



**BREEZE 200 HOUR
YOGA TEACHER TRAINING**
January 30th - June 14th, 2026
Over 6 weeks extended



**Breeze Yoga is South London's leading provider of 200HR
Yoga Teacher Training and Continuing Professional
Development for Yoga Teachers.**



Why Do a Teacher Training with us?

- **Intimate Teaching Environment**

Unlike other programs, we limit our number of students per intake to ensure you receive personalised feedback, ample teaching practice and mentorship.

- **Teach Straight Away**

Have the opportunity to teach our community classes right after you graduate to put everything you learned into practice.

- **Learn The Business of Yoga**

Our Business of Yoga module will give you the skills to build a successful career in the yoga industry.

- **Work Full-Time Alongside our 200hrs YTT Programme**

Aside from one week intensive the majority of the contact hours on the training take place over weekends.

- **Affordability**

Payment plans are available.



**“ Yoga is 99% practice,
1% theory ”**
Pattabhi Jois

TEACHER TRAINING COURSE OVERVIEW:

Practise & Training Asana - 100hours

Teaching Methodology - 24 hours

Teaching Experience - 24 hours

Philosophy & History of Yoga - 20
hours

Anatomy & Physiology - 20 hours

Shamanic Principles - 4 hours

Health & Diet - 2 hours

Voice & Delivery - 4 hours

Yoga as a Business - 2 hours



"This teacher Training programme is based in practical, hands on, visual and interactive workshops, not text-books.

Teaching yoga is visceral, exciting and energetic, full of caring, sweat, compassion, force and love. We aim to teach you how to deeply connect with your students and by doing so, your knowledge, skills, study, hard work and self-practice will shine through. Your ability to reach every student where they stand today - whether they are injured, overweight, troubled or flying high, will facilitate their growth, healing and wellbeing and is one of the most rewarding and transformative things a person can do in their life."

Hassan Hassan

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PRACTISE & TRAINING - ASANA

Hassan and his senior teaching team will take you through more than 60 poses and you will learn to teach two motivational, general level classes, Vinyasa Flow and Hatha Yoga.

Through daily practice, your personal practice will deepen physically and mentally.

You will learn key principles of asana and learn anatomically correct alignment, as well as foundational principles of yoga practice.

These principles can be applied to your own practice and also provide core material for your teaching.

Interactive posture workshops will develop your understanding of alignment, correcting, modifying and the physical and energetic benefits of postures.

Your increased awareness and understanding of your body will become the foundation from which you teach.

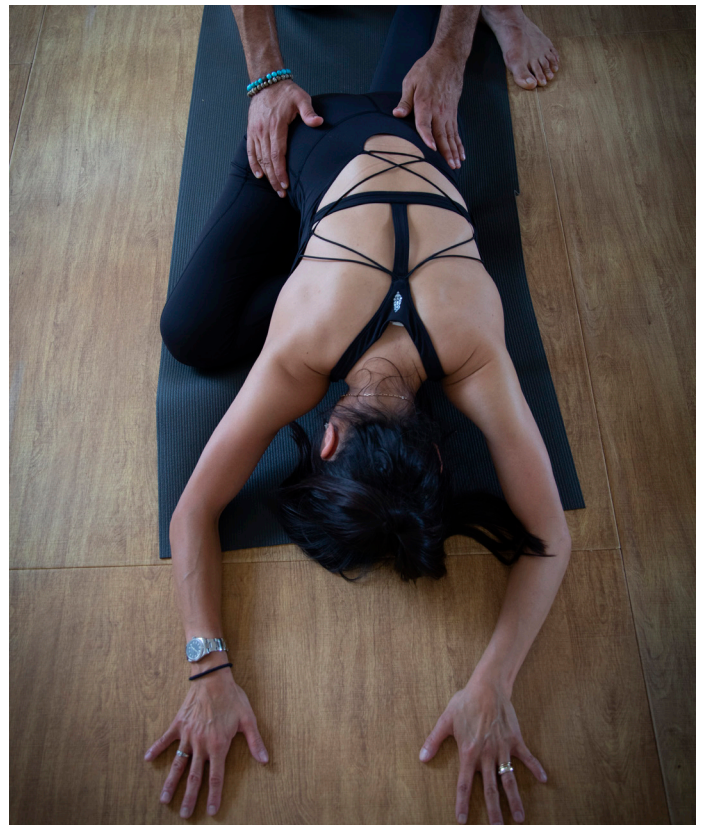
You will learn how to use props and how to perform hands-on adjustments.

