

# 200 HRS YOGA TEACHER TRAINING CURRICULUM 2026

Location: **Studio Namaste, Dorpstraat 27b, 5061HJ Oisterwijk, The Netherlands**

## **Online Session 1**

**date: 28 January**

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

Begins with a warm and welcoming circle where trainers and trainees come together to get to know each other. This 1.5-hour session sets a collaborative and supportive tone for the course, fostering a sense of community from the outset.

## **Weekend 1**

**date: 6 - 8 February**

During this weekend we dive into the History of Yoga, exploring key figures, myths, and the timeline that has shaped the development of yoga, particularly its evolution in the Western world. You'll also get an Introduction to the Human Body, learning the language of anatomy and gaining an appreciation for the body's 12 systems. The Foundations of Teaching are introduced so you immediately begin to gain experience as a teacher, and you'll study key postures that form the basis of many yoga classes.

## **Online Session 2**

**date: 18 March**

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

In this session we focus on understanding the psycho-somatic impact of stress. This session explores how stress affects both the mind and body and discusses ways in which yoga can provide support during stressful times. A Q&A session allows for deeper exploration of these concepts.

## **Weekend 2**

**date: 17 - 18 April**

This weekend offers another deep dive, this time into the Musculo-Skeletal and Nervous Systems. You'll also learn about the Eight-Limbed Path of Yoga, and study and practice new yoga postures. This weekend combines theoretical knowledge with practical application, enriching your understanding of both the physical and philosophical aspects of yoga.

## **Online Session 3**

**date: 20 Mei**

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

This session addresses the crucial topic of Diversity, Equity, and Inclusion in yoga. We discuss how to make yoga an accessible practice for everyone, followed by a Q&A session to explore these ideas further.

## **Weekend 3**

**date: 29 - 31 May**

This weekend is devoted to understanding the Respiratory System and the potential of Pranayama. You'll also explore the Subtle Body in Yoga, including chakras, nadis, vayus, and the panchamaya koshas. You'll continue studying additional yoga postures, integrating your understanding of the body's physical and energetic aspects.

## **Online Session 4**

**date: 10 June**

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

During this session you'll consolidate your knowledge of the subtle body through an interactive and colorful workshop. This session includes getting creative and experiencing interactive learning.

#### **Weekend 4**

**date: 26 - 28 June**

This weekend introduces the complex topic of Understanding Trauma and Its Impact on the Mind and Body. You'll learn about Trauma-Informed Teaching and the importance of adjustments and assists in yoga. This weekend also includes practicing more yoga postures (particularly from a trauma-informed perspective), providing a comprehensive understanding of how to support students safely and effectively.

#### **Online Session 5**

**date: 8 July**

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

This sessions is dedicated to Learning How to Sequence and Theme Classes. You'll brainstorm ideas for your classes, helping you develop a unique approach to teaching yoga.

#### **Weekend 5**

**date: 28 - 30 August**

We'll focus on the Impact of Yoga on the Whole Body, including the cardiovascular, endocrine, and digestive systems. You'll also explore the anatomy of the upper and lower extremities, such as the shoulder girdle, pelvis, and lower back. The weekend also includes sessions on Mindfulness & Meditation and practicing more yoga postures to develop your teaching skillset.

#### **Online Session 6**

**date: 16 September**

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

In this session you'll participate in a Philosophy Enquiry. This 1.5-hour group discussion allows you to demonstrate your understanding of yoga philosophy and history, focusing on making these concepts relevant in modern life.

### **Weekend 6**

**date: 2 - 5 October**

During this weekend you'll explore Yoga for Grown-Ups and receive an Introduction to Ayurveda. You'll also learn about Adapting Yoga for Pregnancy and delve into the Business of Yoga. This weekend provides a holistic view of yoga's applications to various populations and professional aspects, equipping you with practical knowledge for your future career.

### **Online Session 7**

**date: 7 October**

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

This session is a reflective session titled Where to From Here?. This session allows you to discuss how you plan to use your training in your life and as a teacher. It's a chance to express your experiences and receive guidance on your next steps, followed by a Q&A session.

### **Weekend 7**

**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 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.