



Yoga Space Academy

2025-2026 Syllabus for Vinyasa Yoga Foundation Plus Teacher Training Course

Total Hours 250 hours

In Person Hours- 185

Live Streaming Hours-15

Hours Taught by SYT-175

Non-Contact Hours-50

Our course offers in-depth, professional training that equips you with the skills, confidence, and knowledge to teach Vinyasa Yoga to beginners. Approved by Yoga Alliance Professionals, the course is led by Senior Yoga Teacher Nichi Green and includes specialist modules delivered by guest teachers who are experts in their field.

Potential Students can join Nichi for an open day at the studio or join one of our adjusting or sequencing courses for free. *(if a student joins a short course or open day before training any fee will be deducted from the teacher training fees once they have registered.)*

At the end of the course, the graduate will be able to teach beginner's yoga and have the tools and skills to design their classes and understand how and when to modify asanas to suit individual needs.

Overview

The course is delivered over 11 weekends - 1 Weekend is residential. The course runs over 13 months and meets monthly (not in December or August).

The *Residential* weekend (**30hrs**) runs from Thursday at 4pm to Monday at 10am

Each of the 9 *Core Weekends*(**18hrs**) run on Fridays 6-8:30pm, Saturdays 9am-6pm and Sundays 9am-5:15pm. Students are required to attend 90 percent of the course within the year. Students may be asked to take the course again if they miss more than 10 percent of the course.



Assessments and Graduation (**8hrs**).

The course is assessed continuously using self-feedback and course leader feedback. Students will be constantly mentored throughout the course and given advice. Students who do not meet the course requirements will be encouraged to improve any areas of weakness and be encouraged to take their assessment at a later date

(preferably within 3 months of the course finish date. It may be possible to retake modules on a future training depending on availability. There may be an extra fee for this)

1. Practical Application of Yoga (84 hours)

This core module focuses on the practical application of yoga in all its forms and is an integral part of the course. Each weekend, you'll engage in study, personal practice, and teaching. Key skills such as observation, active listening, and reflection—essential for any yoga teacher—will be nurtured and developed throughout the course.

Daily asana, pranayama, and meditation practice + hands-on training.

Vinyasa Flow sequencing

Sun Salutations and other ways of starting

Standing, seated, backbends, inversions, arm balances

Safe modifications and use of props



Vinyasa to hatha- how to adapt a sequence to suit a style.

Basic Sanskrit for common poses

Pranayama: Nadi Shodhana, Ujjayi, Kapalabhati

Introduction to meditation & mindfulness practices

Use of voice- Effective communication and use of language.

Chanting and mantra

2. Anatomy & Physiology with David Keil Yoga Anatomy -40 hours (30 hours Online Course + 10 in person with SYT)

This module incorporates a fantastic online course with David Keil that has ongoing, easy assessments. You are encouraged to start this part of the course as soon as you have registered for the training. David makes anatomy interesting and accessible. Once you have access to the course, you can keep revisiting it. The course works alongside his book Yoga Anatomy.

Anatomy & subtle yogic anatomy.

Applying and understanding anatomy in movement and yoga.

Skeletal, muscular, respiratory & nervous systems



Biomechanics of common yoga poses

Injury prevention and contraindications

The energetic body: chakras, nadis, bandhas

Understanding pain vs. discomfort

Neuroscience + Yoga

3. Yoga Humanities (20 hours)

This module will be delivered through a blend of reading, self-study, group discussions, and in-person training. Some components will also be delivered live online with a specialist guest teacher.

Philosophy, history, and ethics

History and evolution of yoga (Vedas to Modern)

Yoga Sutras of Patanjali (focus on Yamas & Niyamas)

Bhagavad Gita overview

The Eight Limbs of Yoga

Living the yoga lifestyle (Ahimsa, Satya, Saucha, Sankalpa etc.)



Code of conduct and ethics for yoga teachers

4. Pedagogy: Teaching Skills and Style (100 hours)

This module is designed to help you develop and refine your teaching craft. You'll explore effective teaching techniques, discover your unique teaching style, and gain valuable insights from our Senior Teacher. This module is another integral part of the course and will be delivered over several weekends alongside Module 1.

How to teach safely, effectively, and authentically

Sequencing Vinyasa classes (beginner to intermediate)

Strength and Mobility practices. How to support and help your students and your practice.

Class structure and planning

Cueing language (verbal, physical, visual)

Adjustments: verbal and hands-on

Practice teaching in groups

Theming and creating intention



Voice projection and pacing

Holding space and managing student energy

Alignment principles and adjusting practice.

Rest and Restore- Savasana and Relaxation

Introduction to Yin Yoga and Restorative Yoga, and incorporating elements of these into your classes.

Observing Classes-10 hours

Assisting Classes-10 hours

5. Professional Essentials (6 hours)

This module explores the business side of yoga and prepares you for a professional career as a yoga teacher.

You'll gain insights into different career paths, including setting up a studio, working online, and working as a freelance instructor. We'll also examine what these options look like in today's market. To support your success, live online training will be delivered by an experienced marketing professional.

Business and career skills



Scope of practice and professional boundaries

Liability, insurance, and waivers

Building your teaching resume

Marketing and how to do it

6. Teaching Practice + Homework Assignments

These hours are to be arranged in your own time and are a vital component of your studies whilst undertaking the course. The more you can practice teach, the more confident you will be in your teaching. You must practice teaching absolute beginners as well as your peer group. Homework assignments relate to each weekend we meet. Set aside at least 6-8 hours a month to research and prepare an assignment.

Peer-to-peer practice teaching- ongoing through course- monthly studio space

available for student group- **15 hours- book through the studio.**

Practice teaching with friends + family- **10 hours**

Setting up your own classes and teaching up to 2 classes a week. (After weekend 5)-**20 hours**



Investment

Fees: £3250 - This includes the training manual, handouts throughout the course, all teaching sessions, an online anatomy course, registration with Yoga Alliance Professionals, accommodation, breakfast, and refreshments during the residential period. Please note that travel and main meals are not included.

Early Bird Fee- £2900- Register and pay deposit by 30th September 25 and then pay in full before the course starts in November or January.

Deposit: A non-refundable deposit of £750 is required.

Instalment Plans: You can opt for 4 payments of £650. The full balance must be paid by Weekend 7, with the first payment due 2 weeks before the course starts.