

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

# The House of Yoga In-person 200hr Teacher Training Programme

- / Share your passion for yoga.
- \ Turn fear into courage.
- / Become a better you.
- \ Become a powerful yoga teacher.
- / Transform your life and many others' along the way.



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Our mission is to help you take the rewarding step from student to teacher to leader in the world. Teaching yoga is a noble calling; helping people heal, feel and wake up from debilitating or limiting beliefs and lifestyles is an important contribution out into the world.

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.

With gratitude,  
**Team THoY**

A photograph of two women sitting on the floor against a white wall. The woman on the left is wearing a black tank top and purple patterned leggings, holding a blue notebook and gesturing with her hand. The woman on the right is wearing a blue t-shirt and dark leggings, sitting on a teal exercise ball and writing in a white notebook with a red pencil. The text "We create communities of people that are inspired to live an extraordinary life." is overlaid in white on the left side of the image.

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## 10 BENEFITS OF THIS IN-STUDIO YOGA TEACHER TRAINING

1. TRAINING FITS IN WITH WORKING WEEK AS IT RUNS OVER WEEKENDS
2. 7 MONTHS OF IMMERSION CREATES DEEP DIVE INTO YOUR YOGIC JOURNEY
3. TRANSFORM YOUR LIFE AND TRANSFORM OTHERS
4. EXPERIENCE THoY's STUDIO/COMMUNITY VIBE
5. YOGA ALLIANCE ACCREDITED
6. CREATE LIFETIME FRIENDS
7. PHYSICAL REALTIME CONNECTION
8. ACCESS TO ONGOING TRAINING THROUGH A MENTORSHIP PROGRAMME AT THE END OF 200hrs
9. OPEN UP NEW POSSIBILITIES; A NEW CAREER PATH
10. REAL HUGS AND HIGH FIVES! (WHEN POSSIBLE)

## PROGRAMME FACILITATORS

**Jason Pooley** is the Founder of The House of Yoga London and creator of Ignite Your Passion 200hr Yoga Teacher Training.

A Certified Baptiste Power Vinyasa Yoga Teacher, E-RYT 200, E-RYT 500) and (CHPC) Certified High Performance Coach having trained with world renowned teachers, trainers and coaches, Baron Baptiste, Brendon Burchard and Tony Robbins.

Jason has facilitated and assisted on many global training programmes and has been an influential part of the growth and development of THoY. He has a unique and skilled approach when it comes to inspiring his students and challenging them to a new level of excellence in their life.

Jason is a student of life, he continues his own personal development and loves seeing his students grow and become the best they can be.

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.

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***“You can have everything you want in life if you help enough other people get what they want out of life.”  
~ Jim Rohn***



**Zoshia Shepherd** ~ is a senior yoga teacher here at The House of Yoga. She has facilitated numerous teacher trainings and is a certified Mindfulness Teacher and a Neuro Leadership Coach. She believes in the transformative power of yoga and its ability to be physically, mentally and spiritually life changing. By encouraging her students to find a sense of presence, awareness and space, she aims to bring them into connection with their bodies, breath and full potential. She is passionate about empowering others and leading them to live a purposeful and powerful life.

**Monika Balga** ~ Baptiste Yoga has helped Monika to grow stronger and become more open and flexible – both on and off the mat. This style of Vinyasa awakens her physical core and soul. Her yoga practice inspires Monika to be the best version of herself, it connects her with her body in a way that feels right, mindful and balanced. Monika shares her passion for Baptiste yoga with students and supports them on their own journey to a fulfilled life and to find their voice as a teacher.

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 Power Yoga Leader since October 2016. In 2019 she completed her 500 hours certification with Erin Prichard in London.



**Maryann Huynh** ~ first came to yoga in early 2008, and for her, moving through asana was just another way to sweat every now and then. It wasn't until she encountered Baptiste Power Vinyasa that yoga became more than just a way to exercise. Consistent practice at The House of Yoga resulted in full-scale, positive lifestyle shifts for Maryann. Completing THOY's teacher training programme in 2016 with Jason Pooley and Tal Zalel resulted in big career changes; Maryann has been teaching and sharing her love for yoga ever since.

