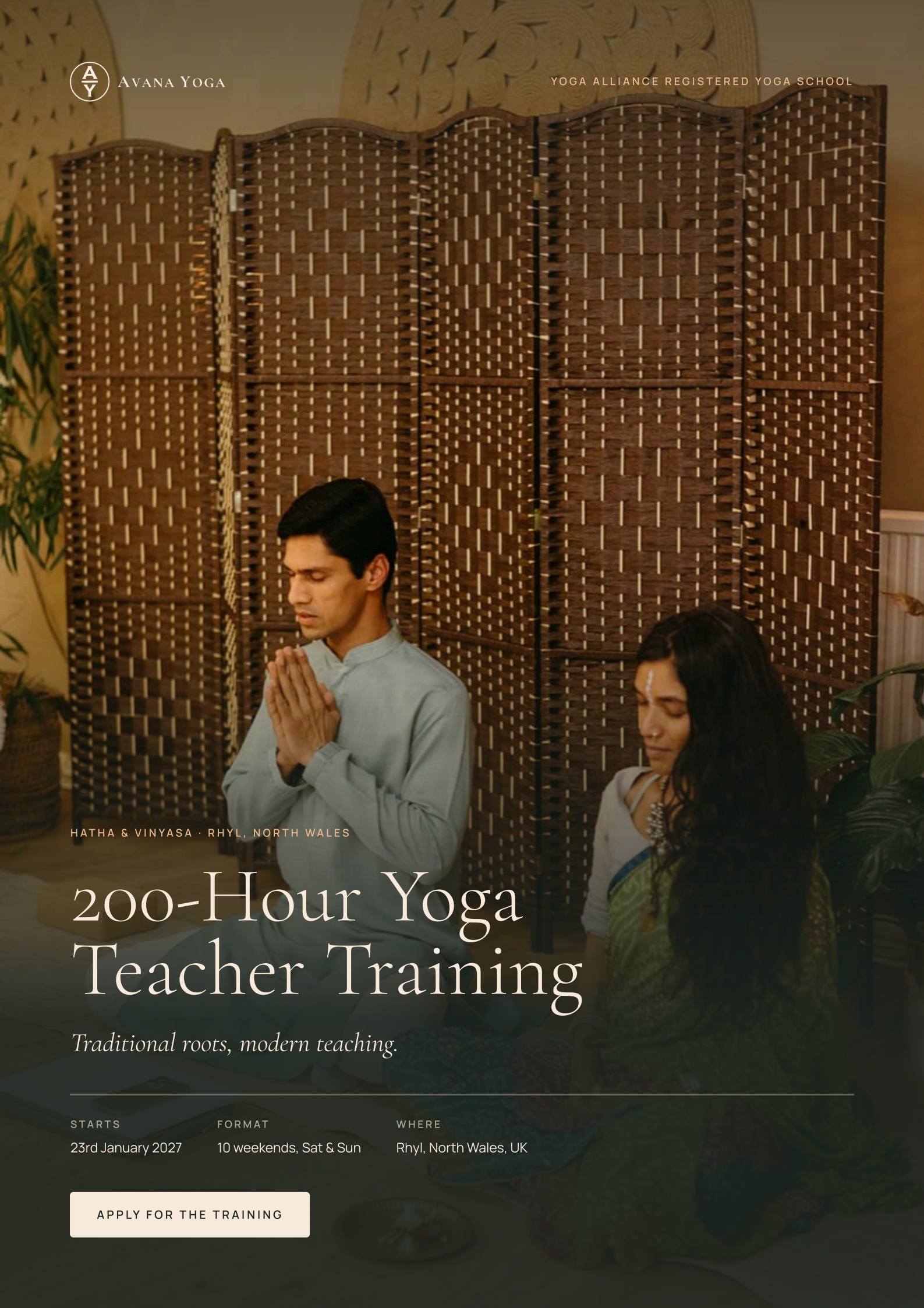

Avana Yoga

YOGA ALLIANCE REGISTERED YOGA SCHOOL

HATHA & VINYASA · RHYL, NORTH WALES

# 200-Hour Yoga Teacher Training

*Traditional roots, modern teaching.*

| STARTS | FORMAT | WHERE |
| --- | --- | --- |
| 23rd January 2027 | 10 weekends, Sat & Sun | Rhyl, North Wales, UK |

APPLY FOR THE TRAINING

THE TRAINING

# 200-Hour Hatha & Vinyasa Yoga Teacher Training

Rooted in the classical traditions of India, our 200-Hour Hatha & Vinyasa Yoga Teacher Training combines traditional practice with the skills required to teach confidently in the modern world.

Through asana, pranayama, meditation, anatomy, philosophy and teaching methodology, you will deepen your own practice while developing the knowledge and confidence to guide others. The course is Yoga Alliance accredited and taught in person over ten weekends in Rhyl, North Wales.

