

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

The House of Yoga Online 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.



This journey is now accessible to those of you that want to dive deeper into your yoga, improve your life and/or become a great yoga teacher from the comfort of your own home.

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 plain white wall. The woman on the left is wearing a black sleeveless top and purple patterned pants, holding a blue notebook and gesturing with her right hand. The woman on the right is wearing a light blue t-shirt and dark pants, sitting on a teal exercise ball and writing in a white notebook. 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.

**We create
communities
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10 BENEFITS OF THIS ONLINE YOGA TEACHER TRAINING

1. TRAINING FITS IN WITH YOUR DAILY LIFE
2. 16 WEEKS OF IMMERSION CREATES DEEP DIVE INTO YOUR YOGIC JOURNEY
3. TRANSFORM YOUR LIFE AND TRANSFORM OTHERS
4. TRAIN FROM THE COMFORT OF YOUR HOME OR WHEREVER YOU LIKE! YOU JUST NEED ACCESS TO THE INTERNET
5. YOGA ALLIANCE ACCREDITED
6. CONNECT TO A GLOBAL YOGA COMMUNITY AND CREATE LIFETIME FRIENDS
7. LIFETIME ACCESS TO CONTENT, VIDEOS ETC. REPEAT YOUR SESSIONS AS MANY TIMES AS YOU LIKE
8. THY ONLINE TEACHER TRAINING IS A COMPLETELY INTERACTIVE COURSE WITH OVER 160 HOURS OF LIVE STREAM CLASSES.
9. OPEN UP NEW POSSIBILITIES; A NEW CAREER PATH
10. TRAINING OFFERED AT A LOWER INVESTMENT TO AN IN-PERSON TRAINING

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.



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



Emma Saunders~ began her life humbly at THoY by volunteering soon after the Putney studio doors opened, over 8 years ago. She quickly became an integral part of the studio as Leader of Success running a strong team and bringing yoga and transformation to hundreds of people. Throughout her years at the studio she continued her studies of yoga, Yin yoga, hands on assisting and personal development as well as expanding the training programmes at the studio. After taking a short time away from the studio to focus on growing her own family she returns to the area that she is most passionate about; yoga training programmes. She coaches her students to find their fullest expression and step into their personal power.



Malin Tennent ~ Malin discovered yoga in 2013 and what was meant as a practice to heal from an injury soon became a dedicated practice of healing and growth. Now an 800hr RYT she has trained in a number of different styles of yoga and facilitated trainings all around the world in; Ashtanga Vinyasa, Rocket, Yin, Tripsichore, Yogic Arts, and Mandala Vinyasa. To further her own discovery and healing journey Malin continues to explore the depths of yoga through her work as a Transpersonal psychology coach, and through the practice of Vipassana meditation. Her curiosity on what is possible to discover about ourselves, and the ancient and modern teachings of yoga is something she is driven to pass on. Her aim as a teacher is to empower her students to empower themselves, to teach to the individual rather than to an asana.



Jeff Lester ~ began his journey at THoY in 2014 when a coincidental walk through the studio changed everything. After completing the 30 day intro offer, he joined the team at the juice bar, continued practicing daily and eventually completed the THoY teacher training.

Discovering and diving deep into yoga has revolutionized the way Jeff sees the world - words can only go so far to describe the beauty life presents in every moment.

Today, Jeff has traveled extensively to enrich his yoga and spiritual practice. He has grown to love the facilitation of yoga and self development trainings because he delights in sharing this great wisdom with fellow human beings. We're here to discover the beauty of life and enjoy every moment! Yoga is a fantastic vehicle for this discovery.



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, fulltime, 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.

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

- / THE FORMAL PRACTICE OF CONTROLLING THE BREATH, WHICH IS THE SOURCE OF OUR PRANA, OR VITAL LIFE SOURCE

PHILOSOPHY

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

BUSINESS OF YOGA

- / SPREAD THE WORD - SOCIAL MEDIA & WEBSITES
- / BUILD A SUSTAINABLE DREAM
- / INSURANCE AND FIRST AID
- / HOW TO TEACH ONLINE

HOMEWORK AND EXAMS



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

INVESTMENTS & REFUNDS

/ Application Fee (deposit applied towards tuition): £500 due at time of application.

Investment: £2,200 (including £500 non-refundable deposit)

/ Early Bird Investment: £2,000 (including £500 deposit) please check the website for deadlines

All payments are payable by card (MC, VISA, DEBIT) or bank transfer only. *4 month payment plan available- this cannot be used in conjunction with Early Bird or other offers.* *Discount on membership contracts for current and new members during the course of the programme is also available.

