

## 200 HRS YOGA TEACHER TRAINING CURRICULUM 2026

### LOCATION:

Studio Namaste, Dorpstraat 27b, 5061HJ Oisterwijk, The Netherlands

### Online Session 1

date: 15 January

19:00 - 20:30 hrs

This session begins with a warm and welcoming circle, creating space for trainers and trainees to meet and connect. We take time to arrive together and establish a supportive and respectful learning environment. We then continue to the **meaning of yoga**, exploring what yoga is, how it can be understood beyond posture, how its core principles inform both personal practice and the path of teaching. From the outset, emphasis is placed on safety, presence, and community.

### Weekend 1

date: 17 - 19 April

This first in-person weekend lays the foundation for the training. We explore the **History of Yoga**, including key figures, stories, and the development of yoga through time, with particular attention to its movement into the Western world. You are introduced to the **human body**, learning basic anatomical language and gaining an overview of the twelve body systems. Alongside theory, the **foundations of teaching** are introduced, allowing you to begin embodying the role of teacher early on. Essential yoga postures are studied and practiced, forming the basis for future classes.

### Online Session 2

date: 20 May

19:00 - 21:30 hrs

In this session we explore the **physiology of stress and relaxation**, focusing on how the nervous system responds to stress and how states of rest and recovery are supported in the body. Understanding these mechanisms offers insight into how yoga can support balance, regulation, and overall wellbeing.

Alongside this, we explore **asana, pranayama, and pratyahara** as practical tools within yoga. Attention is given to how movement, breath, and sensory awareness influence both physiological and mental states. These practices are approached experientially, supporting embodied understanding and conscious application in personal practice and future teaching.

## Weekend 2

**date: 29 - 31 May**

This weekend is dedicated to deepening your understanding of the **anatomy of yoga**. We explore the **Musculo-skeletal system** and the **respiratory system**, developing insight into how the body moves, stabilises, and responds within yoga practice.

An introduction to **polyvagal theory** supports understanding of the nervous system and how states of safety, stress, and regulation influence both movement and experience. This knowledge provides a valuable framework for teaching with awareness and sensitivity.

Throughout the weekend, we **break down a variety of asanas**, exploring how each posture relates to the body's structure and function. Attention is also given to **teaching structure**, supporting you in translating anatomical understanding into clear, supportive, and embodied instruction.

Theory and practice are closely interwoven, allowing learning to be integrated experientially and applied directly to both personal practice and teaching.

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## Online Session 3

**date: 10 June**

**19:00 - 21:30 hrs**

This session explores the more inward aspects of yoga through **dharana, dhyana, and samadhi**. These practices are introduced as progressive states of attention and awareness, offering insight into the meditative dimensions of yoga and the cultivation of presence.

Alongside this, we explore the **panchamaya koshas**, providing a framework for understanding the human experience as layered and interconnected. This perspective supports a holistic view of practice, linking physical, energetic, mental, and experiential aspects of being.

### Weekend 3

**date: 26 - 28 June**

This weekend is devoted to **pranayama**, the **subtle body**, and the **energetics of asana**. We explore the relationship between breath, energy, and movement, deepening awareness of how these elements interact within yoga practice.

Pranayama practices are explored **in depth**, with techniques carefully broken down, explained, and practiced. Emphasis is placed on understanding the effects of breath on the nervous system and energy levels, supporting safe and conscious application.

We also explore the **subtle body**, including energetic awareness within asana, and how energy moves through the body in relation to posture and breath. Principles of **diversity, equity, and inclusion (DEI)** are woven throughout the weekend, supporting an approach to practice and teaching that is accessible, respectful, and responsive to different bodies and experiences. Theory and practice are integrated throughout the weekend, supporting embodied understanding and thoughtful teaching.

### Online Session 4

**date: 8 July**

**19:00 - 21:30 hrs**

This session introduces the **foundations of trauma**, offering insight into how trauma can affect the body, nervous system, and lived experience. The focus is on building understanding and awareness, providing a supportive framework for teaching with sensitivity and care.

Alongside this, we explore the **foundations of sequencing and theming yoga classes**. Attention is given to how classes can be structured in a clear and intentional way, aligning movement, breath, and focus. This session supports the development of thoughtful class design that is both grounded and responsive to the needs of students.

## Weekend 4

**date: 28 - 30 August**

This weekend focuses on **trauma-informed teaching** and the **physiology of yoga**, deepening understanding of how yoga practices affect the body's internal systems and how teaching can be shaped with care and awareness.

We explore **yoga and the cardiovascular system**, examining how movement, breath, and rest influence circulation, heart health, and regulation. The relationship between yoga and the **digestive system** is also explored, continuing the study of how yoga supports internal balance and overall wellbeing.

Throughout the weekend, physiological knowledge is connected directly to teaching practice. Emphasis is placed on recognising individual needs, offering appropriate choices, and supporting safety and agency within the yoga space.

## Online Session 5

**date: 16 September**

**19:00 - 21:30 hrs**

This session offers an **introduction to Yoga Nidra**, exploring this guided practice as a method of deep rest, awareness, and integration. Attention is given to the principles behind Yoga Nidra and how it supports the nervous system, relaxation, and restoration.

The session includes experiential elements, allowing you to develop an embodied understanding of the practice. Yoga Nidra is approached with sensitivity and care, supporting safe facilitation and thoughtful application in both personal practice and teaching.

## Weekend 5

**date: 2 - 4 October**

This weekend explores **mindfulness and meditation**, supporting the cultivation of presence, awareness, and inner steadiness. Practices are

approached in an accessible and experiential way, allowing for direct understanding and integration.

You are introduced to **Ayurveda**, offering insight into this holistic system and its relationship to yoga practice. Attention is also given to **yoga for older adults**, exploring how practices can be adapted to support ageing bodies with care, respect, and sustainability.

Alongside this, we explore the **bandhas and mudras**, examining how these subtle practices influence energy, stability, and awareness.

### Online Session 6

**date: 7 October**

**19:00 - 20:30 hrs**

This session is dedicated to **philosophical enquiry**, offering space for reflection and dialogue around key philosophical themes within yoga. Through guided discussion, you are invited to explore how these teachings can be understood and integrated into modern life and contemporary yoga practice.

Alongside this, we explore **adapting yoga for pregnancy**, focusing on awareness, safety, and responsiveness to the changing needs of the body. Attention is given to supportive principles and considerations that inform inclusive and respectful teaching.

### Weekend 6

**date: 13 - 15 November**

The program culminates in this weekend, where you'll participate in Practical Evaluations and experience inspiring talks and workshops by guest teachers. You'll also engage in an Inversions Workshop, discuss the Business of yoga and conclude with a Closing Circle, bringing the course to a meaningful and celebratory end. This final weekend ensures that you are well-prepared and confident to step into your role as a yoga teacher.