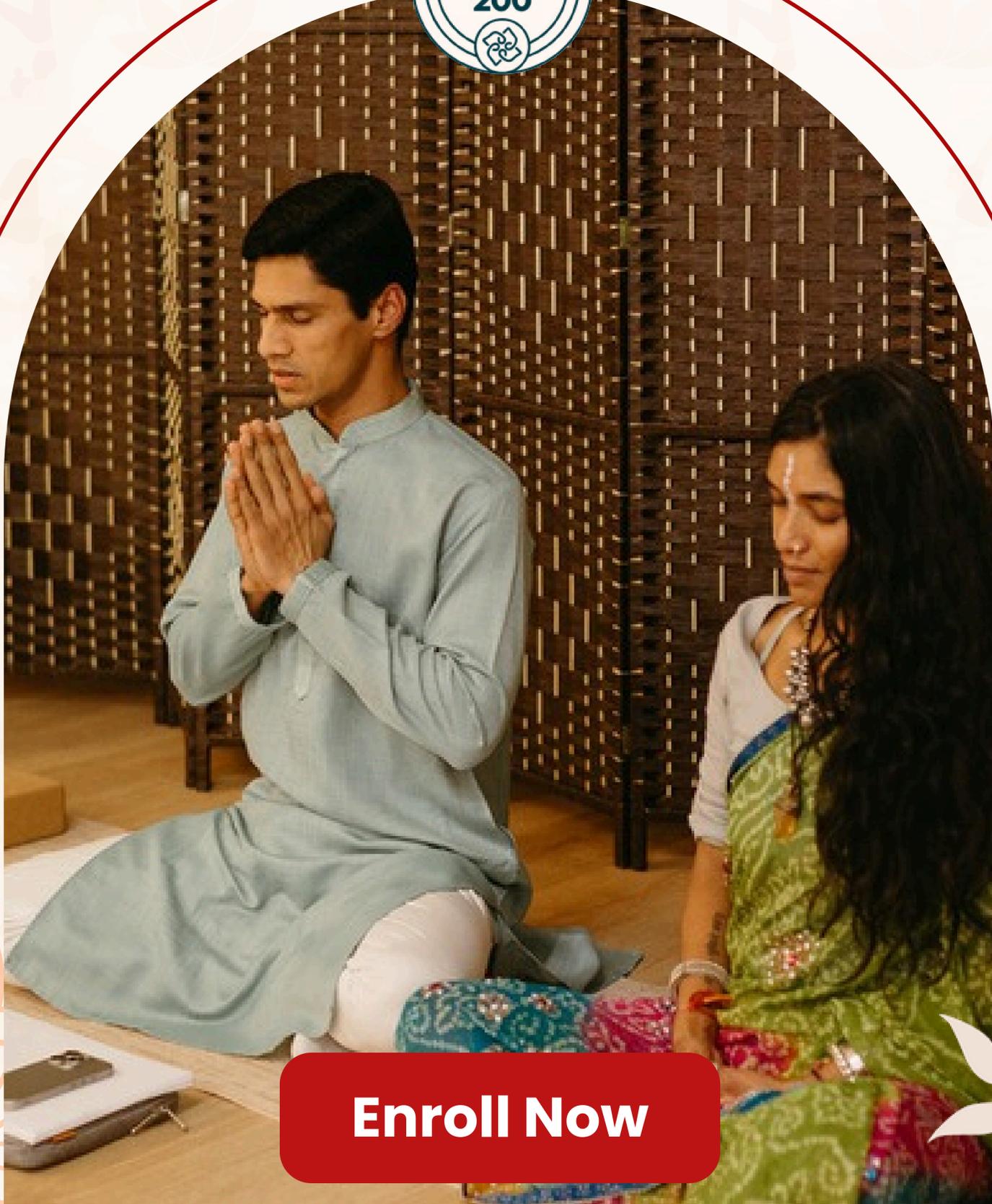
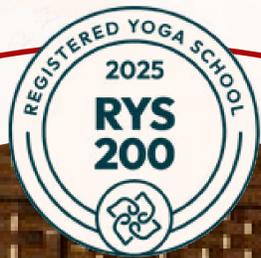