Maryann also became a certified NuPower Yoga Teacher in 2016, completed her 500-hours with Lumi Power Yoga under Ari and Elina Iso-Rautio in 2018 and also undertook her Advanced Yin and Anatomy Teacher Training in 2018 with Cal Wansbrough. Although each one of Maryann's classes is different, her teaching philosophy is the same – she aims to encourage her students to express their fullest potential on (and off!) the mat but also to have fun.

## **OUR KEY FACILITATORS ARE JOINED BY EXPERTS IN THEIR FIELD TO DELIVER;**

### **ANATOMY**

**Alex Manos** ~ a Specialist Musculoskeletal Physiotherapist, has spent the majority of his career in professional sport, working with elite athletes. Alex completed his 200hr Teacher Training programme at THoY and uses Yoga as part of his rehab for patients.

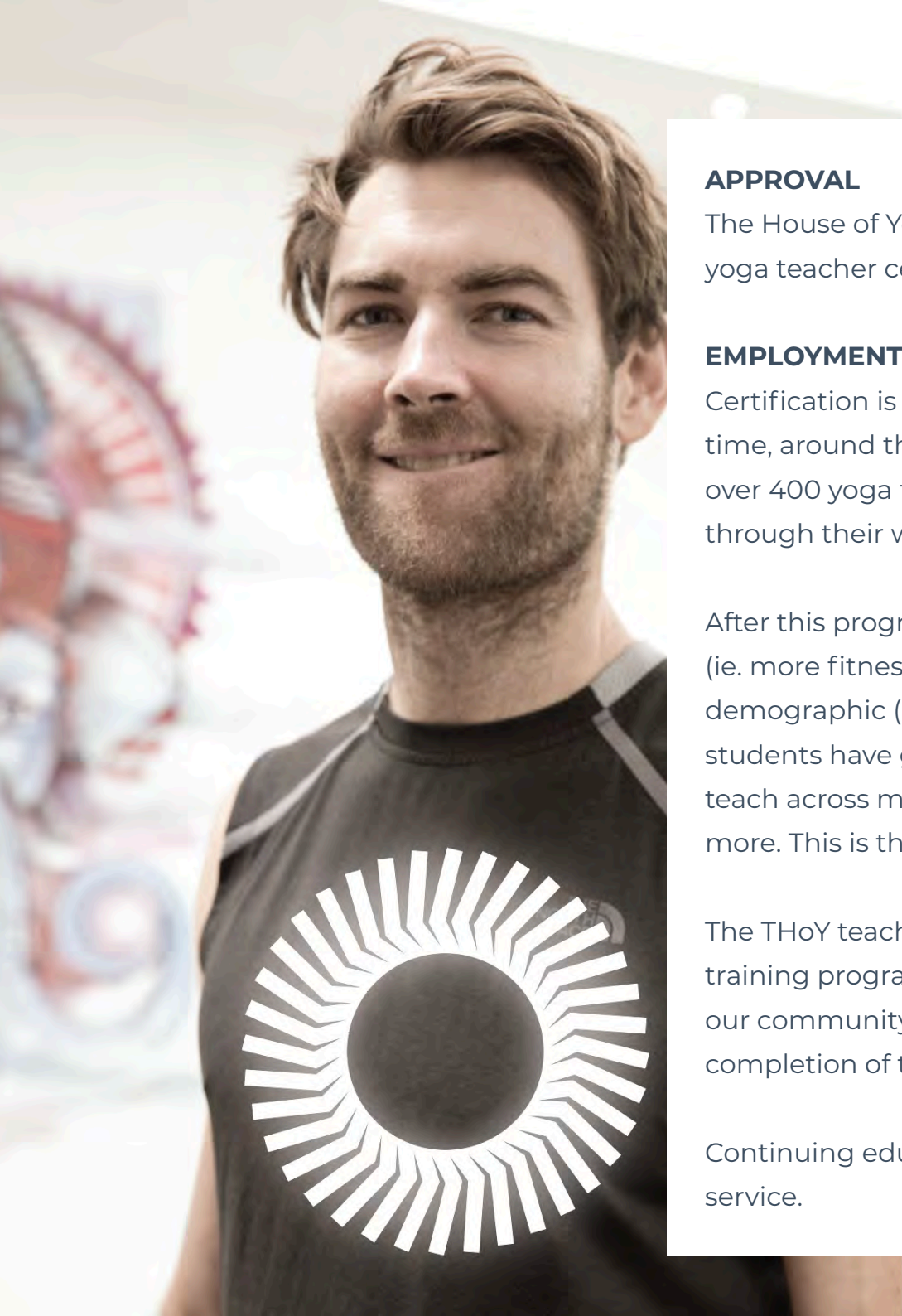
Alex is currently completing his Diploma in Personal Performance Coaching; combining all three disciplines, Physiotherapy, Yoga and Coaching allows for a holistic approach to his care of people.

