



HOT YOGA HOUSE
YOGA TEACHER TRAINING

Dear Yogi,

We are excited to announce the Spring 2022 Hot Yoga House Teacher Training. Our 200 hour training will give full accreditation with Yoga Alliance UK and will equip you with all the skills necessary to start your career as a Hot Hatha & Vinyasa Yoga teacher.

Our objective is to help you grow; whether you want to devote some time to find a deeper understanding and progress in your own practice or if you are ready to begin the journey of becoming a yoga teacher. We are honoured that you are considering taking this step with us and cannot wait to see you transform from dedicated practitioners to highly qualified teachers.



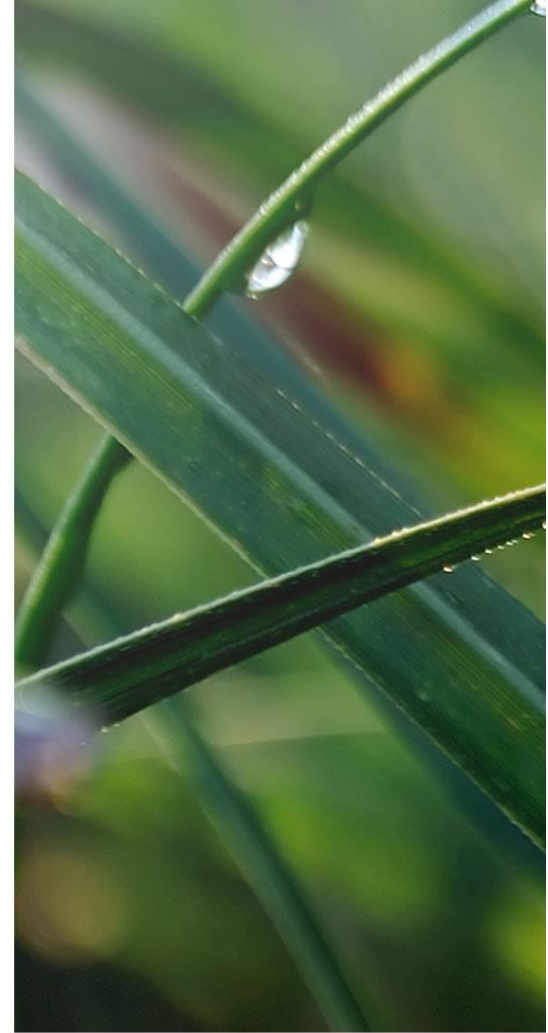
HOT YOGA HOUSE

COURSE OVERVIEW

The HYH YTT course is designed to provide you with a strong foundation for a fulfilling career as a certified yoga teacher.

You will learn:

- What it takes to be an effective instructor of both Hot Hatha Yoga & Vinyasa Yoga
- Teaching methodology: how to support students and empower them to have meaningful and sustainable practice
- Functional & Applied Anatomy
- Meditation, Pranayama & Sanskrit
- To understand the body and how to modify the practice for individuals and injuries
- The philosophy, history and ethics of yoga and how to apply this to your life outside of the classroom
- The confidence to hold the teaching space and to use your voice effectively



WHAT AM I GETTING?

- Qualification as a registered yoga teacher (RYT) with Yoga Alliance.
- Certification in Hot Vinyasa and Hot Hatha Yoga
- Tuition from two of the longest serving, and most respected senior teachers in Hot Hatha and Vinyasa Yoga. Restricted numbers means you get to work closely with your instructors
- Course materials
- Free HYH unlimited membership to support you during your training (value £520)
- Industry leading online Yoga Anatomy course (value £350) with access for 1 full year
- Support from the HYH Senior Team prior, throughout and after your course



COURSE DATES

Your 2022 course will run over five weekends at HYH.

Course dates:

April 22 - 24 HYH

May 6 - 8 HYH

May 19 - 22 HYH

June 10 - 12 HYH

June 17 - 19 HYH

INVESTMENT

Early Bird Price

Course cost £2995

Standard Price

Course cost £3195

*Payment plan option available please contact us for more details

Initial deposit: £500.

A short reading list will be provided with two or three titles required as course texts. Trainees will also need to buy one yoga bolster, a yoga blanket and blocks. We can secure these at a discounted rate.



MEET THE TEACHERS

The course will be led by Senior Teachers Pete and Karen Cherry (nee Bellfield) who between them have taught over fifty trainings and bring a wealth of knowledge and experience to the programme from their combined thirty five years of yoga education.

Karen was one of the first five qualified Bikram teachers in the UK and was also one of the first Baptiste Power Yoga Teachers to receive accreditation in this country.

As a Senior Teacher with over twenty years teaching experience in both styles, she has been a leading member of many Teacher Training programmes and has years of experience dealing with students of all ages and abilities. Karen also trained as a Yoga Therapist with the Yoga Biomedical Trust and has a comprehensive knowledge of working with injuries, illness and the special requirements of seniors.



During her time training the London Harlequins, she oversaw a record drop in injuries for one season and she has subsequently completed specialist injury training with renowned physical therapist and Senior Iyengar Teacher Julie Gudmestad.