ADDITIONAL BONUSES:

All YTT participants get 50% off for online monthly memberships during training

/ All YTT participants who completed the training can volunteer and start teaching right away via our LKY - THoY collaboration programme - please check our: FREE Livestream Community Yoga Flow - Fundraiser for LKY

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

/ 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**

TESTIMONIALS

I will be walking away from this training, completely changed for the better. For years I've wanted to become a yoga teacher, but always found excuses to not follow through. I'm so grateful for the last months of training with Jason, Monika and Maryann. While the world is getting to grips with the impact of COVID-19 pandemic, THoY moved very swiftly to support all the students and ensured that we are able to learn the necessary teaching skills from the comfort of our homes. Jason, Monika and Maryann created a safe space for us to connect, grow, share life experiences and opinions, make mistakes, have fun, ask questions, feel challenged and most importantly create a new future for ourselves. I knew that this teacher training would be life-changing, but I didn't know how it would manifest. I now feel I have enhanced perspectives in front of me and I can't wait to explore them all. This training gave me hope, confidence, knowledge and trust in the future, supported by an amazing community of caring teachers and friendly fellow students. I would recommend this training to anyone who wants to become a yoga teacher! ~ **Maeva W**

Thank you for many things! For ThoY community firstly. I chose this teacher training course having experienced the brilliance of this community four years ago and it still feels as strong. Thank you for leading us through this challenging yet truly 'memorable year'. Thank you for inviting me into a bigger world of self exploration and growth, I admire the work you do so much so it's starting to shape my goals and visions - do the thing to get the thing right! I will always return to THoY. Please keep sharing all you do, it adds so much to many. ~ **Beth S**

January seems a lifetime ago. It's been incredible watching you and your team walk the walk during this period. No doubt you've been challenged and stretched on many levels so to see you being a role model for others in is so inspiring. Look what you've created, we share a love for life coaching and personal enquiry aspect of teaching . JIP, your classes, this course has been a wonderful foundation stone for me to teach powerful yoga classes. Passion ignited! ~ **Matt M**

Thank you for taking me on this yoga journey. I have learnt so much and have so much more to learn. You have created an amazing community at THoY, I'm proud to be part of it! ~ **Claire M**

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

200HR ONLINE 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.**

WEEK 1

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

WEEK 2

TUES 6PM - 9PM	<ul style="list-style-type: none">● Taking on your Self Practice● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ The 3rd section of JIP sequence (Vitality)● Tools for teaching<ul style="list-style-type: none">○ Point to Point
THURS 6PM - 9PM	<ul style="list-style-type: none">● Yoga Practice<ul style="list-style-type: none">○ Ujjayi Breath● Asana Clinic<ul style="list-style-type: none">○ Crescent Lunge○ Warrior 1○ Chair Pose○ Chair Pose Twist● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Integration - Vitality

WEEK 3

FRIDAY 6pm - 8pm	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Integration to Vitality● How to teach the basics of Meditation
SATURDAY 8am - 6pm	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Introduction to section 4 (Equanimity)● Yoga Practice<ul style="list-style-type: none">○ Skill work● Personal Growth Session● Anatomy<ul style="list-style-type: none">○ Introduction○ Structures of the body○ Anatomy of the Spine● Asana Clinic<ul style="list-style-type: none">○ Eagle Pose○ Standing leg raise○ Half Moon○ Dancer's Pose● Tools for Teaching<ul style="list-style-type: none">○ Introduction to the 10 principles of becoming an extraordinary teacher/leader (10 Tenets)

WEEK 4

TUESDAY 6pm - 9pm	<ul style="list-style-type: none">● Yoga Practice<ul style="list-style-type: none">○ Bandhas● Pranayama Breathing Techniques
THURSDAY 6pm - 9pm	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Introduction to section 5 (Grounding)● Asana Clinic<ul style="list-style-type: none">○ Triangle○ Front Facing Forward Fold○ Twisting Triangle

WEEK 5

FRIDAY 6pm - 8pm	<ul style="list-style-type: none">● The Foundations of Vinyasa Yoga (Part 2) - 5 Pillars● Anatomy<ul style="list-style-type: none">○ Anatomy of the core
SATURDAY 8am - 6pm	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Introduction to section 6 and 7 (Igniting and Stability)● Yoga Practice<ul style="list-style-type: none">○ Skill work● Personal Growth Session● Philosophy<ul style="list-style-type: none">○ Yamas and Niyamas● Asana Clinic<ul style="list-style-type: none">○ Camel Pose○ Bridge Pose○ Wheel○ Boat Pose● The power of State Change

WEEK 6

TUESDAY 6pm - 9pm	<ul style="list-style-type: none">● Yoga Practice<ul style="list-style-type: none">○ Drishti○ Skill work
THURSDAY 6pm - 9PM	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Introduction to section 8 and 9 (Opening and Release)● Asana Clinic<ul style="list-style-type: none">○ Half Pigeon○ Double Pigeon○ Frog Pose○ Seated Forward Fold

