



more  yoga

TEACHER TRAINING

PROSPECTUS

SYLLABUS

The MoreYoga flow teacher training is a comprehensive 200 Hr programme registered with Yoga Alliance Professionals (UK) Yoga Alliance USA. This well-rounded course, will give you a grounding knowledge in the following areas of yoga:

ASANA

The physical postures will be broken down in asana labs. You will understand proper alignment, affective cueing and modifications to best serve every student.

YOGA PHILOSOPHY

History of Yoga, introduction to the sutras, how to integrate yoga philosophy into modern life, introduction to the subtle body.

ANATOMY

introduction to functional anatomy of yoga.

PRANAYAMA

Breathing techniques and how to integrate them into class.

MEDITATION

Techniques and how to integrate them into class.

The 200 Hour teacher training is divided into 4 modules.

Each module is based on one of the elements.

You will learn a new sequence based on the elements on each module.

EARTH FLOW

Grounding and stabilising flow

WATER FLOW

Fluid and purifying flow

FIRE FLOW

Strong and empowering flow

AIR & ETHER FLOW

Heart-centred uplifting flow

COURSE OUTCOMES

On the successful completion of this course you will be able to:

- Teach four flows and have the capacity to make them your own.
- Teach in studios and gyms
- Have the confidence to lead a room of students
- Offer modifications to best serve all of your students
- Have a foundational understanding of anatomy
- Understand the subtle body and incorporate its teachings into your classes
- Have knowledge of proper alignment and contraindications of poses
- Understand core pranayama and meditation techniques
- Business skills to run your own yoga teaching business

TEACHING FACULTY

Meet our incredible teaching faculty! The course is normally split between two teachers with a day of anatomy on each module.



ERIKA SHAPIRO
Teacher Trainer

Erika is a Senior Yoga Teacher, registered with Yoga Alliance Professionals. She teaches Vinyasa flow, Yin yoga, Restorative yoga, meditation and mindfulness in the context of group classes, private tuition, corporate workshops and well-being days and teacher trainings, for those wishing to embark on the path of teaching yoga.

Erika writes content and supports the creation of value added educational online content for teachers. She teaches on the 200 hour programme, as well as on the as well as on our Yin, Restorative & Mindfulness training.

Erika is passionate about sharing the power that a yoga and meditation practice can unleash within us, helping us live a healthier, fuller, more balanced and attuned life. Her yoga classes are non-dogmatic and encourage students to find their own way of practicing within their range of motion and ability. Her classes are challenging both physically and mentally, but at the same time accessible and inclusive. Erika is a true teacher and is interested in sharing her love of yoga, meditation, mindfulness and Eastern Philosophy to facilitate clients learning and growing in their practice, under her experienced guidance.

Erika qualified as a 500 hour RYT yoga teacher in 2009 with the Art of Contemporary Yoga (registered with Yoga Alliance US), under the guidance of Joanne Avison (author of Yoga: Fascia, Anatomy and Movement), Alex Filmer-Loch (Author, teacher, therapist) and Linda D'Antal (founder of Treehouse Yoga).

She has continued her training path since and qualifying with Bo Forbes completing her Integrated Yoga Therapeutics online training as well as graduating on a 200 hour meditation, stress management, applied philosophy and eastern psychology Training with Alexander Filmer-Loch from Inside Meditation.

Erika has studied yin yoga and restorative yoga over the years attending workshops with Paul Grilley and Sarah Powers at Triyoga and completing her advanced Yin training with Norman Blair.

Erika is trained in pre and post-natal yoga and with Sally Parkes Yoga and also holds a foundation certificate in Psychotherapy and Counselling.



LUANA GALONI
Teacher Trainer

Luana is a 700hrs SYT. A yogini of 20 years, she initially studied the Ashtanga tradition leading her to continue her Yoga practice in Vinyasa, Pranayama, Tantra and integrating Ayurveda and Shamanic way of living into her daily life. Luana strongly believes we can all experience the profound effects of yoga, through which that we can overcome obstacles and achieve balance by connecting with our inner power.

In 2009 Luana traveled for 8 months around South America, Asia and Australia. This journey was deeply transformative and led her to connect and learn with the Shamans in Peru to studying the healing art of Reiki I, II and Master. Continuing her life purpose, in 2012 Luana then travelled to India, where she undertook her 200hrs Yoga teacher training in Ashtanga and Hatha with her teacher Lalit Kumar at the Himalaya Yoga Valley School.