TEACHING METHODOLOGY

We will share our years of experience in teaching and inspiring, motivating students of all ages and body types.

We will give you tools to be an inspiring teacher, who teaches from your own truth and power and methods in how to ignite passion for yoga in your students.

Understand the best ways to motivate different types of students; how to teach beginners, unfit or injured students and how to recognize different body types and how to work with them.



“Learn how to recognize when a correction is needed and when to trust the yoga process.

Learn to deal with problems that arise during a class and how to work in a hot room and the challenges that brings.

The Breeze yoga teacher training truly changed my life. I wouldn't be the yoga teacher I am today without it. Hassan's guidance allowed me to find my unique teaching voice and has given me all the tools I need to teach safely with confidence and be encouraging to students.”

Salvo Santagata



PRANAYAMA

You will learn the importance of breath and how it affects our energy; how to use it as a gauge in each pose.

How to direct your breath and energy in your own practise and touse it as a tool to influence yourown state.

How to affect the breathing of your students and how to effectively teach them how to connect withthis powerful yogic tool.

MEDITATION

You will begin a foundation meditation practice and learn different ways to awaken this powerful practice in your life.

Through daily yoga practice you will discover meditation as a tool to clear your mind in order to make space for growth, sensitivity and awareness.

YOGA HISTORY AND PHILOSOPHY

These sessions will give you a foundational understanding of yoga history, taught by our passionate and highly qualified teachers & mentors.

You will experience the classical Indian yogic texts under expert guidance and discover a 'blue-print' for modern yogic living.

Yoga philosophy and the lineage of the yoga traditions.

We will discuss how these texts and ideas apply to the yoga frameworkof today.

PRACTICAL ANATOMY

Learn anatomy and physiology that is relevant not just on the blackboard, but in the yoga studio with real bodies.

You will learn anatomy that is applicable and valuable to your teaching and to your understandingof your students' bodies.

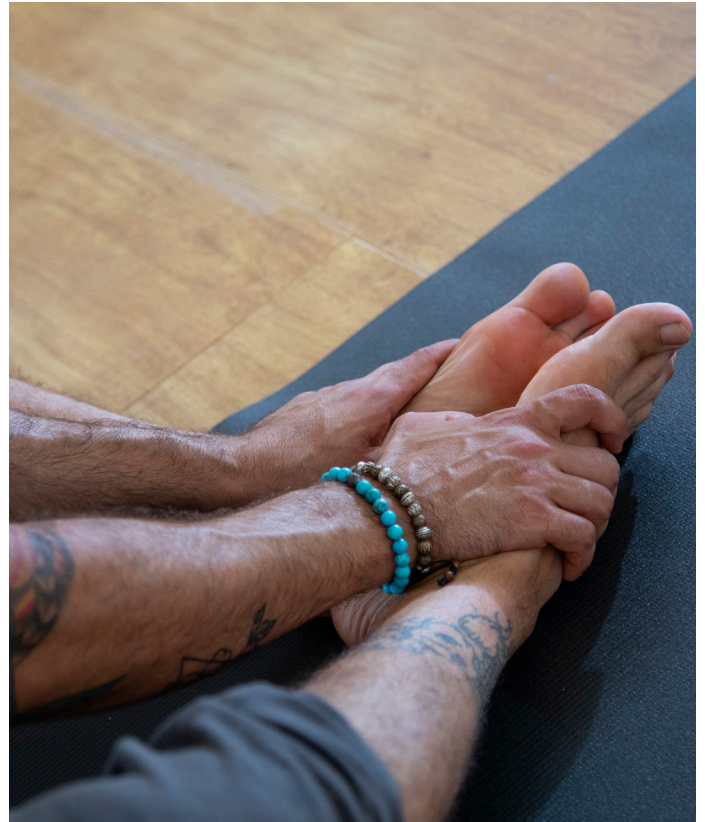


You will combine anatomical principles with those of alignment to gain detailed insight into asana and the human body.