AVANA YOGA

# 200-HOUR YOGA TEACHER TRAINING

Traditional roots, modern teaching.  
Start from **5th September 2026**



[Enroll Now](#)

# FULL ACCREDITED 200HR HATHA & VINYASA YOGA TEACHER TRAINING

Embody and teach yoga with confidence, skill and secure foundation of knowledge. Inspirational and educational training that will enable you to find your individual voice as a teacher and establish a deep connection within yourself. **Avana Yoga offers teacher training courses in the UK and India.**



# COURSE HIGHLIGHTS

## By the end of this training, you will...

- ✿ Master foundational asanas
- ✿ Learn safe adjustments and alignments
- ✿ Develop confidence as a teacher
- ✿ Deepen your understanding of yoga philosophy
- ✿ Build pranayama & meditation skills
- ✿ Graduate as a certified RYT-200 yoga teacher

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## Who this training is for

- ✿ Aspiring yoga teachers
- ✿ Dedicated practitioners seeking deeper knowledge
- ✿ Wellness coaches, healers, and professionals

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## Who this training is not for

- ✿ Those looking for a casual fitness holiday
- ✿ Anyone uninterested in philosophy and self-discipline
- ✿ People seeking a purely physical workout without spiritual depth





# 200-HOUR YOGA TEACHER TRAINING

Our Yoga Alliance–accredited 200-hour Yoga Teacher Training is a transformative journey designed to give you the knowledge, skills, and confidence to step into the role of a yoga teacher. More than just a certification, this course is a complete immersion into the practice, philosophy, and lifestyle of yoga.

## Over the course of the training, you will:



**Master teaching methodology** – Learn how to sequence and structure classes, give clear verbal cues, and hold space for students.



**Develop safe alignment skills** – Understand anatomy and biomechanics, and gain the ability to guide, adjust, and modify postures for different bodies and levels.



**Deepen your personal practice** – Experience yoga beyond the physical as you explore pranayama, meditation, mantra, and traditional yogic wisdom.



**Connect with yoga philosophy** – Study the Yoga Sutras, the eight limbs of yoga, and ancient teachings to enrich your practice and teaching.



**Build teaching confidence** – Practice teaching in a supportive environment, receive feedback, and refine your unique voice as a teacher.

By the end of this program, you won't just be qualified to teach yoga – you will embody the practice with authenticity. You will be able to teach safe, inspiring, and well-rounded classes, empowering others while continuing to grow on your own path of self-discovery.

This course is ideal for both **dedicated practitioners who wish to deepen their knowledge** and **aspiring teachers who feel called to share yoga professionally.**





## CURRICULUM – WHAT YOU WILL LEARN



Our 200-Hour Hatha Yoga Teacher Training is carefully structured to cover all the essential aspects of yoga, blending ancient wisdom with modern teaching methods. The curriculum ensures that you not only deepen your personal practice but also gain the confidence and knowledge to teach professionally.

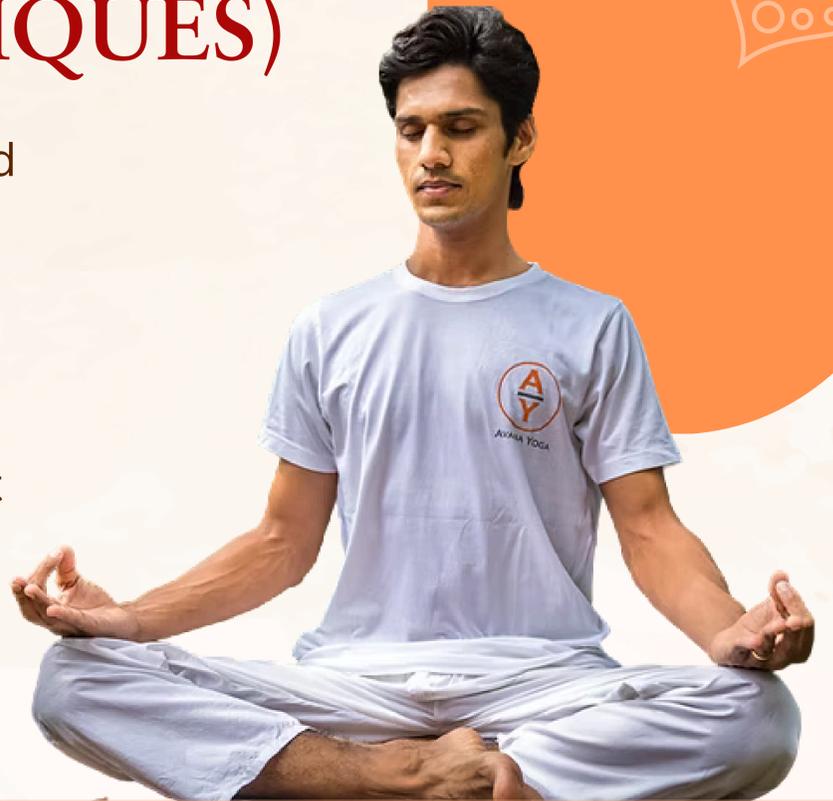
### ASANA (POSTURES & PRACTICE)