## Over the training, you will

**Learn to teach**: sequence and structure classes, give clear cues and hold space for a group.

**Practise safe alignment**: understand anatomy and movement, and adjust and modify postures for different bodies.

**Deepen your own practice**: pranayama, meditation, mantra and traditional yogic wisdom.

**Study yoga philosophy**: the Yoga Sutras, the eight limbs and the classical texts.

**Build confidence**: teach in a supportive setting, receive feedback and find your own voice.

## By the end, you will

- Know the foundational asanas and how to teach them
- Offer safe adjustments and alignment guidance
- Teach led classes with confidence
- Understand the roots and philosophy of yoga
- Guide pranayama and meditation
- Be able to register with Yoga Alliance as an RYT 200

## Who it is for

- Aspiring yoga teachers
- Dedicated practitioners seeking deeper knowledge
- Wellbeing professionals who want a grounding in classical yoga

## Who it is not for

- Anyone looking for a fitness course
- Anyone uninterested in philosophy and self-discipline
- Anyone seeking a purely physical practice

CURRICULUM

# What you will study

The curriculum covers every essential part of yoga, joining the classical tradition with clear, modern teaching methods, so that you deepen your own practice and gain the knowledge to teach.

## Asana

- Detailed study of classical yoga postures
- Alignment, benefits and contraindications
- Safe use of props and modifications for all levels
- Hands-on adjustments and posture correction
- Strength, flexibility and body awareness

## Pranayama

- Yogic breathing, from foundations to advanced practice
- Techniques including Nadi Shodhana, Bhastrika, Ujjayi and Bhramari
- Breath awareness and its effect on body and mind
- Breathwork as preparation for meditation

## Meditation and yogic practices

- Techniques for concentration and awareness
- Guided meditation
- Mantra chanting and sound
- Yoga Nidra: deep relaxation and inner awareness

## Anatomy and physiology

- Body systems relevant to yoga practice
- The musculoskeletal system and movement
- Understanding injuries and safe teaching
- Anatomy applied to alignment and adjustments

## Yoga philosophy and lifestyle

- The Yoga Sutras of Patanjali
- The eight limbs of yoga in practice
- Yogic diet, daily discipline and sattvic living
- An introduction to the Bhagavad Gita and yogic ethics

## Teaching methodology

- Structuring a class, from beginners to intermediate
- Themed and balanced sequences
- Voice, communication and cueing
- Holding a safe space for a group
- Practicum: supervised teaching practice with feedback

## Professional development

- The role and responsibilities of a yoga teacher
- Finding your own teaching style
- The basics of ethics, business and teaching work

DATES, TIMES AND FEES

# Ten weekends in Rhyl, North Wales

## Dates · 2027

| | |
|---|---|
| 23rd & 24th January | 27th & 28th February |
| 30th & 31st January | 6th & 7th March |
| 6th & 7th February | 13th & 14th March |
| 13th & 14th February | 20th & 21st March |
| 20th & 21st February | 27th & 28th March |

**Days**: Saturdays and Sundays

**Time**: 12pm–6pm

**Plus**: two live philosophy sessions a week, recorded if you miss one

**Where**: Rhyl, North Wales, UK

COURSE FEE

## £1899

Early bird price until 30th November 2026.

**£2099** from 1st December 2026.

Payment plans are available on request.

APPLY FOR THE TRAINING

## Accreditation

Avana Yoga is a Yoga Alliance Registered Yoga School. On completing the training, you can register with Yoga Alliance as a 200-hour registered yoga teacher (RYT 200).

## To graduate

Written and practical assessments are completed at the end of the course, and you need to attend at least 90% of it. The course is taught in English, so a good understanding of spoken and written English is needed.

YOUR TEACHERS

# Taught by experienced teachers

## Yogi Madhav

TRADITIONAL YOGA · PHILOSOPHY · MEDITATION

Yogi Madhav teaches traditional yoga as it is still taught in India: simply, calmly and with precise, clear instruction. Raised in a traditional Indian family, he has practised yoga since childhood. He holds a Bachelor's degree in Philosophy, Sanskrit and Hindi and a Master's degree in Yoga and Meditation, and in 2008 he won the Himalaya Yoga Olympiad. Since 2012 he has taught in yoga schools, ashrams, universities and institutes, guiding thousands of international students through 200-hour and 300-hour teacher trainings. He is now based in the UK.

## Prabhakar Rana

HATHA & ASHTANGA · PHILOSOPHY & MEDITATION

Prabhakar teaches Hatha and Ashtanga yoga, and the philosophy and meditation that sit beneath them. He has taught for more than sixteen years, including philosophy and meditation at yoga centres across India, and has completed over 1,000 hours of professional teacher training. Drawn to a spiritual way of living from a young age, he teaches patiently, letting each student take the yogic path at their own pace.

