are ready to get the most out of the course, applicants should have been practicing yoga regularly for at least two years.

All prospective students will also take part in a pre-enrolment interview or assessment, which helps us make sure the course is the right fit for you and that you're well-prepared for the commitment and content of the training.

Venue

Our training takes place in a serene and private setting at **The Yurt at Lifeworks**, nestled behind the village of **Charfield, Gloucestershire**, in the heart of the **Cotswolds**.

Overlooking peaceful **meadows**, a **stream**, and expansive **countryside views**, this beautiful location offers an ideal environment for focused learning with a retreat feel..

The spacious **yurt** features a **heated floor**, providing a cosy and comfortable space throughout the seasons.

There is a **well-equipped, undercover outdoor kitchen** with plenty of space for **enjoying breaks**, along with an **outdoor seating area** perfect for relaxing between sessions. During the lunch break, participants are welcome to take a **stroll along the stream**—a lovely opportunity to take time out, reset, and enjoy the peaceful surroundings.

For those arriving by car, there is **ample secure and private on-site parking**, just steps away from the yurt.

Address:
Lifeworks by Rio
New Street
Charfield
Wotton-Under-Edge
GL12 8ES

Food and Drink

Refreshments including teas, coffee, water, fruit and cereal bars are provided. People will be required to bring their own lunch.

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Contact Hours Summary

- Training Days:
21 days total
 - 1 long weekend (Friday-Sunday)
 - 9 regular weekends (Saturday & Sunday)
- Daily Schedule:
8:00 a.m. - 6:00 p.m.
Includes 1.5 hours of breaks (1-hour lunch + two 15-minute breaks)
→ 8.5 contact hours per day
- Total Days of Contact Training:
21 days × 8.5 hours = 178.5 hours
- Additional Group Session:
Final Saturday evening: 1.5-hour informal group session with shared meal
→ +1.5 hours

- Final Contact Hours Total:
 $178.5 + 1.5 = 180$ contact hours

Non-Contact Hours

To complete the 200-hour certification, the remaining 20 hours will be fulfilled through:

- Assigned reading
- Written reflections (short-form)
- Practice logs or journaling
- Lesson planning tasks

Contact Hour Breakdown

1. **Introduction** - 4 hours
2. **Postures** - 50 hours
3. **Range of Motion** - 8 hours
4. **Breathing** - 8 hours
5. **Anatomy and Physiology** - 33 hours
6. **Teaching Methodology** - 33 hours
7. **Practicum** - 25 hours
8. **Business of Yoga** - 8 hours
9. **Evening Group Session (final Saturday)** - 1.5 hours
10. **Final Assessment** - 8 hours

Total: 180 contact hours

To bring everyone together before the final assessments, we'll hold an additional 1.5-hour group session on the final Saturday evening of the training. This informal, supportive session will include a shared meal, giving you time to ask questions, share reflections, and talk through any concerns before your practical assessment the following day.

It's a chance to pause, connect, and celebrate how far you've come—while making sure everyone feels clear, calm, and confident for the final stage of the course.

Introduction and why Hybrid Yoga

Purpose

To establish a strong foundation for the training by welcoming students, aligning expectations, fostering community, and orienting them to the structure, goals, and deeper intentions of the program. To understand what the style of Hybrid Yoga is and how it came about.

Learning Objectives

Connect with their fellow trainees and begin forming a supportive learning community.
Clarify their personal intention and purpose for joining the training.
Commit to the ethical standards and community agreements that guide the training experience

Postures

Purpose

To explore yoga postures in depth — not only how to perform them safely and effectively, but how to understand their benefits, modifications, alignment principles, and energetic intentions. This section builds the foundation for confident, intelligent, and inclusive teaching.

Learning Objectives

Demonstrate foundational yoga postures with correct alignment and modifications
Understand the purpose, benefits, and contraindications of key postures
Teach a well-rounded yoga class safely and with confidence
Offer clear verbal cues and physical demonstrations
Use props and pose variations for accessibility and inclusivity
Understand the physical, energetic, and mental effects of each movement

Range of Motion

Purpose

To understand the functional capacity of joints and how movement varies across individuals. This knowledge allows yoga teachers to guide students through safe and effective movement, prevent injury, and support long-term joint health. Integrating **Controlled Articular Rotations (CARs)** helps maintain joint mobility, improve neuromuscular control, and develop body awareness—making them a valuable tool in both personal practice and teaching.

