



yogahaven

200HR TEACHER TRAINING

since 2003

A large, abstract watercolor splash in shades of light orange and peach, occupying the right side of the frame. The splash has irregular, feathered edges and a textured, painterly appearance.

why yogahaven?

2007

After opening our studio doors in 2003, we have been delivering teacher training in the UK and worldwide since 2007. Our influence in this space is something we are extremely proud of. Having contributed to the standards and expectations set on teacher training, our standards are high. We continuously evolve our curriculum to blend years of experience with the ever-evolving space we operate.

15
years

Our minds are unique and that's something we celebrate. With over 45 teacher trainings under our belt, we bring a level of experience that you won't find elsewhere. We've learnt what works (and what doesn't), in order to create an environment that promotes growth and inclusivity for all. Allie and her team nurture their alumni beyond Asana and into thoughtful, powerful, and aware teachers of yoga.

1300

It's likely you've attended a class in London by yogahaven alumni given there are over 1300 of them! Their impact has extended beyond the mat with many going on to set up successful businesses that you may have heard of, from HotPod, Level6, and yoga rise all the way to Adelaide TT and Yoga Corner in Melbourne. To say we are proud of our alumni would be an understatement!



**We respect our roots,
We protect our planet,
We care for all living beings.**

**At yogahaven we strive to stay close
to yogic principles, practicing yoga off
the mat as well as on the mat.**



Our Recipe For Success

Practice

Practice

Practice

Many people come on ytt with fears of getting up and teaching in front of a group, through our 15 years experience we understand how to nurture even the most nervous of students.

What differentiates us from many yoga schools is that we get you teaching from Day 1. We know that may sound scary, but it works! We ease you in starting in pairs and then gradually build upon that week by week. Eventually you'll be teaching the entire group with confidence.

Mistakes will be made, sequences will be forgotten and lefts/rights mixed up, but that's all a part of learning and being human! It's our mission to make sure we nurture students in a safe and encouraging environment so together we will find light in those moments and move forward with confidence.

A light green, textured brushstroke shape on a white background. The shape is irregular and organic, resembling a splash or a piece of paper. The text "Where You'll Train" is centered within this shape.

Where You'll Train



Greece, London, Brighton & Online

We understand that embarking on your teacher training will likely sit alongside jobs, families and other commitments. So, whether it's a week in sunny Greece, or weekends spent alongside Brighton sea front, our variety of course locations offer equal opportunity to either escape the stresses of your day-to-day and immerse yourself in a week residential or approach it with flexibility as you train alongside your current schedule.

If you choose one of our Six month courses and can't make every weekend, we offer you the flexibility to catch up online. All our courses come with an individual login to our online portal, with professionally filmed pre-recorded lectures and quizzes to keep you on track!

We also offer the opportunity to combine a week residential with the remaining modules completed online. Making your YTT completely flexible and adapted to fit into your life.

Your Options

1 week residential + 5 weekend modules

If you are thinking about immersing yourself in our residential week in the magical Epidavros or closer to home at our UK getaway, you can expect the course to run over a 6 month period. With 5 weekend modules alongside your residential week, this combination gives you the best of both worlds.

Once you return from your week away you can choose to attend your weekend modules in person at our venue near Clapham Junction or opt for a hybrid format and complete them on online.

Total Investment: £3250

£500 deposit required to secure your spot

Pricing plans available, full fee to be paid prior to your TT start date.

**Locations: Greece, London / self-paced
+ Accountability buddy scheme**

Weekend modules over 6 months

It's not all traffic and hustle-bustle – there's a unique and captivating energy in both London and Brighton so we totally understand if you don't want to leave!

Our weekend based 200 hour Yoga Teacher Training takes place over a number of weekends, which is perfect if you're based in the city and only have Saturdays and Sundays free! Don't worry if you can't make a module as you'll have access to the online portal to catch up.

Both locations are also super easy to get to if you're traveling from elsewhere in the UK or overseas.

Total Investment: £3000

£500 deposit required to secure your spot

Pricing plans available, full fee to be paid prior to your TT start date.

