

Advanced Yoga Teacher Training 2027/2028

	Name of Module	Hours	Dates	Teachers	Info
1	Vinyasa Flow	40		C	Cert
2	Accessible Chair Yoga	40		C	Cert
3	Restorative & Y Nidra	30		C & N	Cert
4	Meditation	20		C	CPD
5	Pranyama	20		C	CPD
6	The power of sound	20		C	CPD
7	Philosophy	20		A & C	CPD
8	Advanced Anatomy	20		M	CPD
9	Subtle Body	20		C	CPD
10	Yogic Lifestyle	20		C & N	CPD
11	Workshops & 1to1s	20		C	CPD
12	The Business	20		C	CPD
13	Inversions & Advanced Asana	20		M	CPD
	Total	310			

YoGrá Yoga Studio

300 Hour Advanced Yoga Teacher Training

Who Is This Training For?

This advanced training is designed for yoga teachers who have already completed a 200-hour yoga teacher training and are ready to deepen both their personal practice and their teaching skills.

This course is for passionate teachers who are committed to growth, continued learning, self-inquiry, and teaching yoga in a way that is intelligent, authentic, inclusive, and sustainable.

Whether you want to refine your teaching voice, build confidence, expand your offerings, or create a thriving yoga career, this training will support you in becoming a more skilled, knowledgeable, and embodied teacher.

At YoGrá, we believe great teachers are not created through perfection, but through curiosity, experience, compassion, and a willingness to keep learning. This training invites you to deepen your understanding of yoga far beyond the physical practice and explore how yoga can truly support modern life while remaining rooted in tradition.

This training combines:

- Practical teaching experience
- Group discussion and self-inquiry
- Lecture-style learning
- Practice teaching and feedback
- Experiential learning
- Personal practice development
- Mentorship and community support

The Vinyasa Flow, Accessible Chair Yoga and Restorative/ Yoga Nidra modules can be undertaken as stand alone courses. All other modules can be taken as CPDS. Students must complete 270 hours and complete the homework to be eligible to receive a 300 hour certificate.

Training Modules

Creative Sequencing – Vinyasa Flow & The Art of Intelligent Sequencing

Learn how to create purposeful, creative, safe, and seamless yoga classes that go far beyond simply linking poses together.

This module explores the art and science of sequencing and how to build classes that are intelligent, accessible, and impactful for students of all levels.

Topics Include:

- The foundations of intelligent sequencing
- Peak pose sequencing
- Functional movement and joint preparation
- Creative Vinyasa Flow sequencing
- Energetic sequencing and class theming
- Sequencing for different levels and abilities
- Layering postures to create inclusive classes
- Counterposes and nervous system regulation
- Sequencing for strength, mobility, grounding, and rest
- Teaching with confidence and clarity
- Creating meaningful student experiences
- Advanced cueing and transitions
- Theming classes with philosophy and intention

Accessible Yoga & Chair Yoga

Yoga is for everybody and every body. This module explores how to make yoga genuinely inclusive, welcoming, and accessible to all students.

Trainees will learn how to adapt yoga practices skillfully while maintaining the integrity and benefits of the practice.

Topics Include:

- Principles of accessible and inclusive yoga
 - Chair yoga foundations and applications
 - Teaching students with injuries or mobility challenges
 - Trauma-informed language and teaching
 - Adaptive yoga techniques
 - Working with different age groups and abilities
 - Prop use and supportive variations
 - Creating safer and more welcoming spaces
 - Teaching confidence over performance
 - Holding space with compassion and awareness
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Restorative Yoga & Yoga Nidra

Explore the deeply healing practices of restorative yoga and yoga nidra and learn how these practices support nervous system regulation, stress reduction, healing, and rest.

This module focuses on the therapeutic and restorative aspects of yoga and the importance of rest in modern life.

Topics Include:

- Principles of restorative yoga
 - The nervous system and relaxation response
 - Restorative postures and intelligent prop setup
 - Supporting students through stress and burnout
 - The physiology of deep rest
 - Teaching yoga nidra safely and effectively
 - Sankalpa and intention setting
 - Breath, body awareness, and guided relaxation
 - Creating calming and grounding class experiences
 - Holding space in restorative settings
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Meditation

Deepen your understanding and personal experience of meditation and learn how to guide meditation practices with confidence and authenticity.

Topics Include:

- Foundations of meditation
 - Traditional meditation practices
 - Mindfulness and awareness techniques
 - Meditation for modern life
 - Breath awareness and concentration practices
 - Mantra meditation
 - Loving-kindness and compassion practices
 - Nervous system regulation through meditation
 - Creating and guiding meditation experiences
 - Overcoming common meditation challenges
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Pranayama

Explore the ancient practices of pranayama and understand the powerful relationship between breath, energy, mind, and nervous system regulation.

