



Yoga Unwrapped©
Foundation Yoga Teacher Training:
200 Hours

Course Modules

Saltaire, Bradford, West Yorkshire

May - October 2025

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1. Function & Form: Applicable Functional Anatomy

Understand the body in Yoga for a safe, skilful, intelligent yoga practice and the teaching of others. Develop thorough knowledge of anatomy & physiology and its application in the practice of asana. 28 contact hours and 10 non contact hours of required reading.

- Relevant up to date Functional Anatomy that is engaging, practical and fun.
- Understand the modern age human body in the traditional asana to be a safe, skilful, intelligent yoga practitioner and credible teacher.
- Using Visual learning tools including 3D Anatomy software, full size skeleton and seeing real bodies to understand form and function.
- Injury prevention in the major joints of the body including hips, knees, wrists, shoulders and spine on and off the mat.
- Learning how different types of muscles work and applying this knowledge within your asana practice to embody the techniques and inform your teaching.
- The training weekends will be split into 3 sections for the anatomical content: Lower Body, Spine & Core, and Upper Body.
- We will also cover anatomy of breathing and an introduction to the nervous system.

2. Grow & Guide: Teaching Methodology & The Art of Teaching

2 hours daily per weekend – 48 hours of teaching methodology contact hours. Teaching skills including reading bodies, demonstration, verbalisation & articulation, the role of a Yoga Teacher, class planning and sequencing, injury prevention.

- Start teaching from day one with your peers
 - Learn to deliver well balanced, safe & inspiring classes face to face and online.
 - How to clearly & effectively demonstrate in the yoga room to develop your students' practice.
 - Teaching with your hands through safe & ethical assists, and how to adjust verbally.
 - Developing curriculum and structured class planning, and how to create logical, creative, effective sequences.
 - Developing your verbal communication & language skills to articulate clear, safe and efficient instructions & cues informed by anatomical understanding and your own practice.
 - Finding your own unique voice & teaching style.
 - Essential elements of seeing & reading bodies and providing supportive modifications.
 - Injury prevention and managing students with injuries.
 - Peer group discussions and practice including manual & verbal assists, and adjustments.
 - Class observation to learn the art of seeing bodies.
 - Learning to work with beginners and in mixed level settings.
 - The role of a yoga teacher, showing up for your students and sharing with kindness, care and compassion.
 - Teacher self care and maintenance.
 - Mixed level teaching through our community yoga classes (subject to availability on the Heather Yoga timetable and COVID restrictions in 2022)
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3. Explore & Develop: Asana

75 contact hours of led practice and group discussion.

Outside of training weekends, trainees are expected to continue exploring their own Asana practice, covering a range of yoga styles and taking classes with a variety of yoga teachers for their practice development.

Trainees are expected to attend a minimum of 20 yoga classes and 10 hours workshops through the duration of the course with a variety of experienced Yoga Teachers and record in a Class Attendance Diary signed by the teacher.

In addition, Trainees are expected to establish a regular Personal Yoga Practice and record this in a Personal Practice Diary. This section of our training course will be the foundation of students learning and class planning as we look to embody the Vinyasa practice, alignment of the body, understanding the anatomical concepts of the training in functional movement, mindfulness through attend to detail, and the pace and breath, to approach more advanced poses and how to break them down to sequence and teach others.

- Explore the Principles of Vinyasa & Hatha that are the basis of this training, whilst addressing Meditation & Pranayama practice, and Restorative & Yin styles.
 - Establish a daily asana practice with mindful movement and intelligent sequencing to embody the poses, alignment of the body, and understand the anatomical concepts of the training.
 - Deepen your practice by working on all asana groups, and including some advanced postures, their techniques & modifications.
 - How to create, develop & maintain your own personal practice that addresses & supports your needs, and forms the foundation of your teachings.
 - Explore all major pose groups and the techniques, benefits, effects, modifications and variations for the modern body
 - How to deconstruct, understand, and approach poses from each pose category for methodical creative & well balanced sequencing to confidently empower & educate your students to progress their practice.
 - Addressing how pace and attention to detail affects the body, cultivating mindfulness, and the overall experience & outcome you wish to facilitate.
 - Learn the traditional sanskrit names for poses with correct pronunciation and how to break down the words.
 - Attending a selection of public classes & workshops of your choosing to experience a variety of teaching and developing your own practice.
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4. Origins & Insight: Philosophy

Philosophy we will cover 20 hours of contact hours and 10 non contact hours minimum of required reading & assignments.