Alex is excited to join the facilitation team to deliver applied anatomy for Yoga.









### **APPROVAL**

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

### **EMPLOYMENT OPPORTUNITIES**

Certification is a gateway into opportunity. You can teach yoga part-time, full-time, around the world if you choose to. We can say this because we have trained over 400 yoga teachers and many are positively influencing and changing lives through their work in this world.

After this programme you have the choice and freedom to specialise in any area (ie. more fitness based yoga, philosophy, anatomy etc) and work with a particular demographic (ie. community based, yoga studios, underprivileged etc). Our students have gone on to build studios, create yoga programmes for prisons, teach across many London studios, travel the world teaching retreats and much more. This is the opportunity to create the life you love and love what you do.

The THoY teaching team is built in-house from graduates of our teacher training programmes. We endeavour to offer teaching opportunities within our community, however we cannot guarantee teaching positions following completion of the THoY 200hr Teacher Training Programme.

Continuing education and employment postings will be offered as an ongoing service.

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## Teacher Training Programme Curriculum

### TEACHING METHODOLOGY

- / FULL 90 MINUTE SEQUENCE (JOURNEY INTO POWER)
- / HOW TO ADJUST THE SEQUENCE TO DIFFERENT CLASS LENGTHS
- / THE FOUNDATIONS OF VINYASA YOGA (5 PILLARS)
- / ALIGNMENT PRINCIPLES (TRUE NORTH ALIGNMENT)
- / ASANA CLINICS (LOOKING AT DIFFERENT BODIES IN YOGA ASANA)
- / HOW TO MODIFY YOGA ASANA

### PERSONAL DEVELOPMENT

#### YOUR YOGA PRACTICE

- / DEVELOP A SELF PRACTICE
- / DEVELOP YOUR MEDITATION
- / SKILL WORK
- / MODIFYING YOUR PRACTICE
- / INVERSIONS WORKSHOP
- / YIN YOGA WORKSHOP

### TECHNIQUES

- / POINT TO POINT
- / FINDING YOUR VOICE
- / 10 PRINCIPLES OF BECOMING AN EXTRAORDINARY TEACHER (10 TENETS)
- / HANDS ON ASSISTING

### ANATOMY AND PHYSIOLOGY

- / INTRODUCTION TO ANATOMY
- / STRUCTURES OF THE BODY
- / ANATOMY OF THE CORE
- / RANGES OF MOTION; TENSION AND COMPRESSION
- / ANATOMY OF THE PSOAS

### MEDITATION

- / HOW TO TEACH THE FUNDAMENTALS OF MEDITATION
- / THE SCIENCE OF MEDITATION

### PRANAYAMA

### PHILOSOPHY

- / THE 8 LIMBS OF YOGA
- / BRINGING YOGA INTO YOUR LIFE AND YOUR TEACHING
- / THE HISTORY OF YOGA

### BUSINESS OF YOGA

### HOMEWORK AND EXAMS



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## APPLICATION REQUIREMENTS

- Be at least 18 years of age
- Complete an online application form
- Application to the programme does not guarantee acceptance
- Submit an application fee (deposit) of £500 (applied towards tuition, non-refundable)
- A willingness to learn and improve your life

***“THE MORE WE GROW THE MORE WE CAN GIVE BACK AND GIVING BACK HAS US FEELING ALIVE, HAPPY AND FULFILLED”***

***~ JASON POOLEY***

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## **INVESTMENTS & REFUNDS**

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

Investment: £2,900 (including £500 non-refundable deposit)

Early Bird Investment: £2,700 (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 course of the programme is also available

## **ADDITIONAL COSTS:**

/ Hard Copy of Manual £25 (price includes postage)

/ Hard Copy of Assisting Manual £15 (price includes postage)

/ Additional reading list will be at your personal expense

/ Additional training dates (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 the 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!