- ✿ Detailed study of classical yoga postures
- ✿ Correct alignment, benefits, contraindications
- ✿ Safe use of props and modifications for all levels
- ✿ Hands-on adjustments and posture correction
- ✿ Building strength, flexibility, and body awareness



# PRANAYAMA (BREATHING TECHNIQUES)

- ✿ Introduction to yogic breathing & advanced Pranayama
- ✿ Practice of techniques such as Nadi Shodhana, Bhastrika, Ujjayi and Bhramari
- ✿ Breath awareness, control, and their effect on body & mind
- ✿ Preparing for meditation through breathwork (Pranayama)



## MEDITATION & YOGIC PRACTICES

- ✿ Techniques for concentration and mindfulness
- ✿ Guided meditation practices
- ✿ Mantra chanting & sound vibration
- ✿ Yoga Nidra – deep relaxation and inner awareness



## ANATOMY & PHYSIOLOGY

- ✿ Human body systems relevant to yoga practice
- ✿ Musculoskeletal system and movement principles
- ✿ Understanding injuries & safe teaching practices
- ✿ Anatomy applied to alignment and adjustments



# YOGA PHILOSOPHY & LIFESTYLE

- ✿ Study of Patanjali's Yoga Sutras
- ✿ Eight Limbs of Yoga and their practical application
- ✿ Yogic diet, daily discipline and sattvic living
- ✿ Introduction to Bhagavad Gita and yogic ethics



## TEACHING METHODOLOGY

- ✿ How to structure a yoga class (beginners to intermediate)
- ✿ Creating themed and balanced sequences
- ✿ Voice, communication and cueing skills
- ✿ Classroom management and holding safe space
- ✿ Practicum: supervised teaching practise with feedback



## PROFESSIONAL DEVELOPMENT

- ✿ Role and responsibilities of a yoga teacher
- ✿ Building confidence and finding your authentic teaching style
- ✿ Basics of yoga business, ethics, and career opportunities



# COURSE FEE

## - £1899

- Payment plan available upon request
- Saturdays & Sundays (10 weekends)
- Time – 12:00 – 6:00 PM

**Enroll Now**

## DATES

- September 5th & 6th
- September 12th & 13th
- September 19th & 20th
- September 26th & 27th
- October 3rd & 4th
- October 10th & 11th
- October 17th & 18th
- October 24th & 25th
- October 31st & Nov 1st
- November 7th & 8th

✨ BY THE END OF THE TRAINING, YOU WILL GRADUATE AS A **CONFIDENT, SKILLED, AND YOGA ALLIANCE-CERTIFIED RYT-200 TEACHER**, FULLY EQUIPPED TO SHARE YOGA WITH THE WORLD.



# TEACHERS

From a traditional Indian family, learning Yoga from an early age. Yogi Madhav is a very experienced Yoga teacher. He completed his graduation in Philosophy, Sanskrit and Hindi & holds a Master Degree in Yoga & Meditation. He has also studied the Vedas, varying philosophies, Yoga Therapy, Naturopathy and Pranic Healing. Yogi Madhav has taught in yoga schools, yoga ashrams, colleges, universities, institutes and NGO's throughout India. Teaching 1000's of international students 200 and 300 hour courses since 2012.