Luana has studied with and been inspired by many renowned yoga teachers, trained under Kristin Campbell in Tapasya (Hot Yoga) at Triyoga London and has completed her 300hrs teacher training in Vinyasa Flow with Alessandra Pecorella and Shiva Rea 100hrs Prana Flow. As part of her life long learning ethos, Luana is continuing her training in Shiva Rea's Prana Flow, and studying Yoga, Ayurveda, Mantra and Meditation with Dr David Frawley. Luana recently upgraded to Holy Fire® III Karuna Reiki® Master, discovered by William Lee Rand.

Through yoga Luana likes to facilitate a space helping people to discover and uncover the fullness and authenticity of who we are. Her classes are challenging and dynamic within a playful and supportive atmosphere. The classes use a focus on breath to assist in healing and a sense of stillness in the mind and body.



LIZ JOY HARDIE
Teacher Trainer

My career began in the fast-paced world of fashion buying at Vivienne Westwood & Net-A-Porter and I only started practicing Yoga because my Grandmother swore by getting upside down everyday! In my late twenties I was very suddenly signed off work & diagnosed with Malignant Hypertension & Generalised Anxiety Disorder which turned my life upside down. I started teaching Yoga with the simple goal of sharing the powerful & empowering tools that helped me so much when I was at my lowest.

I spent a year volunteering at the Safe Childhoods Foundation in Bali, an NGO committed to combating child trafficking, which was a time of total transformation. I began to understand the true benefits of Yoga, breath-work & positive psychology as therapeutic tools. Since then I've trained as a Yoga Therapist for Stress & Anxiety, a Holistic Wellbeing Coach and a Mental Health First Aider.

I now work as Head of Wellness at MoreYoga, a Senior Yoga Teacher & Yoga Teacher Trainer alongside running regular events & teaching privately. I am a proud advocate for Mental Health Awareness and launched the MoreMind Programme to promote positive mental health and help fight the stigma that still exists around mental illness today. My writing and commentary has been featured in Stylist, Time Out, The Times, Women's Health, The Telegraph, Huffpost and more. www.elizabethjoywellbeing.com
[@lizjoywellbeing](https://www.instagram.com/lizjoywellbeing)



JOSH LECLAIR
Teacher Trainer

Joshua discovered yoga at drama school in Canada and these twin passions have set the course of his life ever since. In 2013, he completed his MA in the UK studying how yoga can supplement the three disciplines of musical theatre and support performers' mental health. Joshua continued to study anatomy at university, through personal training and sports massage qualifications and with leading yoga practitioners such as Bernie Clark, Tom Myers and Stuart McGill. His practice and teaching spans a range of styles including Vinyasa, Yin, Rocket, Tripsichore and Mandala. Joshua began leading yoga teacher trainings in 2016 and has been recognised for creating radically inclusive learning environments, bringing concepts to life in a fun and practical way, and his student-centered, problem-solving approach to learning — all with the aim of finding the embodied joy that comes with the practice of yoga.



Donna Noble is the Founder of Curvesomeyoga, dedicated to fostering diversity and inclusivity within the yoga and wellbeing realms. She's also the accomplished author of "Teaching Body Positive Yoga" (Singing Dragon, 2022). With a yoga journey spanning back to the late 1990s, Donna possesses an unwavering passion for demonstrating that yoga is truly for everyBODY. Beyond her teaching, Donna is a speaker and writer, with her work and articles featured in a multitude of print and digital publications, including OM Yoga & Lifestyle Magazine, Yoga Journal, HuffPost, Style Magazine, Elephant Journal, and Metro Online. Her voice has also reached wider audiences through appearances on Channel 4 and BBC Radio London. Donna's mission is clear: to pave the way for a more accessible, inclusive, and diverse yoga and wellbeing space, ensuring that yoga's benefits are accessible to all.

DONNA NOBLE
Guest Teacher



Daniel is the author of *The Truth of Yoga*, an accessible guide to yoga history and philosophy. His approach combines scholarly knowledge with humour and insight. He holds a master's degree in yoga studies (from SOAS at the University of London) and teaches courses at the Oxford Centre for Hindu Studies, on yoga teacher trainings and via his website: <https://truthofyoga.com>.