**Our Greatest  
Reward Is Your  
Truest Expression**

I want to say thank you to all of you. When I signed up to YTT at THoY I had a few expectations, but I never expected the course to shape the rest of my life in the way that it has. You have created the most beautiful inspirational space and community that has allowed me to both grow and heal and I am so truly, truly grateful. I can't wait to go on and share my new skills, knowledge and everything that I have learnt with the world. With love and light, ~ **Bea T**

Thank you very much for the last 7 months. All of you guys have all caused a huge change in my life and I can't thank you enough.  
~**Dyl S**

Dear Jason & team THoY, Thank you, thank you, thank you for everything you have given over the last 7 months. It's been the most incredible experience and I've made shift in ways that I've even surprised myself. Your support, guidance and challenges have been incredible, so thank you. You have built an amazing community which I'm truly inspired by. ~ **Sami**

Jason and team, Words can't express my gratitude and happiness that has come from being a part of the THoY community. Ive learnt so much and gained so much and now feel in a position to give. To give in ways that can change peoples lives and make the world a better place. That is the gift you and the incredible at THoY have given me and I promise to use it for the rest of my life.  
Namaste my dear friend and teacher ~ **Jeff L** (Now part of THoY's facilitation team)

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

# 200HR IN-STUDIO TEACHER TRAINING PROGRAMME CONTENT

\*\* Below is a sample of the programme. Your programme may vary slightly from the content below as we continuously look to develop and improve from the wonderful feedback and continuous team development. \*\*

## WEEKEND 1

<b>SATURDAY 19TH SEP 8AM-7PM</b>	<ul style="list-style-type: none"> <li>● Welcome to In-Studio 200hr Teacher Training; The journey begins!</li> <li>● Create intention for your teacher training programme</li> <li>● Introduction to the Journey into Power sequence (Practice Teach)             <ul style="list-style-type: none"> <li>○ Introduction to the 11 sections of JIP</li> <li>○ The 1st section of the JIP sequence (Integration)</li> </ul> </li> <li>● Introduction to the foundations of Vinyasa yoga (5 Pillars)</li> <li>● Introduction to principles of alignment (True North Alignment)</li> </ul>
<b>SUNDAY 20TH SEP 8AM-6PM</b>	<ul style="list-style-type: none"> <li>● What is meditation?</li> <li>● Principles of alignment (TNA) continued</li> <li>● Asana Clinic             <ul style="list-style-type: none"> <li>○ Downward Facing Dog</li> </ul> </li> <li>● JIP Sequence (Practice Teach)             <ul style="list-style-type: none"> <li>○ Integration</li> <li>○ The 2nd section of JIP sequence (Awakening)</li> </ul> </li> <li>● Tools for teaching             <ul style="list-style-type: none"> <li>○ Point to Point</li> <li>○ Principles of alignment (TNA)</li> </ul> </li> </ul>

**WEEKEND 2**

<p><b>SATURDAY 17TH OCT 8AM - 7PM</b></p>	<ul style="list-style-type: none"> <li>● Taking on your Self Practice</li> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ The 3rd section of JIP sequence (Vitality)</li> </ul> </li> <li>● Asana Clinic <ul style="list-style-type: none"> <li>○ Crescent Lunge</li> <li>○ Warrior 1</li> <li>○ Chair Pose</li> <li>○ Chair Pose Twist</li> </ul> </li> <li>● Yoga Practice <ul style="list-style-type: none"> <li>○ Ujjayi Breath</li> </ul> </li> <li>● Anatomy <ul style="list-style-type: none"> <li>○ Introduction</li> <li>○ Structures of the body</li> </ul> </li> <li>● How to teach the basics of Meditation</li> </ul>
<p><b>SUNDAY 18TH OCT 8AM - 6PM</b></p>	<ul style="list-style-type: none"> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ Introduction to section 4 (Equanimity)</li> </ul> </li> <li>● Yoga Practice <ul style="list-style-type: none"> <li>○ Skill work</li> </ul> </li> <li>● Personal Growth Session</li> <li>● Anatomy <ul style="list-style-type: none"> <li>○ Anatomy of the Spine</li> </ul> </li> <li>● Asana Clinic <ul style="list-style-type: none"> <li>○ Eagle Pose</li> <li>○ Standing leg raise</li> <li>○ Half Moon</li> <li>○ Dancer's Pose</li> </ul> </li> <li>● Tools for Teaching <ul style="list-style-type: none"> <li>○ Introduction to the 10 principles of becoming an extraordinary teacher/leader (10 Tenets)</li> </ul> </li> </ul>