Establishing a solid student community worldwide. Yogi Madhav travels and teaches yoga in different countries. He is the winner of Himalaya Yoga Olympiad in 2008. Madhav shares the practice of Yoga in a traditional, simple, calm manner, with precise and clear direction. Bringing depth and understanding of the true teachings of Yoga.

## Madhav



From a young age Prabhakar was drawn to a spiritual way of living. He loved yoga and practiced many different styles. It wasn't until he began doing Hatha yoga that he wanted to immerse himself in a training to deepen his own personal practice. As a yoga teacher he brings to his students a depth of experience in hatha and ashtanga style yoga.

He soon realized that the yoga mat was a place to find a sense of contentment, self awareness and mind body connection. He has 1000+ hours of professional yoga teacher training behind him, backed up with an experience of more than 16 years of teaching yoga. He tries to offer his students the opportunity to take the yogic path at their own pace. He has been associated with several yoga centres all over India, teaching philosophy and meditation.

## Prabhakar



Leena grew up in a yoga-practicing family, beginning her journey as a child, chanting Om and Om Sri Sai Ram at the age of six, and practicing alongside her granddad (Bapujee) and the local Mandir community. Her holistic upbringing included asanas, meditation, acupressure, and pranayama, instilling an understanding that yoga goes beyond the physical, touching the mind, body, and heart.

Over the years, Leena trained with inspiring teachers worldwide, completing her 200-hour Independent Yoga Network certification, 100-hour Ashtanga Vinyasa training in India, 100-hour Yin Yoga Teacher Training, 100-hour Meditation Teacher Training in Rishikesh, Sound Healing Teacher Training at Haritha Yogashala, Soma Prana Vinyasa – The Art of Regeneration (35YTT), Embodying Love – Sensual Health for Women, and Children’s Yoga & Mindfulness (50-hour YTT + CPD for 8–12 year-olds), alongside numerous workshops and courses.

## Leena



Matt began practicing yoga in 2001 as a way to heal from a back injury. He explored Hatha yoga before progressing to Hot Vinyasa and Bikram, recognising yoga’s power not only for rehabilitation but also for preventing injuries and improving mental well-being. In 2008, after feeling his practice had plateaued, Matt found a deep connection with Ashtanga Vinyasa and was inspired to share the practice with others. In 2011, he began teaching Ashtanga Vinyasa classes. He completed his 200hr RYT certification in Ashtanga primary sequence in Rishikesh, India. Also done 40 hr of adjustments with Manju Jois and 40 hr adjustments with David Swenson.

In addition to his yoga practice, Matt holds a BSc (Hons) in Traditional Chinese Medicine (TCM) Acupuncture from Wrexham Glyndwr University. He is trained in acupuncture, moxibustion, cupping, tui na massage, musculoskeletal intervention, nutrition, and anatomy & physiology. Matt specialises in treating musculoskeletal conditions, stress, anxiety, depression, and mood imbalances. He also offers support for headaches, fertility issues, smoking cessation, and various other disorders.

## Matt



# WHAT OUR STUDENTS SAY

## *Yogi Madhav is an exceptionally talented*

, patient, kind and skilful teacher. He has the correct balance between instruction and support as well as body focus and guidance. I would not hesitate in any way to recommend him to anyone.

Those who are fortunate to take his classes or train under his guidance are truly blessed and I have no doubt will be delighted with his abilities.

Natasha



## *A very caring teacher*

Madhav is a very thoughtful and knowledgeable teacher and gentle human being. He has a wealth of experience practicing yoga in its classical form. He tends to teach from a traditional perspective but maintains an openness to modern yoga practices. It was a pleasure being his student.

