BRITISH WHEEL OF YOGA ACCREDITED TRAINING

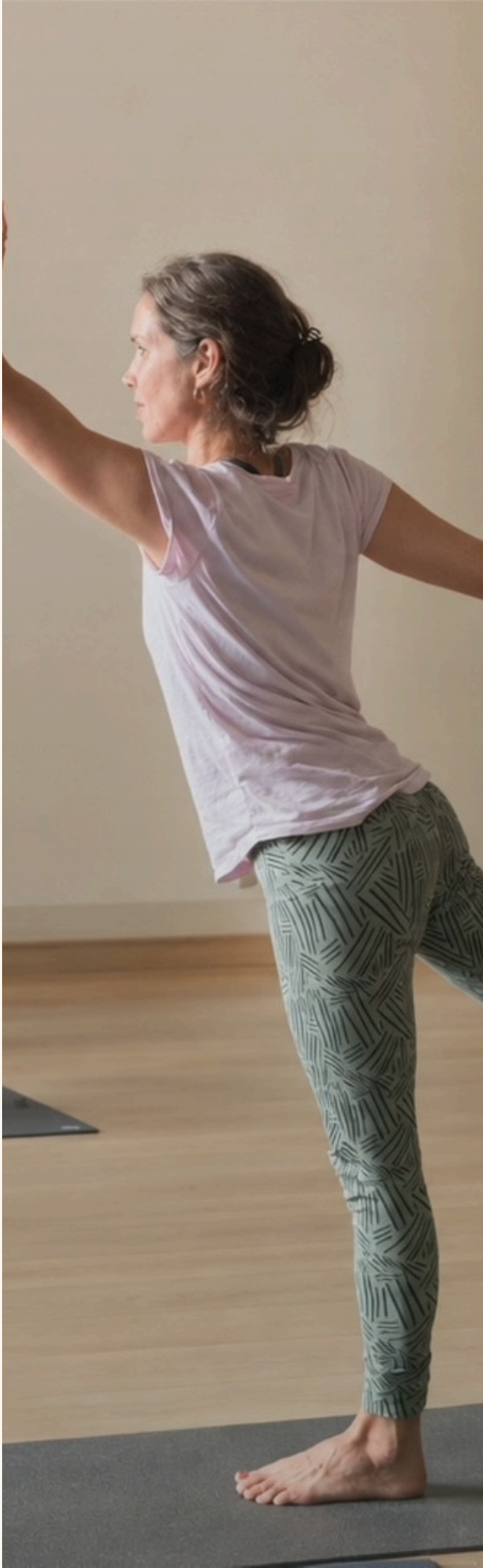
Yoga Teacher Training

300 & 500 hour pathways

In-person teacher training rooted in natural movement, self-enquiry and a deeper understanding of the body.

HASTINGS & ST LEONARDS

NORWICH



WELCOME

A training that starts with your own practice.

Teach Yoga Naturally offers a connected pathway from a 300-hour first year into a further 200 hours of study, completing the full 500-hour programme.

The course is designed to deepen your relationship with movement, breath, awareness and the body while developing the practical understanding and confidence needed to teach responsively.

OUR APPROACH

Rather than teaching one fixed way to practise, the course encourages curiosity, individual exploration and an ability to listen to the person in front of you.

> Practice first. Teaching grows from what you discover.

THE PATHWAY

300
HOURS · YEAR ONE

Standalone one-year course

Develop your own practice and learn to teach. The 300-hour programme can be completed as a qualification in its own right.

+200
HOURS · YEAR TWO

For continuing or qualified teachers

Continue from Year One, or if you already hold an existing teaching certificate, take the 200-hour year as a standalone course.

500
HOURS · FULL PATHWAY

Complete the full programme

Combine the 300-hour first year with the further 200 hours of study to complete the full 500-hour pathway.

WHAT YOU'LL EXPLORE

Six connected threads.

The programme brings together movement, anatomy, energetic traditions and teaching practice so that each area informs the others.

01
Scaravelli-inspired yoga
Explore gravity, breath, grounding, ease and natural movement without forcing the body into fixed shapes.

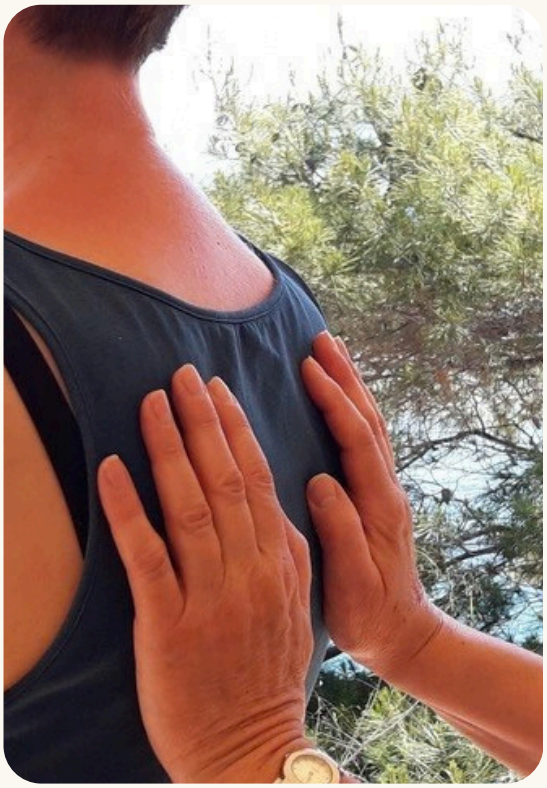
02
Meridian theory
Develop a wider understanding of the body's energetic relationships and how meridian ideas can inform practice.