**WEEKEND 3**

<p><b>SATURDAY 21ST NOV</b> 8am - 7pm</p>	<ul style="list-style-type: none"> <li>● Yoga Practice <ul style="list-style-type: none"> <li>○ Bandhas</li> </ul> </li> <li>● Pranayama Breathing Techniques</li> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ Introduction to section 5 (Grounding)</li> </ul> </li> <li>● Asana Clinic <ul style="list-style-type: none"> <li>○ Triangle</li> <li>○ Front Facing Forward Fold</li> <li>○ Twisting Triangle</li> </ul> </li> <li>● The Foundations of Vinyasa Yoga (Part 2) - 5 Pillars</li> <li>● Yoga Practice <ul style="list-style-type: none"> <li>○ Tapas</li> </ul> </li> <li>● Anatomy <ul style="list-style-type: none"> <li>○ Anatomy of the core</li> </ul> </li> </ul>
<p><b>SUNDAY 22ND NOV</b> 8am - 6pm</p>	<ul style="list-style-type: none"> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ Introduction to section 6 and 7 (Igniting and Stability)</li> </ul> </li> <li>● Yoga Practice <ul style="list-style-type: none"> <li>○ Skill work</li> </ul> </li> <li>● Personal Growth Session</li> <li>● Philosophy <ul style="list-style-type: none"> <li>○ Yamas and Niyamas</li> </ul> </li> <li>● Asana Clinic <ul style="list-style-type: none"> <li>○ Camel Pose</li> <li>○ Bridge Pose</li> <li>○ Wheel</li> <li>○ Boat Pose</li> </ul> </li> <li>● The power of State Change</li> </ul>

**WEEKEND 4**

<b>SATURDAY 12TH DEC</b> 8am - 7pm	<ul style="list-style-type: none"> <li>● Yoga Practice           <ul style="list-style-type: none"> <li>○ Drishti</li> <li>○ Skill work</li> </ul> </li> <li>● JIP Sequence (Practice Teach)           <ul style="list-style-type: none"> <li>○ Introduction to section 8 and 9 (Opening and Release)</li> </ul> </li> <li>● Asana Clinic           <ul style="list-style-type: none"> <li>○ Half Pigeon</li> <li>○ Double Pigeon</li> <li>○ Frog Pose</li> <li>○ Seated Forward Fold</li> </ul> </li> <li>● Teaching Methodology           <ul style="list-style-type: none"> <li>○ Review &amp; recap of 10 Tenets</li> </ul> </li> </ul>
<b>SUNDAY 13TH DEC</b> 8am - 6PM	<ul style="list-style-type: none"> <li>● JIP Sequence (Practice Teach)           <ul style="list-style-type: none"> <li>○ Introduction to section 10 and 11 (Rejuvenation and Deep Rest)</li> </ul> </li> <li>● Yoga Practice           <ul style="list-style-type: none"> <li>○ Skill work</li> </ul> </li> <li>● Personal Growth Session</li> <li>● Anatomy           <ul style="list-style-type: none"> <li>○ Ranges of Motion; Tension and Compression</li> </ul> </li> <li>● Philosophy           <ul style="list-style-type: none"> <li>○ Pratyahara, Dharana, Dhyana</li> </ul> </li> <li>● Teaching Methodology           <ul style="list-style-type: none"> <li>○ Put to practice and step into courage</li> </ul> </li> </ul>