Topics Include:

- The foundations of pranayama
- Breath awareness and mechanics
- Traditional pranayama techniques
- Nervous system regulation through breath
- Balancing and energising practices
- Breath retention and safety considerations
- The energetic body and prana
- Sequencing pranayama within classes
- Teaching pranayama safely and effectively
- Breath practices for stress, anxiety, and grounding
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The Power of Sound – Bhakti Yoga, Chanting & Voice

A deep exploration into Bhakti Yoga, the yoga of devotion, and the transformative power of sound, vibration, mantra, music, and authentic expression.

This module encourages trainees to connect more deeply to their voice, confidence, and self-expression.

Topics Include:

- Introduction to Bhakti Yoga
 - The healing power of sound and vibration
 - Mantra and chanting practices
 - Kirtan and devotional singing
 - Using your voice with confidence
 - Speaking authentically as a teacher
 - Storytelling and holding attention
 - Sanskrit pronunciation and mantra meaning
 - Creating connection and community through sound
 - The emotional and energetic effects of chanting
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Yoga Philosophy

Explore the traditional roots of yoga and learn how ancient teachings can be applied meaningfully in modern life and teaching.

Topics Include:

- The Bhagavad Gita
- The Yoga Sutras of Patanjali
- The Hatha Yoga Pradipika
- The Eight Limbs of Yoga
- The Yamas and Niyamas
- Karma, Dharma, and self-study
- Yogic ethics and modern teaching
- Philosophy beyond intellectual study

- Bringing philosophy into classes authentically
 - Living yoga off the mat
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Advanced Anatomy, Physiology

Develop a deeper understanding of anatomy, biomechanics, physiology, and the energetic systems of yoga so you can teach safer, more intelligent, and more effective classes.

Topics Include:

- Functional anatomy for yoga teachers
- Biomechanics and movement patterns
- Common injuries and contraindications
- Understanding mobility vs flexibility
- Nervous system function and regulation
- Fascia and connective tissue
- Breath mechanics and posture
- Intelligent alignment principles
- Anatomy-informed cueing
- Understanding bodies as individual and unique

The Subtle Body

The Subtle Body

- The Koshas
- Chakras and energetic awareness
- Prana and the flow of energy
- The Five Vayus
- Nadis and energetic pathways
- Bandhas and energetic locks
- Mudras and energetic gestures

- Drishti and concentration
 - Energetics within asana and pranayama
 - Balancing subtle body practices in modern teaching
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Living a Yogic Lifestyle

Explore what it truly means to live yoga beyond the studio in a realistic, grounded, and sustainable way.

This module encourages trainees to reflect on modern wellness culture, authenticity, balance, and how to integrate yogic practices into everyday life.

Topics Include:

- Applying yoga off the mat
 - Sustainable self-care practices
 - Discipline versus balance
 - Modern wellness trends and discernment
 - Authenticity in teaching and practice
 - Yogic routines and rituals
 - Mindful living
 - Boundaries and energy management
 - Avoiding burnout as a teacher
 - Building a long-term sustainable practice
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Teaching Workshops & One-to-One Sessions

Learn how to confidently plan and deliver workshops, specialty classes, courses, and private yoga sessions.

Topics Include:

- Structuring workshops effectively
- Planning themed events and courses

- Teaching one-to-one clients
 - Assessing student needs
 - Goal setting and progression
 - Communication and professionalism
 - Creating transformative student experiences
 - Building confidence as a facilitator
 - Holding space in group and private settings
 - Client care and retention
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The Business of Yoga

Learn how to build a sustainable, authentic, and thriving yoga career while staying aligned with your values.

Topics Include:

- Building a yoga brand with authenticity
 - Marketing and social media for yoga teachers
 - Creating community and connection
 - Pricing and valuing your work
 - Running workshops, retreats, and trainings
 - Student retention and relationship building
 - Managing energy and avoiding burnout
 - Professionalism and ethics
 - Creating multiple income streams
 - Building a long-term sustainable business
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Inversions, Advanced Asana & Hands-On Assists

Build confidence in teaching more advanced postures while prioritising safety, accessibility, and intelligent progression.

Topics Include:

- Foundations for inversions
- Arm balances and advanced asana
- Safe progressions and preparation
- Spotting and supporting students
- Hands-on assists and ethical touch
- Consent and communication
- Understanding fear and confidence
- Teaching advanced postures accessibly
- Strength, mobility, and stability training
- Intelligent use of props and modifications
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Certification

Upon successful completion of the course requirements, trainees will receive a 300 Hour Advanced Yoga Teacher Training Certification from YoGrá Yoga Studio.