Alongside this, she is a certified Teen Yoga instructor and has studied Thai Yoga Massage with Kira Balaskas at the School of Thai Yoga Massage. Her private teaching has seen her work with a list of high profile clients and she has a thorough understanding of the skill set needed to provide meaningful and supportive instruction one-on-one.

Pete Jion Cherry is a Senior Yoga Teacher specializing in the study of ancient Indian religion and philosophy and has been teaching Power Yoga for fourteen years. Initially taught by Erich Schiffman at the Santa Barbara Yoga Institute, Pete is now one of the most in demand teachers in London. In addition to this, Pete holds an advanced teaching certificate in meditation from Zen master Daizan Roshi and is currently undertaking a PhD in Yogacara Buddhism.

Trained by Dr Shrikrishna of the Kaivalyadharm Institute, one of the world's leading authorities on breath work, Pete teaches the Pranayama Module on a number of Teacher Trainings and regularly lectures on breath anatomy and the fundamentals of Pranayama for health and meditation.








An Oxford history graduate, he holds a First Class Masters Degree in Buddhist Studies, Sanskrit, and the Origins of Yoga from SOAS and leads the philosophy on Teacher Training programmes throughout London.

WHAT WILL I LEARN ON THE YTT COURSE?

-  **Postural Instruction**
Analysis of over 60 asana, covering both flowing and static styles
-  **Functional and Applied Anatomy**
Detailed anatomy course and practical postural analysis
-  **Teaching Methodology**
The art of teaching effectively
-  **Injury and Pregnancy Modifications**
Tools to safely adapt your teaching
-  **The Art of Adjustment**
Confidently support your students' practice with sensitivity and skill.
Learn basic Thai yoga massage techniques to help you teach one-to-one.
-  **Yoga Philosophy and History**
History of Yoga from approx 1200BC up to the present day
-  **Meditation and Mantra**
Learn to practice and teach a variety of techniques
-  **Pranayama**
The physiology and technique of foundational Pranayama
-  **Sanskrit**
An introduction to the language of ancient India, including pronunciation

OPPORTUNITIES

-  Qualify to teach in hot and non-hot yoga studios
-  Join HYH Assisting program
-  Become eligible for an audition class at HYH
-  Receive support from HYH senior team prior, throughout and after your course
-  Mentoring sessions

IS THIS COURSE FOR YOU?

This course is designed for those who want to begin a journey into teaching yoga and for those who just want to devote time to find a deeper understanding and progression in their own practice.

Our prerequisites are simply:

- Commitment to attend all course dates
- Have practiced yoga for at least two years
(if you have practiced less than two years, please contact us to discuss your suitability.)
- Minimum age of 18 years
- Passion for yoga and a desire to deepen your practice

If you have questions you can contact us at info@hotyogahouse.co.uk or 0208 429 8017.

FAQS

Do I need to be an advanced yogi?

Not at all! This course is perfect for anyone with a passion for yoga and no matter where you are in your practice you will evolve and learn

What if I don't want to teach?

Many people take the step of joining a 200 hour Teacher Training to deepen their own practice. If you choose to continue this path into a career it is completely up to you!

Do you offer a payment plan?

Yes. You are able to pay the balance over 3 a month period – the total investment must be paid before the training begins. Contact HYH for more information

I have an injury – can I still take part in the training?

For many injuries you will still be able to take part in the training. However please contact us at HYH so we can better understand your situation

OPEN DAY

We will be holding a free teacher training open hour where you can learn more about our course, meet your course teachers or simply take the first step of your teacher training journey

Date: Sunday 23rd January 2022

Time: 13:00-14:00

Location: Hot Yoga House, 269 Field End Rd/Online via Zoom

APPLY

Download our Application Form here ([.doc](#)), complete and email back to info@hotyogahouse.co.uk.



TESTIMONIALS

“The depth and breadth of yoga knowledge and skills I feel I have gained now at the end of the teacher training is immense”

I am so grateful that I chose this teacher training at Hot Yoga House. Karen and Pete are so passionate and informed about their subjects. The energy and warmth they both brought to the process was fantastic. They could not have done more to support each and every one of us along the journey. I felt it really mattered to them that the journey was going well for us and we had the support for any issues we were having. I loved looking at anatomy and movement analysis from a movement perspective with such a knowledgeable and enthusiastic teacher as Karen, I was hoping to develop more knowledge and awareness of areas I had little knowledge of Re: philosophy and meditation and I really did. Pete made these difficult areas very accessible and hugely enjoyable

Michele Walsh. Neurological Physiotherapist

“I highly recommend this course”

Karen and Pete are the perfect combination of teachers! They have such a depth of knowledge and passion about their particular area of expertise and their enthusiasm and willingness to share was constant. I felt thoroughly supported through the experience and Pete and Karen were so kind and generous. I learned so much through the posture clinics, I loved the meditation and breathing teaching and learning some Thai massage was such a bonus. I highly recommend this course.

Helena Leake

“This was the best thing I ever did”

The training at Hot Yoga House really helped deepen my practice, learning about the philosophy and anatomy which is truly important when teaching. I was fortunate to be a part of this training as the teachers were absolutely amazing, incredibly knowledgeable, approachable and most of all down to earth. I have learnt so much and love teaching my practices and share my love of yoga.

Bhavini Nathwani