**WEEKEND 5**

<p><b>SATURDAY 9TH JAN</b> 8am - 7pm</p>	<ul style="list-style-type: none"> <li>● Yoga Practice <ul style="list-style-type: none"> <li>○ Modifications</li> <li>○ Healing practice</li> </ul> </li> <li>● Modifying Yoga Asana</li> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ Integration to Deep Rest</li> </ul> </li> <li>● Asana Clinic <ul style="list-style-type: none"> <li>○ Shoulder Stand</li> <li>○ Head Stand</li> <li>○ Handstand</li> <li>○ Forearm stand/Scorpion</li> </ul> </li> <li>● Teaching Methodology <ul style="list-style-type: none"> <li>○ Review &amp; recap of 10 Tenets</li> </ul> </li> <li>● Noble Silence</li> </ul>
<p><b>SUNDAY 10TH JAN</b> 8am - 6PM</p>	<ul style="list-style-type: none"> <li>● Mindfulness <ul style="list-style-type: none"> <li>○ Mindful walk experience</li> </ul> </li> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ TEACH TEACH TEACH</li> </ul> </li> <li>● Yoga Practice <ul style="list-style-type: none"> <li>○ Inversions workshop</li> </ul> </li> <li>● Personal Growth Session</li> <li>● Philosophy <ul style="list-style-type: none"> <li>○ The 8 Limbs of Yoga</li> <li>○ Bringing Philosophy into your life and your teaching</li> </ul> </li> <li>● Teaching Methodology <ul style="list-style-type: none"> <li>○ Put into practice</li> </ul> </li> </ul>

**WEEKEND 6**

<p><b>SATURDAY 6TH FEB</b> 8am - 7pm</p>	<ul style="list-style-type: none"> <li>● Yoga Practice <ul style="list-style-type: none"> <li>○ Vinyasa</li> </ul> </li> <li>● Yoga Philosophy <ul style="list-style-type: none"> <li>○ The History of Yoga (Yoga Unveiled)</li> </ul> </li> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ Integration to Deep Rest</li> </ul> </li> <li>● Assisting <ul style="list-style-type: none"> <li>○ Introduction to THoY Assisting course</li> <li>○ Learn assists for; Integration, Awakening and Deep Rest</li> </ul> </li> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ Integration to Deep Rest</li> </ul> </li> <li>● Assisting <ul style="list-style-type: none"> <li>○ Recap assists learnt</li> </ul> </li> <li>● Tools for Teaching <ul style="list-style-type: none"> <li>○ How to breakdown timings of a 60, 75 and 90 minute class</li> <li>○ Step into your greatness</li> </ul> </li> </ul>
<p><b>SUNDAY 7TH FEB</b> 8am - 6pm</p>	<ul style="list-style-type: none"> <li>● JIP Sequence (Practice Teach) <ul style="list-style-type: none"> <li>○ TEACH TEACH TEACH</li> </ul> </li> <li>● Assisting <ul style="list-style-type: none"> <li>○ How to assist in a class; typewriter assisting</li> <li>○ Learn assists for; Vitality through to Rejuvenation</li> </ul> </li> <li>● Anatomy <ul style="list-style-type: none"> <li>○ Anatomy of the Psoas</li> </ul> </li> <li>● Personal Growth Session</li> <li>● Teaching Methodology <ul style="list-style-type: none"> <li>○ Live coaching sessions</li> </ul> </li> </ul>

**WEEKEND 7**

<b>SATURDAY 6TH MAR</b> 8am - 7pm	<ul style="list-style-type: none"> <li>● Prep for Written Exam</li> <li>● Written Exam</li> <li>● Prep for Practical Exam</li> <li>● Business of Yoga <ul style="list-style-type: none"> <li>○ Part 1</li> </ul> </li> <li>● Yin and Restorative Yoga workshop</li> </ul>
<b>SUNDAY 7TH MAR</b> 8am - 6pm	<ul style="list-style-type: none"> <li>● Personal Growth Session</li> <li>● Yoga Practical Exam</li> </ul>

**WEEKEND 8**

<b>FRIDAY 19TH MAR</b> 8am - 6.30pm	<ul style="list-style-type: none"> <li>● Personal Growth Session <ul style="list-style-type: none"> <li>○ Your future by design</li> <li>○ Personal presentations</li> </ul> </li> <li>● Business of Yoga <ul style="list-style-type: none"> <li>○ Part 2</li> </ul> </li> <li>● Yoga Practice</li> </ul>
<b>SATURDAY 20TH MAR</b> 8am - 2pm	<ul style="list-style-type: none"> <li>● Public Graduation Class</li> <li>● Graduation Ceremony</li> <li>● Celebration</li> </ul>