- Introduction to yoga philosophy and ancient yoga texts (The Eight Limbs, Yoga Sutras, Bhagavad Gita)
 - History of lineages, styles of yoga, developments of the asana practice.
 - Living the philosophical concepts and how to apply into daily life to bring purpose
 - How to incorporate the wisdom & teachings into the context of the asana practice.
 - Looking at modern contemplative practices & self development to support transformation.
 - How these teachings can bring purpose and meaning to our practice, our teaching, and our life.
 - This will include Ethics of Yoga -Dealing with Yoga Teaching Ethics through the lens of The Yoga Sutras. This will also include discussion on hands on adjustments
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5. Purpose & Align: Self Development

60 non contact hours.

- Reflection & reading. Students will be encouraged to write at least 10minutes each day morning time as part of their daily sadhana, and 10 mins each day daily reading of a choice of self development literature to help connect them to their purpose, and their 'Why'. To know their why to inform their teaching and inspire others.
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6. Connection & Community: Being In The Business Of Yoga

5 contact hours and 5 non contact hours.

- Including clarifying your vision as a teacher and some discovery work around your yoga niche.
 - Setting yourself up as a teacher and how to start teaching in studios & gyms, and run corporate & private client sessions.
 - Get visible through some essential basic Marketing & Communication including social media.
 - Handling customer service, booking systems and other necessary admin.
 - Begin to run your own sessions face to face and online, and create a sustainable and thriving business.
 - Finding your unique message and communicating it with authenticity and a willingness to serve.
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7. You Are A Teacher: Practicum & Assessment

8 hours Minimum contact hours and 10 non contact hours minimum.

- Teaching practice starts on day one of training and is pivotal to every aspect of learning at the school. Most days each student will lead peer and small group practice with Asana, and will include some basic Pranayama/ Meditation/ Restorative.
 - On training weekends In the 2nd half of the course trainees will work on creating a full 60 mins mixed level yoga class to a real live class of visiting yoga students from Heather Yoga local community. (Subject to COVID restrictions in 2022)
 - Mid way through the trainees will be required to write a short assignment of 500 - 1000 words reflecting on their experience and highlighting their main takeaways so far.
 - Trainees will learn to demonstrate, explain, teach and assist students across a range of poses from the main categories of asana (standing poses, forward bends, backbends, twists, arm balances, inversions)
 - Once trainees have completed 4 full weekends at the school, they should have developed the necessary skills to begin teaching in their community (including friends and family) and will be supported and encouraged to do so.
 - As part of the Final Assessment each Trainee will plan and teach a 60 min Yoga Class to their peers during the assessment.
 - As part of the Final Assessment each Trainee will submit a full lesson plan for week 1 of a 6 Week Beginners Course and an outline for the entire course.
 - In the final weeknd there will be a short written test covering Philosophy, Anatomy and Teaching Methodology.
 - In the 2nd half of the course students will get the opportunity to teach one of the Community Yoga classes on the timetable. (subject to timetable availability and COVID restrictions in 2022)
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8. Method & Momentum: Assignments & reading

3 contact hours and 41 non contact hours.

- Assignments & Required reading part of teaching methodology. For example the students are required to create a sequence that focuses on a theme (There will be sequencing structured and guidance for them to develop their own. By the end of the course students will have designed a 6 week curriculum for beginners. We expect a minimum of 2 hours of each assignment required to submit this to lead trainer Heather for feedback & guidance. For required reading they will be advised on books to buy and chapters to read. Plus links to online resources including Articles and podcasts. For reading and online resources we require one hour of time each week through the duration of the course; this totals to 26 hours.
 - Midway through the course there will be a short self reflection assignment as an opportunity to see their journey so far, acknowledge their progress, and recognise main highlights and key takeaways.
 - To help students digest and integrate information - will include regular homework between training weekends and concluding the course with designing class sequences, 6-week beginner's course and a month long curriculum.
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9. Mentor & Support: Mentorship

8 contact hours between our training weekends.

- As part of this course we will be scheduling in some group calls via Zoom to keep in contact between training weekends and allow for students to ask questions, share what has come up, troubleshoot challenges and for Heather to provide additional information and keep the momentum going between training weekends.
- 121 session midway and towards the end of the training with Heather to connect & communicate privately and be supported in this intimate context.