

200 HRS YOGA TEACHER TRAINING CURRICULUM 2027

- Location for in-person weekends: Studio Namaste, Dorpstraat 27b, 5061HJ Oisterwijk, NL
- Online sessions held via ZOOM.

Online Session 1

17 March 2027 | 19:00–20:30

Trainers: Manouk, Natascha & Biddy

We begin the journey together with a warm and welcoming opening circle. This live online session is an opportunity for trainees and trainers to meet, connect, and begin building a supportive learning community. You'll receive an introduction to the structure of the training, what to expect over the coming months, and the principles that underpin our approach to teaching yoga.

In-Person Weekend 1

19–21 March 2027 | 09:00–18:00

Introduction to Anatomy, Physiology & the Foundations of Teaching Yoga

Trainers: Manouk & Natascha

Your first in-person weekend lays the foundations for everything that follows. We introduce the language of anatomy and physiology through an evidence-informed lens, exploring the body's major systems, including the musculoskeletal, fascial and respiratory systems, and how yoga both influences and is influenced by them. You'll begin developing an understanding of biomechanics and functional movement, learning how to teach yoga safely while respecting the individuality of every body. Alongside the anatomy, you'll be introduced to the foundations of teaching yoga. You'll begin practising essential teaching skills from the very beginning of the course while exploring the key yoga poses that form the basis of many yoga classes.

Online Session 2

21 April 2027 | 19:00–21:00

The Nervous System & the Physiology of Stress and Relaxation

Trainer: Manouk

This session explores one of the central themes of our therapeutic approach: the nervous system. You'll develop an understanding of how stress and relaxation affect both body and mind, exploring the physiology behind our stress responses and the role yoga can play in supporting regulation.

In-Person Weekend 2

30 April – 2 May 2027 | 09:00–18:00

The History of Yoga, the Eight Limbs & Applied Anatomy

Trainers: Natascha & Biddy

This weekend explores yoga's rich philosophical heritage while placing it within a contemporary context. You'll learn about the historical development of yoga, key texts and influential figures, and examine how yoga has evolved into its modern forms. We also study the Eight-Limbed Path, exploring how these principles can be integrated into both personal practice and teaching. You'll also continue building your anatomical knowledge by studying the shoulder girdle, pelvis, hips and lower back.

Online Session 3

2 June 2027 | 19:00–21:00

Introduction to Pranayama & the Energetics of Breath

Trainer: Manouk

In this session you'll explore the foundations of pranayama through both modern physiology and traditional yogic understanding. You'll learn how to approach pranayama safely. We'll examine the mechanics of breathing, respiratory physiology, and the importance of breath awareness, while introducing the energetic dimensions of breath within yoga.

In-Person Weekend 3

11–13 June 2027 | 09:00–18:00

Pranayama, the Subtle Body & Inclusive Teaching

Trainers: Natascha & Biddy

This weekend explores the subtle body traditions of yoga, including the chakras, nadis, vayus and the panchamaya koshas. You'll deepen your understanding of how physical and energetic experiences intersect within yoga. You'll learn the foundations of intelligent sequencing and class theming, balancing structure with creativity while designing classes that are purposeful and student-centred. We also explore Diversity, Equity and Inclusion, considering how to create accessible, welcoming and adaptable classes that honour different bodies, abilities and lived experiences. During the weekend, you'll teach your first one-hour class in pairs, giving you valuable practical teaching experience within a supportive learning environment.

Online Session 4

8 September 2027 | 19:00–21:00

Foundations of Trauma

Trainer: Manouk

This session explores how our understanding of trauma has developed throughout history, how trauma can affect the nervous system, body and behaviour, and why understanding these responses is essential for modern yoga teachers. This session provides the theoretical foundation for trauma-informed teaching, helping you understand how to create environments that promote safety, choice and empowerment.

In-Person Weekend 4

17–19 September 2027 | 09:00–18:00

Mindfulness, Meditation & Introduction to Ayurveda

Trainers: Natascha & Biddy

This weekend focuses on cultivating presence, awareness and deeper self-inquiry through mindfulness and meditation practices. You'll explore practical meditation techniques that can be integrated into both personal practice and teaching, while continuing to refine your teaching skills through posture practice and supervised teaching. Students will continue to teach a one-hour class in pairs, receiving supportive feedback that helps build confidence and clarity. The weekend also includes an introduction to Ayurveda, offering an overview of this traditional sister science of yoga and its holistic approach to health and wellbeing.

Online Session 5

20 October 2027 | 19:00–20:30

Introduction to Yoga Nidra

Trainer: Biddy

In this session you'll explore both the theory and practice of Yoga Nidra, gaining an understanding of its origins, applications and therapeutic potential. You'll experience guided practices while learning how Yoga Nidra can support relaxation and overall wellbeing.

In-Person Weekend 5

29–31 October 2027 | 09:00–18:00

Trauma-Informed Teaching, the Physiology of Yoga & Physical Assists

Trainers: Manouk & Natascha

This weekend brings together many of the themes explored throughout the training. You'll learn the principles of trauma-informed teaching in practice, including language, consent, bodily autonomy, nervous system awareness and creating inclusive learning environments where students feel safe and empowered. We'll explore how yoga affects the body's major physiological systems, including the cardiovascular and digestive systems, while also considering how yoga can be adapted for different populations, including pregnancy and older adults. You'll also learn how to offer hands-on assists safely, respectfully and only where appropriate, understanding when physical touch supports learning and when verbal or visual guidance may be more effective. Each trainee will teach an individual 30-minute class, continuing to build confidence, adaptability and authentic teaching skills.

Online Session 6

10 November 2027 | 19:00–20:30

Philosophy Enquiry

Trainer: Manouk

This interactive discussion brings together the philosophical themes explored throughout the course. Rather than memorising concepts, you'll engage in thoughtful enquiry and dialogue, demonstrating your understanding of the key concepts of yoga philosophy and history, while exploring how these teachings remain relevant in contemporary life and within modern yoga classes.

In-Person Weekend 6

19–21 November 2027 | 09:00–18:00

Practical Assessments, Inversions & The Business of Yoga

Trainers: Manouk & Bidy & Natascha

Our final weekend celebrates everything you've learned while preparing you for your next step as a yoga teacher. You'll complete your practical evaluation, which entails teaching a one-hour yoga class to your peers, demonstrating your ability to teach with clarity, confidence and sensitivity while integrating anatomy, functional movement, philosophy and trauma-informed principles into your classes. We also explore the science and practice of inversions. Finally, you'll be introduced to the practical realities of working as a yoga teacher, particularly the business of yoga, helping you begin your teaching journey with confidence, professionalism and purpose. The weekend concludes with graduation and the celebration of your transformation into a certified yoga teacher.