



STUDIO 70 ~ 200 HR YTT 2024

**200hr YTT
Teaching Qualification**



**Yoga Alliance
Certified**



**Comprehensive
training manual**



**6 months of
Unlimited Yoga**



Meet Our Team



Julia Clark



Senior Teacher &
Yoga Teacher Trainer
Author
Ayurvedic Practitioner



Laura Gonzalez



Pranayama Teacher
(Kaivalyadham lineage)
Sanskrit & Vedic Chanting
facilitator
Student of RoseAnn
Maclean & Sudhir Tiwari



Lorraine Livingstone



Senior Yoga Teacher
Vinyasa, Restorative & Yin
facilitator
500hr YTT

Meet Our Team



Kallie Schut



Descendant of the Sansi tribe
Yogic tradition wisdom holder
Decolonising Yoga Facilitator
Sacred Activist



Jasmine Brand-Williamson



Senior Yoga Teacher
Tauma informed facilitator
Yoga Nidra Teacher



Anna Hodgart



200hr YTT
Current 300hr YTT
Tantric Philosophy &
Embodied Flow

INTRODUCTION ~

Join us for our very first
200hr Yoga Teacher
Training in 2024

Are you ready to offer your love of yoga to others?

Join Julia Clarke, E-RYT 500 and special guest teachers for this inspired and empowering approach to teaching Vinyasa Yoga in a way that is both rooted in history and meaningful in a modern context.

This foundational training begins at the roots of yoga and unfolds in an intelligent progression to help you understand the subtle dynamics as well as the physical expression behind each yoga posture and class that you experience and teach.



WHAT TO EXPECT ~

From this 200hr YTT

This training begins with a five-day immersion and is then followed by one weekend a month for six months.

Each day will entail a mix of lecture and discussion, guided practice and interactive learning activities to help you integrate the knowledge.

In addition to our in-person hours, there will be regular homework assignments and assigned reading to both promote your journey and fulfill the minimum of 200 hours required by Yoga Alliance for a foundational training.



Expected outcomes from our 200hr YTT

- Relevant, accessible and inclusive teaching.
 - A supportive learning environment with clear and thoughtful feedback.
 - A thorough appreciation of the origins and philosophy of Hatha Yoga and how modern yoga took shape.
 - A solid understanding of foundational body mechanics and anatomy and physiology as it pertains to teaching yoga in a safe and intelligent way.
 - A clear lens through which you will understand the anatomy of yoga Asanas and how they relate to one another.
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Expected outcomes from our 200hr YTT

- Skillful recognition of energetic alignment and the key polarities behind the natural movement patterns that we embody in Vinyasa Yoga.
- Comprehensive study of subtle anatomy and energetics that form the intelligent forces that underlie Vinyasa Yoga and how to apply them to your classes in a relevant way.
- A confident approach to crafting skillful, holistic classes and teaching them in your own voice.
- A more rewarding and sustainable approach to teaching and living yoga.



WHY TRAIN WITH US

Experience & Passionate Faculty

Learn from a team of seasoned teachers who are not only experts in their specialism but are also deeply passionate about guiding and nurturing aspiring teachers. Benefit from their wealth of knowledge, diverse teaching styles, and personalised mentorship.

Exclusive Studio Benefits

You will receive an unlimited membership for the duration of your training so you'll have plenty of opportunities to develop your own personal yoga practice. Enjoy exclusive perks and benefits as a part of the Studio 70 family, including discounts on workshops, merchandise, and access to special events.

Community Connection

Join a diverse and supportive yoga community that extends beyond the training. Forge connections with fellow trainees, experienced instructors, and graduates, creating a network that enhances your growth as both a practitioner and a teacher.



WHY TRAIN WITH US

Practical Approach

We have a very hands on approach to learning. During the course will run community classes so you'll have the opportunity to teach real classes within the supportive studio environment. You will also have the opportunity to shadow our expert teachers while they teach their regular classes so you can get a handle on the practical aspects of teaching public classes.

Ongoing Support and Career Opportunities

Your journey doesn't end with the training. Benefit from ongoing support, resources, and opportunities to continue your growth as a certified yoga instructor within our community. You will have the chance to join our assistant teacher programme and also our list of substitute teachers.