WEEK 7

FRIDAY 6pm - 8pm	<ul style="list-style-type: none">● Teaching Methodology<ul style="list-style-type: none">○ Review & recap of 10 Tenets● JIP Sequence<ul style="list-style-type: none">○ Integration to Release (Complete JIP sequence)
SATURDAY 8am - 6pm	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Introduction to chapter 10 and 11 (Rejuvenation and Deep Rest)● Yoga Practice<ul style="list-style-type: none">○ Skill work● Personal Growth Session● Anatomy<ul style="list-style-type: none">○ Ranges of Motion; Tension and Compression● Philosophy<ul style="list-style-type: none">○ Pratyahara, Dharana, Dhyana● Teaching Methodology<ul style="list-style-type: none">○ Put into practice and step into courage

WEEK 8

TUESDAY 6pm - 9pm	<ul style="list-style-type: none">● Yoga Practice<ul style="list-style-type: none">○ Modifications○ Healing practice● Modifying Yoga Asana
THURSDAY 6pm - 9PM	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Introduction to Deep Rest● Asana Clinic<ul style="list-style-type: none">○ Shoulder Stand○ Head Stand○ Handstand○ Forearm stand/Scorpion

WEEK 9

FRIDAY 6pm - 8pm	<ul style="list-style-type: none">● Teaching Methodology<ul style="list-style-type: none">○ Review & recap of 10 Tenets● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Integration to Deep Rest● Noble Silence
SATURDAY 8am - 6pm	<ul style="list-style-type: none">● Mindfulness<ul style="list-style-type: none">○ Mindful walk experience● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ TEACH TEACH TEACH● Yoga Practice<ul style="list-style-type: none">○ Inversions workshop● Personal Growth Session● Philosophy<ul style="list-style-type: none">○ The 8 Limbs of Yoga○ Bringing Philosophy into your life and your teaching● Teaching Methodology<ul style="list-style-type: none">○ Put into practice

WEEK 10

TUESDAY 6pm - 9pm	<ul style="list-style-type: none">● Yoga Practice<ul style="list-style-type: none">○ Vinyasa● Yoga Philosophy<ul style="list-style-type: none">○ The History of Yoga (Yoga Unveiled)
THURSDAY 6pm - 9PM	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Integration to Deep Rest● Assisting<ul style="list-style-type: none">○ Introduction to THoY Assisting course○ Learn assists for; Integration, Awakening and Deep Rest

WEEK 11

FRIDAY 6pm - 8pm	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Integration to Deep Rest● Assisting<ul style="list-style-type: none">○ Recap assists learnt● Tools for Teaching<ul style="list-style-type: none">○ How to breakdown timings of a 60, 75 and 90 minute class○ Step into your greatness
SATURDAY 8am - 6pm	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ TEACH TEACH TEACH● Assisting<ul style="list-style-type: none">○ How to assist in a class; typewriter assisting○ Learn assists for; Vitality through to Rejuvenation● Anatomy<ul style="list-style-type: none">○ Anatomy of the Psoas● Personal Growth Session● Teaching Methodology<ul style="list-style-type: none">○ Live coaching sessions

WEEK 12

TUESDAY 6pm - 9pm	<ul style="list-style-type: none">● Yoga Practice<ul style="list-style-type: none">○ Tapas● Teaching Methodology<ul style="list-style-type: none">○ Recap
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WEEK 13

TUESDAY 6pm - 9pm	<ul style="list-style-type: none">● JIP Sequence (Practice Teach)<ul style="list-style-type: none">○ Introduction to Deep Rest● Teaching Methodology<ul style="list-style-type: none">○ Live coaching sessions
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WEEK 14

FRIDAY 6pm - 8pm	<ul style="list-style-type: none">● Prep for Written Exam● Prep for Practical Exam
SATURDAY 8am - 6PM	<ul style="list-style-type: none">● Written Exam● Personal Growth Session● Yoga Practical Exam
SUNDAY 8am - 5PM	<ul style="list-style-type: none">● Yoga Practical Exam

WEEK 15

TUESDAY 6pm - 9pm	<ul style="list-style-type: none">● Yin and Restorative Yoga workshop
THURSDAY 6pm - 9pm	<ul style="list-style-type: none">● Business of Yoga<ul style="list-style-type: none">○ Part 1

WEEK 16

FRIDAY 6pm - 8pm	<ul style="list-style-type: none">● Personal Growth Session<ul style="list-style-type: none">○ The Future by design○ Personal Presentations
SATURDAY 8am - 6pm	<ul style="list-style-type: none">● Yoga Practice<ul style="list-style-type: none">○ Handstand Workshop● Business of Yoga<ul style="list-style-type: none">○ Part 2● Public Graduation Class● Graduation Ceremony● Celebration

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