DANIEL SIMPSON

Guest Teacher

DATES & LOCATION

For upcoming course listings, please visit:

<https://training.moreyoga.co.uk/200-hour-yoga-teacher-training-london/>

LOCATION

Our trainings are held predominantly in our Soho studio in London. We have several options a year that start with an intensive week in Spain which then continue with weekends in London. Spain Intensives are held in the beautiful retreat centre Suryalila in the countryside just outside of Seville

MoreYoga Soho Address: Marshall Street Leisure Centre, 15 Marshall St,
London W1F 7EL

EXAMPLE SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
9-10am	Introductions	Practice - MoreYoga Earth flow	Practice - MoreYoga Earth flow	Practice - MoreYoga Earth flow	Teaching assessment	Anatomy	Module 1
10-11am	Practice - MoreYoga Earth flow	Sequencing theory	Practice - MoreYoga Earth flow	Practice - MoreYoga Earth flow	Teaching assessment	Anatomy	Module 1
11:00-11:15am	Tea break	Tea break	Tea break	Tea break	Tea break	Tea break	Module 1
11:15-1pm	Sequencing theory	Asana Lab	Asana Lab	Asana Lab	Teaching assessment	Anatomy	Module 1
1- 1:45pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Module 1
1:45 - 2:45pm	Yoga History	The 8 limbs of yoga	Patanjalis Sutras	The Yamas and Niyamas	Teaching Methology	Anatomy	Module 1
2:45 - 3:45pm	An overview of the energy body	Chakra theory - an overview	Muladhara Chakra	Muladhara Chakra	Teaching Methology	Anatomy	Module 1
3:45-4:00pm	Break	Break	Break	Break	Break	Break	
4:00-5:30pm	Pranayama/ Meditation	Pranayama/ Meditation	Pranayama/ Meditation	Pranayama/ Meditation	Teaching Methology	Anatomy	Module 1
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
9-10am	Practice - Moreyoga Water flow	Practice - Moreyoga Water flow	Practice - Moreyoga Water flow	Practice - Moreyoga Water flow	Teaching assessment	Anatomy	Module 2
10-11am	Teaching methodology - verbal cuing	Sequencing theory	Practice - Moreyoga Water flow	Practice - Moreyoga Water flow	Teaching assessment	Anatomy	Module 2
11:00-11:15am	Tea break	Tea break	Tea break	Tea break	Tea break	Tea break	Module 2
11:15-1pm	Teaching methodology - manual adjustments	Asana Lab	Asana Lab	Asana Lab	Teaching assessment	Anatomy	Module 2
1- 1:45pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Module 2
1:45 - 2:45pm	Yoga history	The 8 limbs of yoga	The Yamas	The Niyamas	Teaching Methology	Anatomy	Module 2
2:45 - 3:45pm	The energy body - The Nadis	Chakra theory - going deeper	Swadhistana Chakra	Manipura Chakra	Teaching Methology	Anatomy	Module 2
3:45-4:00pm	Break	Break	Break	Break	Break	Break	
4:00-5:30pm	Pranayama / Meditation	Pranayama / Meditation	Pranayama / Meditation	Pranayama / Meditation	Teaching Methology	Anatomy	Module 2
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
9-10am	Practice - MoreYoga Fire Flow	Practice - MoreYoga Fire Flow	Practice - group teaching of moreyoga flow	Practice - MoreYoga Fire Flow	Teaching assessment	Anatomy	Module 3
10-11am	Practice - MoreYoga Fire Flow	Practice - MoreYoga Fire Flow	Practice - group teaching of moreyoga flow	Practice - MoreYoga Fire Flow	Teaching assessment	Anatomy	Module 3
11:00-11:15am	Tea break	Tea break	Tea break	Tea break	Tea break	Tea break	Module 3
11:15-1pm	Teaching methodology - manual adjustments	Sequencing theory	Asana Lab	Asana Lab	Teaching assessment	Anatomy	Module 3
1- 1:45pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Module 3
1:45 - 2:45 pm	Patanjali's Sutras	Patanjalis Sutras	The Yamas	The Niyamas	Teaching Methology	Anatomy	Module 3
2:45 - 3:45pm	The energy body - The Koshas	Self-practice space	Anahata Chakra	Vishuddha Chakra	Teaching Methology	Anatomy	Module 3
3:45 - 4:00 pm	Break	Break	Break	Break	Break	Break	
4:00-5:30pm	Pranayama / Meditation	Pranayama / Meditation	Pranayama / Meditation	Pranayama / Meditation	Teaching Methology	Anatomy	Module 3
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
9-10am	PracticeMoreYoga Air & Ether flow	PracticeMoreYoga Air & Ether flow	Practice - group teaching of moreyoga flow	Anatomy	Diversity & Inclusion	Philosophy & Ethics	Module 4
10-11am	Teaching methodology - verbal cuing	PracticeMoreYoga Air & Ether flow	Practice - group teaching of moreyoga flow	Anatomy	Diversity & Inclusion	Philosophy & Ethics	Module 4
11:00-11:15am	Tea break	Tea break	Tea break	Tea break	Tea break	Tea break	Module 4
11:15-1pm	Teaching methodology - manual adjustments	Asana Lab	Asana Lab	Anatomy	Diversity & Inclusion	Philosophy & Ethics	Module 4
1- 1:45pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Module 4
1:45 - 2:45 pm	Patanjali's Sutras	Patanjalis Sutras	The Yamas and Niyamas	Anatomy	Body Positive Yoga	Philosophy & Ethics	Module 4
2:45 - 3:45pm	The energy body - The Vayus	Ajna Chakra	Sahasrara Chakra	Anatomy	Body Positive Yoga	Philosophy & Ethics	Module 4
3:45 - 4:00 pm	Break	Break	Break	Break	Break	Break	Module 4
4:00-5:30pm	Teaching for life - business skills	Pranayama / Meditation	Pranayama / Meditation	Anatomy	Body Positive Yoga	Philosophy & Ethics	Module 4
	Day 7	Day 8	Day 9	Day 10			Module 4
9-10am	Yoga Audition Process	Physical Practice	Final Assessment	Final Assessment			Module 4
10-11am	Yoga Audition Process	Self Employment	Final Assessment	Final Assessment			Module 4
11:00-11:15am	Tea break	Tea break	Tea break	Tea break			Module 4
11:15-1pm	Yoga Audition Process	Self Employment	Final Assessment	Final Assessment			Module 4
1- 1:45pm	Lunch	Lunch	Lunch	Lunch			Module 4
1:45 - 2:45 pm	Self Employment	Savasana Adjustments	Final Assessment	Final Assessment			Module 4
2:45 - 3:45pm	Self Employment	Savasana Adjustments	Final Assessment	Final Assessment			Module 4
3:45 - 4:00 pm	Break	Break	Break	Break			Module 4
4:00-5:30pm	Self Employment	Exam Q&A + Guided Relaxation	Final Assessment	Closing Ceremony			Module 4