**Locations: Brighton or London
+ Accountability buddy scheme**

Online (Live 24weeks)

Building community from your home. A combination of pre-recorded, self-paced learning and LIVE interactive zoom sessions with our teaching team will keep you accountable and motivate you to stay on task. You'll be placed into intimate weekly study groups so you never feel alone, and gives you the opportunity to teach each other on zoom with a schedule that works for you.

This course always has a specific start date. It will run for up to 24weeks but don't worry, you have 12 months to complete if life gets busy!

Total Investment: £1995

£500 deposit required to secure your spot

Pricing plans available, full fee to be paid prior to your TT start date.

**Location: Zoom & self-paced
+ Accountability buddy scheme**

Online (Self-paced)

With all the same online content as our live online course, once accepted, you will receive instant access to your yoga teacher training library. All our pre-recorded content gives you access to our years of experience from your own home, or wherever you may roam! With no commitment to timelines, you can approach learning at your own pace; creating space to work with your other commitments.

Total Investment: £1995

£500 deposit required to secure your spot

Pricing plans available, full fee to be paid prior to your TT start date.

Location: self-paced

+ Accountability buddy scheme



What You'll Learn

YOGA PHILOSOPHY, TRAINING & PRACTICE

Sanskrit practical learning and study
Pranayama practice and techniques
Kriyas yogic cleansing practices
Meditation and Yoga Nidra
Studying of ancient texts
Mantras and Chanting
Bandhas



TEACHING METHODOLOGY & TECHNIQUES

Voicework

The ethics of teaching

Performance coaching

Principles of demonstration

Safe and supportive assists

Learning through observation

Sequencing for both a gentle Hatha

and a dynamic Vinyasa flow class

Asana anatomy, modifications, and benefits

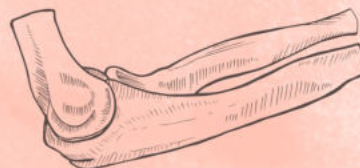


ANATOMY

This online yoga anatomy course was designed with 200hr students in mind. Anatomy and physiology is an area that often feels daunting for students and can appear like an onslaught of new information.

By doing the course online, you can pause, rewind, revise, manage the hours within your schedule, and test your knowledge as you go along by using the in-course quizzes.

You will be asked to think about different concepts and apply some of your knowledge with simple exercises, before taking the final quiz right at the end. All the slides can be downloaded as you conclude each section. The information in this course is relevant for any trainee hoping to insert themselves into yoga as a contemporary practice, giving you the tools to feel empowered as you step into the studio to teach.



YOGA LIFESTYLE AND ETHICS

The History of Yoga
Ethics for a yoga teacher
Life planning and journaling
Ayurveda lifestyle and principles
Study and review of classical texts
Modern applications of a yogic lifestyle
Understanding teacher/student relationships



THE BUSINESS SIDE OF TEACHING

How to discover your niche
Understanding insurance options
Marketing and promoting yourself
The logistics of being a yoga teacher
Pricing yourself and building an offering
Setting boundaries within your business
The ups and downs of yoga on social media



THE ASSESSMENT

We understand the assessment can be a daunting moment in anyone's TT journey.

Much like the wider programme, our assessment has been designed to highlight your skills as a teacher and encourage you on your journey.

Your tutors will be continuously assessing and providing feedback throughout your time with us and the closing exam & assessment will be held during our final week/weekend together. Do not fear – it is all done in a fun, practical and supportive way.



Hear From Our Alumni

Christopher Campbell. Grad of 2017

"The yogahaven teacher training was a life changing experience for me. I found the theory that underpins yoga really interesting. The yogahaven teachers were inspirational and clearly passionate about the roots of yoga, encouraging us to take yoga off the mat into all aspects of our lives. Teaching yoga is very rewarding alongside my professional career in law and I feel calmer as a result of taking the course"

"Not only did I learn about the history and art of teaching yoga but I learnt about myself, the world around me and the power of community. My fellow TT group are a new family to me, a space of safety that encourages me to push myself to places I didn't know possible. This journey is one I will treasure forever. Allie – thank you, thank you, thank you!"
– Summer

"...I made such amazing connections with everyone, the teachers, everyone there, sharing a journey together. And I really feel like I've made friends for life..."
Olivia

