



## **200+ Hours Online Teacher Training** **Accredited by the Independent Yoga Network**

**4 Modules**  
**2 Hours per week spanning one year**

**This is an in-depth study into yoga and its' source, leading to a teaching accreditation after 200 hours of successful study. We require you to complete 200 hours of training, which is signed off by the Independent Yoga Network.**

Two years of regular yoga practice is a minimum requirement of GOYOGA. This can be discussed with Sophie.

Students will be invited to self-practice over this time as well as complete 8 course investigations. Self-practice is essential for yogic development so please realize this will be fun but full on. Many students are permitted to teach one or two hours a week before the course end after Module 2.

We look at many aspects of yoga and develop a strong real-life



teaching style.

## What's Included?

### 4 Modules

Module 1 - Asana, Pranayama, Mudra and Bandha

Module 2 - Kundalini, Philosophy, Class Design and Meditation

Module 3 - Mixed Media, Online work in Yin, Choreography, Class Design and Creativity and Philosophy.

Module 4 - Final Sessions, Your Practise, Your Style, The Class Creation.

- Asana
- Ashtanga Primary Series
- Kundalini
- Choreography and Class Design
- Yoga Philosophy and Ancient Text Study
- Anatomy and Physiology
- Becoming a great teacher
- Hatha and Modern Sports Yoga
- Sukham Yoga - (Sophie's Blend) - Yoga Fusion
- Yoga Sports
- YinYoga
- as well influences from guest teachers and practitioners. (Not all are listed below)

We work with guest teachers from movement, contemporary dance (this year the Cunningham method), and yoga backgrounds and try

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and provide fresh and new approaches to teaching whenever.

### Location

Whilst we will endeavour to stay with the initial course dates, we reserve the right to change content and timelines to ensure adequate and convenient training. As we are now online and we don't know what's round the corner, each module can be booked individually. You can dip in and out of each module as you go.

### Certification

At the end of the Yoga Teacher Training - 200 hour diploma course, successful graduates will receive:-

- The GoYOGA 200 Hour Transformative Yoga Diploma in Teaching Yoga RYT200 insured by Towergate Insurance.
- Eligibility for entry GOYOGA Training Institute
- Insurance and Accreditation with the IYN. (Independent Yoga Network)
- An increased Yogic Vision and Teaching Skills.
- Joining the Go Yoga Community.
- Eligibility for interview for a teaching position at GOYOGA.
- A springboard to a future career in Wellness.
- Many teachers further their knowledge with GoYoga (they receive a discount on all classes and workshops).
- A world of further study into the sphere of yoga.

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Course fees are non-refundable and include all course hand-outs, scheduled meetings, online classroom and facebook, but exclude accommodation (if necessary), books from the reading list, private personal additional sessions and First Aid Certification and insurance.

Yoga Teacher training students are eligible for **concession rates** of 25% at GoYOGA workshops as well as a FULL ACCESS CLASS PASS during their training, but you are under no obligation to attend GoYOGA classes, but we do find the best teachers are those who practise as much as possible.

### First Aid

To receive final certification you are required to complete a First Aid course. There are numerous First Aid courses in the area, but we would particularly recommend those run by St John's Ambulance, (Emergency First Aid at Work Course).

### Content

The course will contain four modules. We will be working on becoming a teacher from word 'go'; one of the pre-requisites will be to begin your self-practice. "99% practice, 1% theory..." Sri. Pattabhi Jois.

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- Anatomy & Physiology - Anatomy fundamentals and the muscular skeletal system, biomechanics, body reading and the pathology of injuries.
- Specialisms Physiotherapist - Annelize Ferreira will deliver work on Sports Yoga, looking at fascia and teaching a specialist sports yoga class.
- You will also look at presenting work and acting practice and using this in your teaching. You will get some dance technique work (Cunningham Method).
- We continually offer you specialist workshops, in the past we have introduced, Yin, Cunningham Dance, Sports Yoga and Presenting and so teacher-dependent we will endeavour to deliver as much variety here as we can.
- Yoga fundamentals and techniques of teaching asana - asana teaching, alignment, postures, safe adjustments, classical pranayama, mudra, bandha, sequencing (vinyasa krama), sadhana, Mantra, kundalini basics with the chakra system and the subtle body, the Ashtanga Primary Series.
- History and Philosophy  
Classical texts – the Upanishads, Bhagavad Gita and the Yoga Sutras, Yoga for Real Life, Integration.
- Professional Practice  
Structuring and planning classes and courses, self-evaluation, teaching and presentation skills, yoga and access, teaching as a vocation, health and safety and the ethics and journey of being a Yoga teacher.
- Looking at trends and changes in yoga.

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Each module is made up of a mixture of written and practical work.

You will find you will be constantly researching online, looking at teachers and reading further, this list is by no means the limit of your learning.

### Applications Process and Costs

If you would like to apply we please complete the attached application form.

Requirements some physical or movement experience outside of yoga is also a bonus but an enthusiasm and interest is the most important factor.

We will then contact you via email or telephone and have a short telephone or FT/SKYPE/ZOOM interview. We offer between 10-25 places a year.

We look forward to your submission.

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## COST

**COURSE PRICE - £3000 Early Bird £3500 who course.**

Once accepted you will then be invoiced and should proceed with the non-refundable deposit.

Please let us know which method you require at this point. Full payment should be made before the first day of the online course and is non-refundable.

We look forward to welcoming you to our training!

Many thanks

Om Shanti

Further Information

[Your Team](#)

[Sophie Bickerdike](#)

[Course Content and IYN Yoga Elder](#)

## GO YOGA ONLINE TRAINING



Sophie is one of the few Senior Yoga Teachers (SYT) in the country with both the Yoga Alliance Professionals and the Independent Yoga Network. Sophie has appeared at major yoga shows and also made numerous television appearances. Previously she was an actress, you may best remember her on the Maltesers advert 'Feed Me'.

She is a Yoga Teacher Trainer running both online and studio courses at Go Yoga Harrogate. She has also written several books and manuals including Kundalini – Crystal Clear and the Go Yoga Manual.

Sophie founder of Goyoga – a yoga studio in Harrogate in 2013.

She trained in London and after 12,000 thousand lessons became a teacher trainer. She has now trained over 200 teachers and runs live yoga and workshops across the country as well as online sessions.

Her published works include *The Yin of Yoga*, *Her Yoga Manual* and Sophie regularly blogs for the *Huffington Post*.

Sophie's self-practice is a mix of ashtanga and kundalini. Her mission is to keep the message of yoga alive to as many people as possible as she is a firm believer that yoga sorts out everything.



## GO YOGA ONLINE TRAINING



### [Martin Jameson](#) [Yoga Theory, Yin Yoga and Adjustments](#)

Martin is a British Wheel Teacher, he has been with Go Yoga for over 5 years, he regularly runs Yin Yoga and masterclasses in many different styles of yoga, he joins us for Module 3 online.



### [Meryem Han](#)



### **Further Study - Arm Balances**

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### Reading List

There are so many books on yoga, I have outlined a few, to get you going on your yoga journey.

Initially we suggest:-

*The Yoga Sutras of Patanjali*

*The Ashtanga Practise Manual by David Swenson*

*The Upanishads*

*Hatha Yoga by Theos Bernard*

*The Yoga Bible*

*Light on Yoga by BKS Iyengar*

Over 200 Hours

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For questions about our yoga teacher training courses please contact Sophie 07782136902... [sophieyoga@me.com](mailto:sophieyoga@me.com)