You will become skilled and proficient at understanding and reading bodies anatomically, physiologically and energetically - which is an essential skill in being an inspirational yoga teacher that can adapt their teaching to suit all types of students.

PRACTICE TEACHING

From Day 1 you will teach and we provide a supportive environment in which it is OK to make mistakes and be messy.



By taking this step early it creates space for you to learn and grow throughout the course.

You will learn how to correct; verbally- and with safe appropriate hands on adjustments.

VOICE AND PRESENTATION SKILLS

Voice is your main tool for teaching. Our expert voice coaches will help you with techniques to motivate, calm & affect your students on a deep & meaningful level.

Hassan will show you how your voice can be used to change the mood of

the class, inspire, uplift, discipline, motivate, relax and encourage.

It is important that your students collectively feel they are safe, secure and supported, but also that you are simultaneously speaking to them individually. You will practice techniques and develop skills that will develop your confidence, presence and ability to influence individuals and groups in both a heartfelt and effective way.

OBSERVING

You will observe several Senior teacher's classes, and learn what a teacher needs to be aware of in class, how they correct, and watch how they assist different body types or injuries.

BUSINESS OF YOGA

You will learn the challenges of running your own studio from studio owners.

We will give you tips, tools and advice on how to set up as a teacher, and a studio owner. Our visiting studio owners will share their stories of running a busy yoga studio.

SHAMANIC PRINCIPLES & ENERGETIC CONCEPTS

Learn what it means to hold space and understand the way the pranic life force moves in the body, and how to connect with it.

Learn how to breathe and direct this energy. We will cover Bandhas, the internal "locks" that allow us to harness this power, Drishti, Chakras, Nauli, Kapalbhati and other yogic techniques for steadying, using and expanding this pranic force in the body.

AYURVEDA, YOGIC CLEANSING PRACTICES AND DIET

Learn about Ayurveda, the 5,000 year old Indian science of health, cleansing and wellbeing.



FREQUENTLY ASKED QUESTIONS

Will I get support following the training?

Yes. We have an exclusive mentor program. You will have the opportunity to teach our community classes right after you graduate to put into practice everything you have learned.

We believe at Breeze that your TT is just the start of your teaching career and you should continue to grow and learn throughout your time as a teacher, so after training, we will be around to help you with any guidance you may require.

The mentorship programme is something that is very special to Breeze training.

What style of yoga is taught?

As part of the History and Philosophy modules, we will be touching on the majority of the ancient and modern-day styles of yoga. However, the majority of the course is focused on a Vinyasa style of yoga, with the sequencing based around this. This course will give you the ability to teach a vinyasa flow class as well as a traditional hatha class. The repertoire of postures covered will give you the ability to teach both dynamic and more calm flow classes.

There will also be a module on teaching in the hot room safely and effectively.

How is the course material delivered?

Teaching methods include lectures, experiential classes, small and large group work, practice teaching time and individual homework and exercises to encourage in-depth learning and discovery. 70% of the 200hr YTT will be live contact hours with your Teachers and Mentors, whilst 30% is personal study, online and practice.

How much homework is there?

The Breeze 200 hr YTT is a combination of continuous assessment, practical and written examinations.





After each module, reading and small amounts of written work are set. Towards the end of the training, there are slightly longer pieces of work in each subject area to complete. We would suggest that you schedule in between 5–10 hours a week for reading and homework in addition to attendance at all the pre-set in studio sessions.

How much practice will I be expected to do throughout the course?