PRICES

Early Bird £2150 - SAVE £150

Normal Price £2300

DEPOSIT £400 deposit is taken to secure your place. Full payment is required before the course start date.

For Spain trainings an additional fee for your accommodation is required

Contact sophie.b@moreyoga.co.uk to find out more.

APPLICATION PROCESS

You will need to pay £400 deposit to secure your place.

This is non-refundable unless you are not accepted onto the course.

No exceptions will be made to our policy, so please ensure you can commit to your place when you apply to do the course.

You will be manually sent an application form on successful payment of deposit or full amount where we will ask you questions about your yoga practice and find out a bit more about you! For Spain trainings we will ask for your accommodation choice at this stage

We will come back to you either way on your application within 10 working days.

We sometimes request a video call if we want to find out a little more about you.

Your deposit is only fully refundable if you are not accepted onto the course.

PRE-REQUISITES

We ask that students:

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Have been practicing yoga for a minimum of 2 years.

Have a consistent practice of at least 3 times a week

Have a willingness to learn and be engaged with the teachings

Have a passion for yoga

ATTENDANCE & ASSESSMENTS

The maximum amount of training you can miss and still pass is two days. If you miss more than two days or an assessment day you will need to pay for a catch up with your tutor. These are charged additionally and paid directly to the tutor for their time. The cost of a 1:1 is £75 for 90 minutes but is subject to change. Please ensure you have committed to the course dates before hand.

You will be assessed after each module. Don't panic! You will only be required to teach a 10 minute warm up after module 1 slowly building up to your final assessment of a full class (approx 40 mins)

It is a great chance to get feedback on your teaching throughout the course, and we would love you to see this as an opportunity for teaching practice and constructive feedback with clear pointers for growth.

You will receive a 200hr certificate on successful completion of the course.

HOMework

You will be required to complete homework in between modules, this is mainly reading and physical practice, plus short anatomy quizzes.

We expect you to practice the MoreYoga Flows approx 4-5 times a week in between modules.

There is no written essays to complete as homework. We do however encourage you to journal on a regular basis.

MATERIALS

You will be provided with a printed manual for the course to refer to and write notes on.

You will need:

1 x Yoga mat - we recommend a sticky mat with good grip

2 x Yoga blocks (available to borrow in studio)

1 x Strap (available to borrow in studio)

Reading list (the list will be provided to you, these are for you to purchase prior to the course)

Notepad & pen