"As a 41 year old Man with tight hamstrings, I was nervous about embarking on the course. From Day 1 my fears disappeared as Allie and the team provided a safe, nurturing environment. It quickly became clear, you don't need to be the most flexible of people to teach yoga"

– Oliver Birch

"...the two weeks in Greece absolutely exceeded my expectations, I left feeling so full of joy..." – Sophie

"...there was just this energy of love created in the Shala, within the group...it was electric, it was so alive, this energy that we created together everyday..." Jacqueline

Meet Your Tutors

Allie Hill

An early adopter in the yoga industry, Allie opened yogahaven almost two decades ago and has since taught thousands upon thousands of students, including bringing yoga to Premier League football clubs Aston Villa and Tottenham Hotspur.

Having opened one of the UK's first yoga teacher training schools, Allie has been passionately evolving her trainings for 15 years, and to this day remains rooted in the yogic and buddhist principles she first fell in love with.

She works as a consultant to other new studio owners and has a laid back approach to business, and life. Though she is a petite-sized person, her heart and ambition are super-sized.

The first yogahaven studio was opened in Brighton in 2003. In just over a decade an amazing family of six yoga studios across the UK grew with a wonderful, vibrant yoga community surrounding it due to Allie's down to earth, fun and encouraging nature.

An entrepreneur, environmental and spiritual activist, a Mother to her son Ziggy and beloved rescue Dog dexter, she stays true to her yogi roots helping raise awareness of vegetarianism, animal charities and environmental issues through yoga and special community events and fundraisers

Her list of personal teaching accreditations is impressive, knowing that the best teachers continue to be students themselves. Originally training in Bikram in 2001, Allie has since trained in Jivamukti Yoga and other styles along the way, She is a certified Ante-natal teacher and has completed a foundation course in Yoga Therapy with the Bio-medical Trust in London.



A portrait of Krystal Nash, a woman with long brown hair and bangs, wearing a white short-sleeved button-down shirt. She is standing with her arms crossed, looking directly at the camera. The background is a light green and white abstract shape.

Krystal Nash

Krystal fell in love with yoga from the first class she went to as a teenager. This love took her to India to learn more, but instead of yoga she found herself studying Ayurveda in Kerala. With a passion for complementary medicine and plants, Krystal came home and gained a scholarship to study Western Herbal Medicine at University in London.

A few years later, her close friend (Allie!) didn't need to do much to convince her to join the yogahaven teacher training in Morocco and from there, they went on to open yogahaven in London together.

Krystal has an appreciation of all yoga and has gone on to do teacher trainings in Pregnancy yoga and Ashtanga.

Krystal is passionate about sharing her knowledge on the teacher training, touching on big subjects such as Ayurveda and The Chakras, it's her aim to encourage people to explore and think about things in a different way. She loves being around aspiring teachers. finding it rewarding, at times humbling and most of all enlivening.

Elodie Frati

After moving to the UK from her native France to train as a contemporary dancer at the Northern School of Contemporary Dance, Elodie discovered yoga as a way of staying injury free whilst developing deep strength. It is only later that she fell in love with the wider world of yoga, in all its variety, adaptability, physicality and spirituality. Elodie decided to make the full leap in 2013, going on her first yoga teacher training and running with it.

Elodie is sometimes described as "the smiling assassin". Her classes are about working hard whilst having fun! Her aim is to help students cultivate respect and awareness of the body and mind, whether in the most dynamic or restorative styles. Elodie teaches with a strong emphasis on the physical, helping students to develop an expressive, strong and flexible body: use it, or you will lose it!

Over time, her love of yoga in all its versatility has become the prime focus of her teachings so that students can embody their most powerful self by combining work on the physical body, the breath and the mind. Her knowledge of multiple disciplines layers into class so that intelligent movement can be the prime focus every time (with a good dose of self-belief!).

She has been lucky to have trained with some of the most wonderful mentors and teachers to which she offers up her gratitude: Allie Hill and Toni Roberts, Joy Kulkanit and Ricardo Martin, Uma Dinsmore-Tuli and Nirlipta Tuli, Sharon Gannon and David Life, Jason Crandell and David Kyle to name a few.