State-of-the-Art Facilities

Immerse yourself in a nurturing environment with state-of-the-art studios designed for your comfort and well-being. Our spaces are thoughtfully crafted to enhance your learning experience.



KEY AREAS OF STUDY ~

This comprehensive training aims to detail the most important aspects of teaching yoga. More than an overview, we'll thoughtfully explore following topics and more to build a broad and deep foundation from which to launch your teaching career:

- The origins and philosophy of Hatha Yoga
 - Introduction to Sanskrit
 - Anatomy and physiology for yoga teachers
 - Common injuries and modifications
 - Asana families
 - Key principles of Vinyasa Yoga
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KEY AREAS OF STUDY ~

- Skillful sequencing and class generations
 - Subtle body anatomy, Pranayama and meditation
 - Hands-on assists and effective cueing
 - Trauma sensitivity and ethics for teachers
 - The business of teaching yoga
 - Introduction to special modalities including Restorative, Yin and Prenatal yoga and Ayurveda
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WHO IS THIS TRAINING FOR? ~

- All dedicated practitioners with a minimum of two years of regular practice.
- People who can commit to attending all sessions.
- Students seeking an intelligent, progressive approach to teaching.
- It is not for anyone seeking a scripted, cookie-cutter approach to teaching.
- Individuals and teachers dedicated to their commitment to de-colonise the yoga practice through thorough and authentic education



COMMONLY ASKED Q'S ~

What if I don't want to be a yoga teacher but am interested in the training for personal reasons?

A 200hr YTT is a wonderful immersion in the practice and study of yoga. It's not uncommon that people undertake a 200hr training for personal development and to learn more deeply about the practice of yoga. We would encourage you to undertake this training if this resonates with you.

It is also important to know though while you do not have to aspire to teach, you must be willing to participate in all practical exercises.

This course is framed with the lens of sharing the practice of yoga, should you decide to in the future and our assessments will also be framed from this perspective.



COMMONLY ASKED Q'S ~

Is this training Yoga Alliance certified?

Upon completion of this program, you will be 200 hour certified with Studio 70 and if you wish, you will be able to register your certification with Yoga Alliance.

Yoga Alliance registration is entirely voluntary.

We have more FAQs available on our website [here](#)



DATES OF STUDY ~

All of our in-person training will occur between 8.30am-5pm at our Studio on Victoria Road. Our course begins with a 5 day immersion and then one weekend a month for the duration of the course.

June 5th - 9th 5 day immersion

July 6th & 7th

August 17th & 18th

September 14th & 15th

October 26th & 27th

November 16th & 17th

November 30th & December 1st

We will also have an 8 hour online component on yoga ethics & philosophy with facilitator Kallie Schut (dates tbc).

There will also be an element of flexible self-study around the training material.



Investment

£2800 - this can be paid in full or you can pay a deposit of £300 & then 5 payments of £500.

- Comprehensive training manual
- 200-hour Yoga Alliance approved certification
(all sessions must be attended)
- Unlimited membership to Studio 70 Yoga classes for the duration of the training

[Register Now](#)



We'd love to guide you

We've been sitting with the notion of hosting our own 200hr YTT for a very long time now. We're so very excited that now is the right time for us to begin bringing you these considered training with a wonderfully knowledgeable and empathetic teaching team.

We're hosting a free information session with lead teacher Julia on the 25th of February, we'd love to see you for a mindful yoga practice and Q&A session. Registrations will also be taken on the day.

[Info Session](#)



Testimonials

“What I learned and how much I grew under the tutelage of Julia Clarke is immeasurable. She opened my eyes, mind and heart to yoga not just as a gift from me as a teacher to others but also to myself. As one of her students, you will learn how to strive for the extraordinary. This is only the beginning.”

Nicole M

“I have had the privilege of learning so much from her on and off of the mat. She is a gifted teacher, meticulous and dedicated to the goal of producing great teachers and this training prepares you to do just that. Julia is dedicated to staying true to the essence of yoga and she loves empowering others to do the same. Words just don't seem to do her justice!”

Georgina B

“What a joy it was to spend the summer with Julia learning all about yoga. My intentions were never to teach yoga, but at the end of the training I realized I had to share what I had learned from this extraordinary teacher. This teacher training is excellent, and I guarantee you will find your voice and accomplish what you once thought impossible”

Lee A