03
Qigong
Use breath, awareness and flowing movement to support embodied practice and broaden your teaching toolkit.

04
Shiatsu principles
Learn to listen and respond to the individual, drawing on touch-informed and relational ways of understanding the body.

05
Functional anatomy
Build useful anatomical knowledge grounded in real bodies, movement and the practical needs of teaching.

06
Teaching practice
Develop confidence, ethical awareness, planning skills and your own responsive teaching voice.



CONNECTED LEARNING

Movement, energetic traditions, anatomy and teaching practice are explored together rather than as isolated subjects.

LEARNING

Practical, reflective and face to face.

Most of the training happens in person, with space to practise, question, discuss and learn alongside tutors and peers. Written work is kept purposeful and connected to your development as a practitioner and teacher.

01
Your own life practice
Self-exploration, questioning and a developing relationship with movement and breath.

02
Yoga history & philosophy
Context for the traditions, ideas and values that continue to shape contemporary yoga.

03
Pranayama & meditation
Practice, understanding and safe teaching of breathwork and meditation.

04
Teaching individuals
Adapting your teaching to real people rather than expecting people to fit a predetermined shape.

05
Planning & assessment
Session planning, reflective practice, tutor feedback, peer learning and observed teaching.

06
The business of yoga
Practical foundations for developing classes and beginning your work as a teacher.

WHERE WE TRAIN

Two places. One approach.

Both locations offer the same connected 300 and 500 hour pathway, taught face to face with time to practise, question and develop alongside experienced tutors.

HASTINGS & ST LEONARDS

Train by the coast.

St Leonards Studio
The Royal Victoria Hotel
Marina
St Leonards on Sea
TN38 0BD

In-person training on the East Sussex coast, with a learning environment built around practice, enquiry and community.

NORWICH

Learn in the city.

Inner Space
34 St Benedicts Street
Norwich
NR2 4PF

Next intake: October 2026.

Central Norwich training with the same Teach Yoga Naturally pathway and approach.

FEES

A clear pathway with flexible entry.

You can complete Year One as a standalone 300-hour programme, continue into Year Two to complete the full 500-hour pathway, or join the 200-hour year as an already-qualified teacher.

YEAR ONE

£2,200

300 hours

Develop your practice and learn to teach.

Standalone option:
The 300-hour programme can be completed as a one-year course in its own right.

YEAR TWO

£1,950

A further 200 hours

Deepen your study and complete the 500-hour pathway.

Standalone option for qualified teachers:
If you already hold an existing teaching certificate, you may take this 200-hour year as a standalone course.

BRITISH WHEEL OF YOGA
ACCREDITED TRAINING
ORGANISATION

Accredited training with a focus on quality, depth and responsive teaching.

For current payment arrangements, course dates and questions about entry, please contact Teach Yoga Naturally directly. Optional additional qualifications may involve separate fees.

MEET THE TUTORS

Teaching shaped by decades of practice.

Annie Cryar

Annie has been practising and studying Yoga for 54 years and teaching for 40. Her work brings together Yoga, Shiatsu, Qigong, anatomy and teacher development.

She is Co-Director of the Shiatsu College Qigong Teacher Training Programme, creator of the College's accredited Holistic Anatomy, Physiology and Pathology course, Principal of Shiatsu College, Hastings, and a certified teacher of the Yoga for Back Pain programme.

Cat Westwood

Yoga teacher, international dancer and Shiatsu practitioner, bringing movement, bodywork and experiential learning into the Norwich training.

THE WIDER TEACHING TEAM

Zowie Martin · Catherine Burnett · Surrinder Chera · Sundeep Sitara · Linda Clifford

The programme draws on a broad range of experience across yoga, movement, Qigong, Shiatsu, anatomy, education and embodied practice.

NEXT STEPS

Curious about the course?

Choosing a teacher training course is personal. Read through the course information, explore the curriculum and locations, then get in touch with any questions.

Start a conversation.

teachyoganaturally.org

info@teachyoganaturally.org

07722 868397

EXPLORE ONLINE

Teacher Training · Curriculum · Fees & Dates · Locations · Teachers

In-person yoga teacher training in Hastings & St Leonards and Norwich