## Helen

VINYASA FLOW · YIN · YOGA NIDRA

Helen teaches Vinyasa Flow, Yin and Yoga Nidra, in classes that are informative, inclusive and welcoming to everyone. She discovered yoga in Melbourne in 2011, completed a 200-hour teacher training in Bali in 2015 and a 300-hour training in India in 2017. In 2019 she opened B-Yoga Studio, and in 2025 she took on Hotpod Yoga Chester.

## Sudhir Rishi

ADVAITA VEDANTA · ASHTANGA · MEDITATION

Sudhir teaches yoga as a lived philosophy: simple, practical and rooted in Advaita Vedanta, enriched by Ashtanga Yoga, Vipassana and Vedantic inquiry. Trained as an engineer, he left a corporate career at 27 to study in Rishikesh and the Himalayas, and spent eight years as a monk. In more than thirty years he has led over 150 200-hour and 40 300-hour teacher trainings across Asia and Europe. He is an E-RYT 500 with more than 40,000 hours of teaching, and Director of Teacher Trainings at Sthira Yoga.

## Leena

YOGA & MEDITATION · ART PSYCHOTHERAPY

Leena teaches yoga and meditation as one practice, from the heart and with care for each student's own nature, what the tradition calls svarupa. Her yoga began in childhood, practising with her grandfather and the community at the local Mandir. She has trained in Ashtanga Vinyasa, Yin Yoga and meditation, including a 100-hour meditation training in Rishikesh, and is an Art Psychotherapist registered with the Health and Care Professions Council.

## Matt

ASHTANGA VINYASA · TCM ACUPUNCTURE

Matt teaches Ashtanga Vinyasa, a practice he has followed since 2008 and taught since 2011. He completed his 200-hour training in the Ashtanga primary series in Rishikesh, and has studied adjustments for 40 hours each with Manju Jois and David Swenson. He is also a qualified acupuncturist, with a BSc (Hons) in Traditional Chinese Medicine Acupuncture from Wrexham Glyndŵr University.

WHAT OUR GRADUATES SAY

# Rated 5.0 on Google

Every review from our last 200-Hour Yoga Teacher Training gave five stars. In their own words:

★★★★★

"I've just completed my 200hr Yoga Teacher Training with Avana Yoga, and it has genuinely been one of the most transformative and enriching experiences of my life. The course was incredibly well structured, with a perfect balance between practice, teaching skills, anatomy, and beautifully indepth philosophy … The level of teaching was exceptional." Read more

DAVID

★★★★★

"Madhav, Prabhakar and the extended team of yoga teachers at Avana Yoga truly made my experience something that I will never forget. The care and kindness that is openly given in sharing a wealth of knowledge and love of yoga practice, gave myself and the others on the course a confidence in ourselves to believe in who we are, encourage accessibility and grow within a joyful and loving community."

TOM

★★★★★

"I cannot recommend EVERYONE at Avana Yoga enough - the patience, the kindness and the knowledge shown is out of this world. Truly the best, most trusting space for growth and development. Madhav, Prabhakar, Matt & Leena are the best guides and now life-long friends."

RHEA

★★★★★

"I would recommend this course whole heartedly to anyone! You are surrounded by THE best teachers and support system who become your friends. I cannot thank Avana yoga enough for giving me my sense of purpose."

LOLA

★★★★★

"I'm absolutely blown away by this yoga teacher training course. The tutors have made it so so special, and the teaching is phenomenal. I would highly recommend this training to anyone looking for a yoga teacher training course, you won't be disappointed."

ELLE

Read every review, and leave your own, on our Google profile.

READ THE REVIEWS ON GOOGLE

QUESTIONS

# Before you apply

### What is a 200-hour yoga teacher training?

A course that gives you the knowledge, skills and experience to teach yoga: anatomy and physiology, yoga philosophy, teaching method and plenty of hands-on practice.

### Is the course accredited by Yoga Alliance?

Yes. Avana Yoga is a Yoga Alliance Registered Yoga School, and on completing the course you can register with Yoga Alliance as an RYT 200.

### Do I need experience before I start?

There are no formal prerequisites, although a regular yoga practice is recommended. A good understanding of English is needed.

### Can I keep working while I train?

Yes. The course runs at weekends, and the philosophy sessions are recorded if you cannot attend live.

### What support is there after the course?

We offer ongoing support through mentorship, our graduate community, and invitations to workshops and further trainings.

GET IN TOUCH

## Begin your training

Whether you have a question about the training or are ready to apply, we'd be happy to help.

APPLY FOR THE TRAINING

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