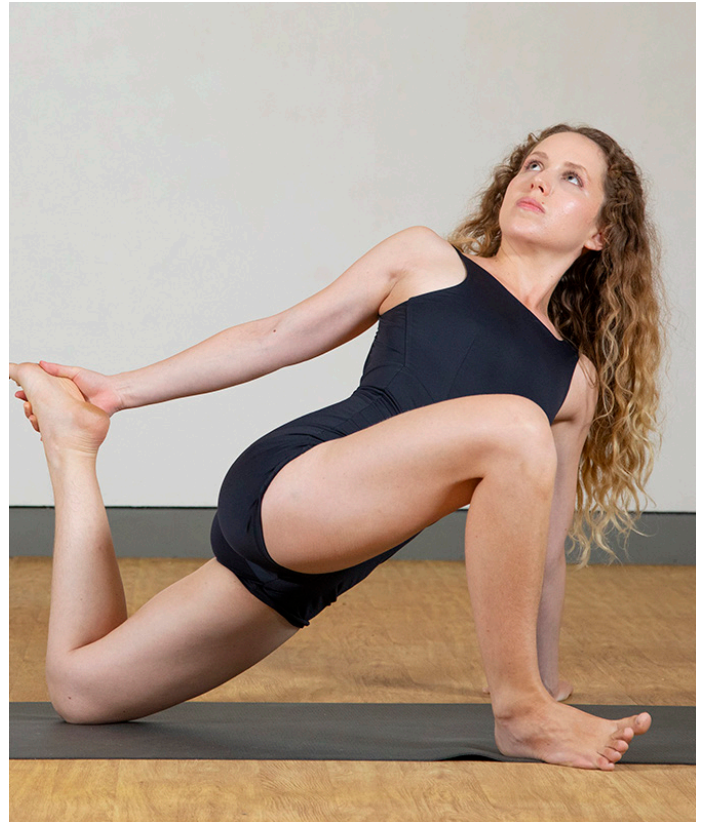
You will be given the sequences that you will learn on training so you can practice them and feel them in your body.

In addition, it is strongly recommended that you begin self-practice at home. This will enable you to experiment creatively, question and work toward integrating what you learn in class. Ultimately, this training is about you discovering your own understanding of yoga and teaching from your personal experience. To do this effectively requires self-practice, contemplation, meditation, acquired knowledge and experience.



Is it possible to work full-time alongside the training?

Absolutely. Aside from the week intensive the majority of the contact hours on the training take place over weekends, including Friday evenings. You will need to take one full week holiday for the intensive week at the beginning of the course and a long weekend at the end of it. Also part of the sessions are online, so can be done remotely.



Do you take on everyone who applies?

Applicants will be accepted on a first come first serve basis, on the basis that they will all have passed the application criteria (a minimum of 2 years practising yoga).

How many students do you take on the course?

No more than 12.

What if I'm not super flexible? Can I still apply?

Of course yoga is for everybody and at Breeze we believe that anyone can practice yoga and encourage all body types to attend training if you feel called to.

When can I start teaching yoga?

Once you have passed the Breeze 200 hr YTT and hold a valid first aid certificate and insurance, you will be covered to start teaching classes.

We encourage students to start-teaching friends and family and our community classes as soon as possible, as practice is key and the more practice you have, the more confident a teacher you will become.