Elodie's passion for the moving body has taken her one step further, to the University College of Osteopathy of which she has been a student since September 2017. She is also a UKAD anti doping advisor and qualified Sports Massage Therapist.





Amy McDonald

Mentor, Yoga Teacher, Teacher Trainer, Retreat & Event Planner, a Yogipreneur and Founder of Evolution Lab Yoga Teacher Academy, but most of all, Amy has a passion for sharing these beautiful teachings of YOGA with as many people as possible. Doing this in a way that helps them live life to the fullest, while trying to make the world a bit brighter on the way.

Evolution Lab has been created from Amys own experience as a new teacher... knowing what it is to have imposter syndrome, lacking confidence in what she had to offer. She spent alot of her early years teaching, feeling unsupported in teaching, her offerings, her business and in what to do next once out of training. It took her a lot of time, hard work, different trainings and mentors, alot of mistakes made and lessons learnt to get to where she is now.

Amys aim with Evolution Lab is to create a space of community, support and practical guidance within the yoga teaching sphere. Creating programmes and trainings that serve as a bridge between your early trainings and teaching out in the real world.

Amy is here to help you to cultivate confidence and clarity within your pathway to teach. Helping you to build a strong platform to **EMPOWER** and **INSPIRE** your community.

Tess Mabbit-Mair

Movement has always been an important form of medicine for Tess, and yoga specifically offering the perfect concoction, mentally, physically and spiritually.

Tess originally trained to teach yoga in 2014 with Allie Hill at yogahaven London. She has since joined their team of teacher trainers, helping to guide and lead the new budding students to become teachers themselves! Guiding on the trainings is one of her favorite aspects of teaching yoga, especially discussing and exchanging views on the philosophy.

After training with yogahaven she went on to complete her Ashtanga teacher training in 2016 in India at the Tattvaa Yogashala under the guidance of Yogi Kamal Singh. Ashtanga will always be her "first love", it was the practice that helped her realize how truly transformational a regular practice can be for the mind and body.

In 2019 she trained in pre-natal yoga, whilst pregnant with her first son. Guiding pregnant women through a yoga practice is something she holds close to her heart, and hopes to continue for years to come. More recently, her studies under the guidance of Laurent Roure, have been focused on pranayama, and yoga Nidra, and the more subtle and therapeutic practices.

Tess' classes always have a firm focus on how to control and utilize the breath, whether practicing her up-beat Ashtanga, gentle beginners, dynamic vinyasa or slow mindful Hatha.

A balance of honoring the ancient traditions, but with space to laugh and 'let go' is her goal.





Craig Hayes

Craig began his yoga journey back in 2001 and originally trained professionally in London as a dancer. He has been teaching since 2009 and has experience in practicing a multitude of traditions including Iyengar, Ashtanga, Bikram, Kundalini, Forrest, Yin, and Jivamukti (having completed his training in New York alongside Allie in 2014) under the expert tuition of David Life & Sharon Gannon.

Craig has a keen interest in yogic philosophy and the principle of 'simple living, high thinking' laid out by Srila Prabhupada.

To gain a deeper understanding of the life of a Bhakti yogi, and to experience life in a spiritual community, he spent almost a year living and working with a Hare Krishna community in New Zealand, where the Bhagavad Gita, alongside other sacred yogic texts, were regularly studied.

He has spent an extended period of time in India and has visited many sacred sights throughout his travels.

Craig is Studio Manager and Senior Teacher at our Birmingham City Centre location and has led and assisted on teacher training in Morocco, Greece, Birmingham, and London.

Craig has a passion for weaving together dynamic sequences with potent soundtracks, yogic philosophy, and hands-on assists.

A watercolor-style background with soft, blended shades of light blue and teal, creating a textured, painterly effect. The colors are more concentrated on the right side and fade into white on the left.

Your Next Steps

TO DO LIST

- Send any remaining questions to allie@teachingyoga.co.uk
- Apply for your space on our upcoming training via www.yogahaven.co.uk
- Follow [yogahaven_teach](https://www.instagram.com/yogahaven_teach) on instagram to gain access to our teaching top tips
- Get excited because your next chapter is about to begin!



We can't wait to guide you on this
life changing journey. We'll see
you in our Shala!

yogahaven



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since 2003