Nikki



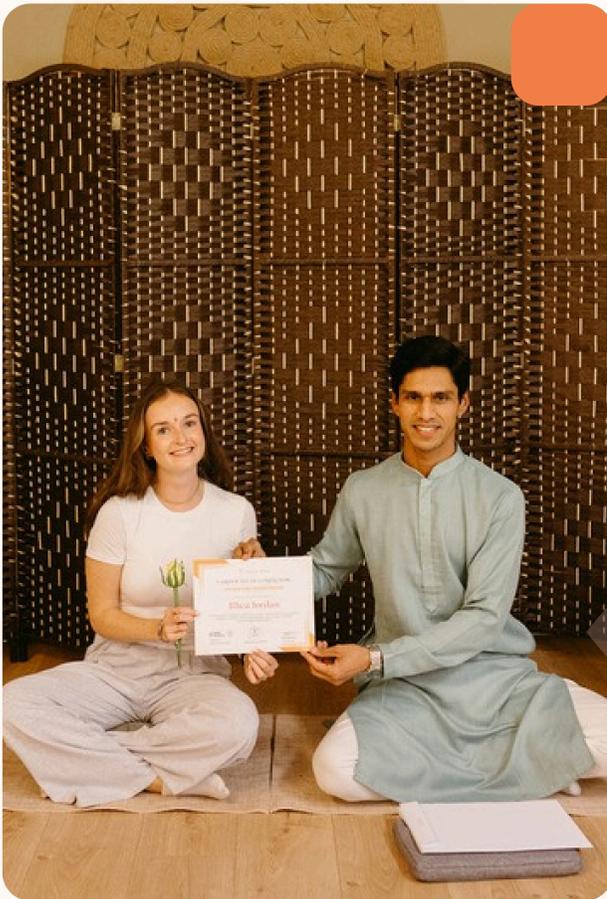
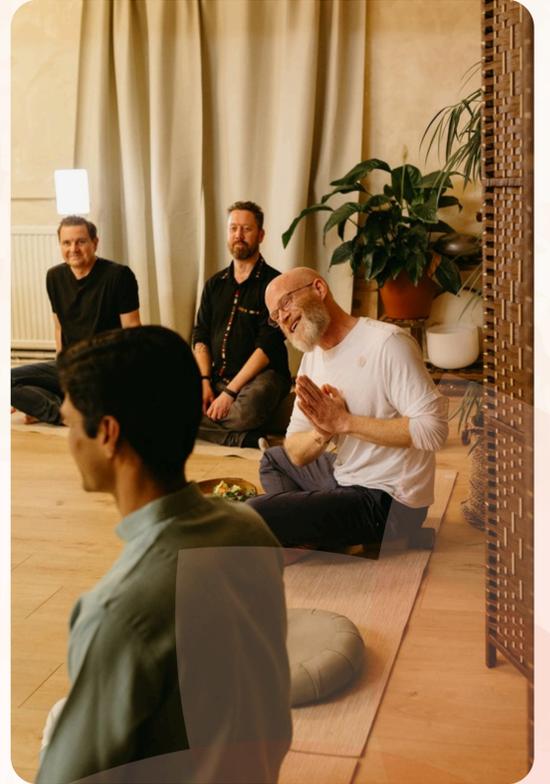
## *Best experience ever.*

I was lucky enough to be a student of Madhav for 4 weeks. Never in my mind I thought I was capable of such beautiful and intense yoga experiences. In every way he guided me and my group through the 4 week period of yoga training. Every class, whether it was meditation or asana, I felt the spiritual and professional capacity of Madhav. The best teachers are the ones that make you feel the love and passion for yoga....Madhav did!

Ilona



# PHOTO GALLERY



AVANA YOGA



# FAQ'S

## What is a 200-hour yoga teacher training program?

A 200-hour yoga teacher training program is a comprehensive course designed to provide individuals with the knowledge, skills, and experience needed to become a certified yoga teacher. The course typically covers aspects such as anatomy and physiology, yoga philosophy, teaching techniques, and hands-on practice.

## Is the course approved by Yoga Alliance?

Yes our 200 hour Hatha yoga teacher training is accredited with Yoga Alliance for 200 hour training. After completing the course you can register as a RYT 200 with Yoga Alliance.

## What are the prerequisites for enrolling in a 200-hour yoga teacher training program?

There are typically no formal prerequisites for enrolling in a 200-hour yoga teacher training program, although a regular yoga practice is often recommended. Basic understanding of english language required.

## What support is available after completing the course?

We offer ongoing support through mentorship, access to our alumni network, and invitations to workshops and advanced trainings.



# GET IN TOUCH.

We look forward to taking care of you with loving attention.



## Contact Us



+44 7514196466



[info@avanayoga.com](mailto:info@avanayoga.com)



[www.avanayoga.co.uk](http://www.avanayoga.co.uk)