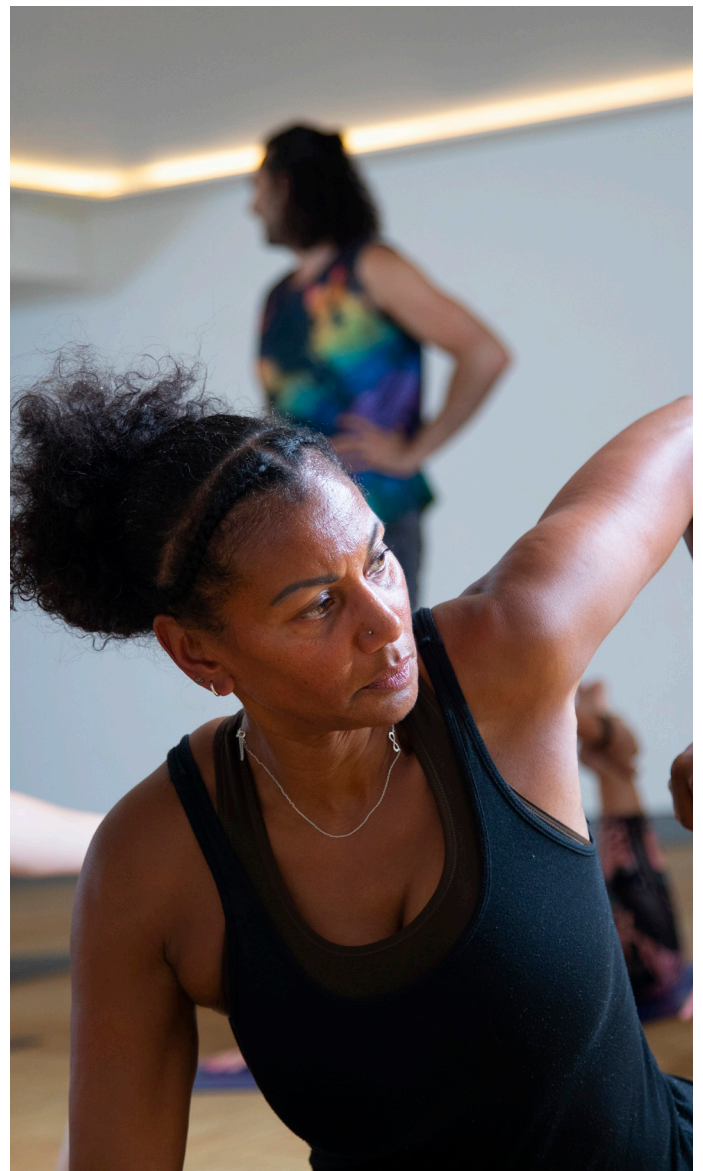
We believe that you will still have lots to learn, even once the course is finished, which is why we have devised the Breeze mentorship Programme, to give you access to great teachers to shadow, so you can practice assisting.

Included in the course is a module on The Business of Yoga, which is aimed at giving you the skills to build a successful career in the yoga industry. In this module where you will cover the process from becoming a new graduate to a fully-fledged Yoga teacher!

Where can I work after I've graduated?

You will be ready to apply to start teaching in yoga studios, gyms, church halls, community centres or anywhere else where yoga teachers are required.

There are opportunities for our very best graduates to teach classes at Breeze and to become part of our Mentor Programme for the following intake.





£500 Non refundable deposit paid to secure your space
The Breeze 200 hr YTT : £3,200, Save £200 with Early Bird Price £3000
course paid in full by 30.10.2025

OR

The Breeze 200 hr YTT Installment Option: £3,500 spilt into 10x monthly payments
£350 a month starting latest by March 2025

Course fees include all tuition, mentoring, course manuals and handouts.

COURSE DATES

Week 1:

30th – 2nd Feb (Friday 6:15-9pm - Saturday 10:30am-5pm Sunday 11-5pm Monday (9:30am – 5:30pm) Intensive long weekend.

Week 2:

20th – 22nd Feb (Friday 6-9pm Saturday 10:30am-5pm / Sunday 10am – 5pm)

Week 3:

20th – 22nd March (Fri 6pm-8pm / Saturday 10:30am-5pm / Sunday 10am – 5pm)

Week 4:

17th – 19th April (Friday 6-9pm Saturday 10:30am-6pm / Sunday 9am – 5pm)

Week 5:

15th - 17th May (Fri 6pm-8pm / Saturday 10:30am-6pm / Sunday 9am – 5pm)

Week 6:

11th - 14th June (Thursday 1-4:30 Friday 1-4:30 - Saturday 10:30am-5pm daily / Sunday 10am - 2pm)