Learning Objectives

Define range of motion and explain its importance in yoga and functional movement.
Identify normal ROM for major joints including hips, shoulders, and spine.
Recognize individual variations in joint structure and flexibility.
Differentiate between active and passive ROM and apply that knowledge to asana.
Understand the role of Controlled Articular Rotations (CARs) in maintaining joint health and mobility.
Demonstrate CARs for key joints and integrate them as preparatory or therapeutic movements in a yoga context.
Use ROM and CARs to promote safe alignment, enhance movement efficiency, and support diverse student needs

Breathing

Purpose

To introduce students to the principles and practices of the impact breathing has. This module integrates into the appropriateness of breathing for different movements and relaxation.

Learning Objectives

Understand its purpose

Practice breathing with awareness

Identify physical, energetic, and mental effects of breathing

Guide students with simple, appropriate breathing

Anatomy & Physiology

Purpose

To provide foundational knowledge of human anatomy and physiology as it relates to yoga practice, empowering teachers to guide students safely and effectively. To feel confident in integrating range of motion exercises and controlled articular rotations alongside postures.

Learning Objectives

Understand key anatomical structures: bones, muscles, joints, organs, ranges of motion and systems

Recognize how movement impacts bodily systems and joints

Apply anatomical knowledge to alignment, cueing, and injury prevention

Honor physical diversity and limitations in student bodies

Support nervous system regulation through yoga practices

Teaching Methodology

The purpose of this section is to equip trainees with the skills and confidence to teach yoga classes effectively. It focuses on how to structure a class, communicate clearly, create a safe and inclusive environment, and adapt practices to meet student needs. This section bridges the gap between personal practice and professional instruction.

Learning Outcomes

Design and sequence a balanced yoga class for different levels.

Demonstrate effective cueing, verbal instructions, and use of voice and presence

Provide hands-on and verbal adjustments with awareness and consent.

Adapt classes to accommodate injuries, special populations, and varied skill levels

Use teaching tools, such as props, demonstrations, and themes, to enhance learning

Create a safe, inclusive, and respectful classroom environment

Receive and integrate feedback to improve teaching effectiveness

Practicum

Purpose

To provide hands-on teaching experience that helps trainees apply their knowledge and skills in real teaching settings. This section builds confidence, refines teaching techniques, and fosters self-awareness through practice and constructive feedback.

Learning Objectives

Lead yoga classes with clear, confident instruction

Adapt teaching styles to meet individual student needs

Use verbal cueing and demonstration effectively

Manage class pacing, timing, and transitions

Offer safe and appropriate modifications

Reflect on teaching experiences to improve continuously

Receive and integrate feedback from peers and mentors

Business of Yoga

Purpose

To equip yoga teachers with the essential skills and knowledge to establish, manage, and grow a sustainable yoga teaching practice or business. This section covers practical aspects such as marketing strategies, client relations, ethical considerations, and professional development to support long-term success.

Learning Objectives

Understand key principles of setting up a yoga business
Create a personal business plan or roadmap for their yoga career
Utilize digital tools and social media for promotion and community building

Develop effective marketing and branding strategies
Manage client relationships professionally and ethically
Navigate administrative tasks such as scheduling, payments, and contracts
Maintain professional boundaries and ethics in teaching

Final Assessment

Purpose

To comprehensively evaluate the trainee's knowledge, teaching skills, and professional readiness, ensuring they meet the standards required to teach yoga safely, confidently, and ethically. This assessment provides an opportunity for reflection, feedback, and affirmation of the trainee's growth throughout the training.

Learning Objectives

Demonstrate proficiency in teaching a full-length yoga class
Apply knowledge of anatomy and teaching methodology in practice
Communicate clearly and effectively with students
Reflect thoughtfully on their teaching strengths and areas for growth
Respond appropriately to student needs and questions
Exhibit professionalism and ethical responsibility as a yoga teacher

Post-Course Mentoring

This mentoring is there if and when you need it—whether you have questions, want to check in about your teaching, or simply feel the need for a break. A valuable part of this training is the inclusion of two months of post-course mentoring, offered at no extra cost. Once you've completed and passed the 200-hour course, you'll have continued access to guidance and support during the months that follow.

it of reassurance as you begin to put your training into practice.

Assessment & Certification

To receive certification at the end of this 200-hour Yoga Teacher Training, students will be assessed both theoretically and practically.

There will be a written test covering anatomy and physiology, which students must pass in order to complete the course. In addition, each student will be required to teach a practical class during the final weekend. The practical will be observed and assessed on key teaching skills such as class structure, communication, safety, and presence.

To support you throughout the course, I will provide regular feedback and guidance, so you have a clear understanding of your progress. This ensures that by the time you reach the final assessment, there are no surprises, and you feel confident and prepared.

In order to successfully pass and receive your certificate, you must complete 100% of the course hours. Details about attendance, absence, and how to make up any missed time are outlined in the Terms & Conditions.