



200-HOUR YOGA TEACHER TRAINING FOR REAL PEOPLE.

A modern, movement-led and nervous system-informed approach to becoming a yoga teacher.

10 WEEKENDS • YOGA PROS ACCREDITED



BECOME A CONFIDENT AUTHENTIC TEACHER.

This training is designed for people who want to become confident, knowledgeable and authentic yoga teachers in today's world.

We teach in everyday language because the best teachers communicate in a way people can understand. You'll learn how to explain movement, breath and awareness clearly, without relying on complicated terminology.

We acknowledge and respect yoga's history and philosophy, but the emphasis is not on memorising Sanskrit. Instead, we focus on understanding the purpose behind practices and how to share them accessibly and meaningfully.

If you want to understand how the body moves, how the nervous system influences experience, how to create safe and welcoming spaces, and how to teach with confidence, clarity and compassion, you'll feel at home here.

STRONG FOUNDATIONS. YOUR OWN VOICE.

The aim is not to produce teachers who all sound or teach the same. It is to give you the knowledge, practical experience and support to become the teacher you want to be.

WE TEACH MOVEMENT BEFORE POSES.

Understanding how a body moves gives you far more to work with than simply knowing what a pose should look like.

MOVE

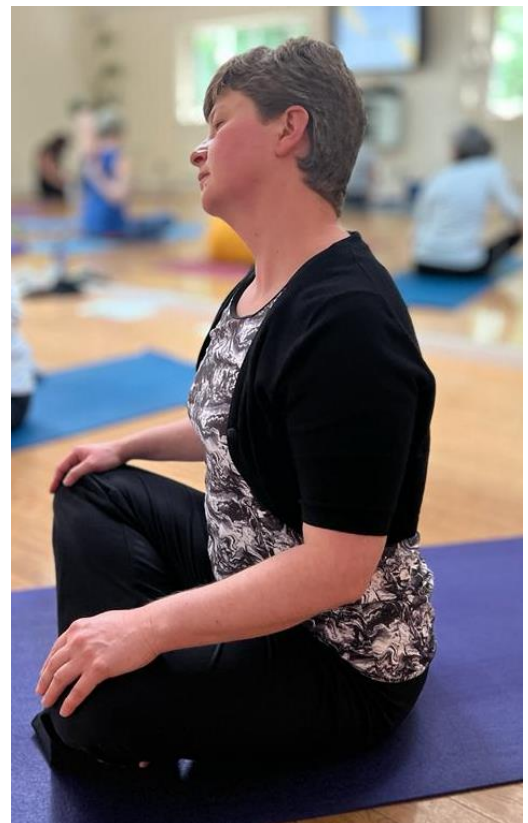
Explore what is actually happening in your own body and in the bodies you teach.

OBSERVE

Learn to notice difference, compensation, effort and choice rather than searching for a perfect shape.

ADAPT

Use what you see to make thoughtful teaching choices for the person in front of you.



This principle runs through anatomy, sequencing, teaching practice and assessment.

A FRAMEWORK. NOT A FORMULA.

- 01** **MOVEMENT BEFORE POSES** We look at how the body moves and adapts, rather than simply teaching people to achieve a particular shape.

- 02** **SAFETY BEFORE PERFORMANCE** We consider the person in front of us, not simply the appearance of a posture.

- 03** **YOGA FOR REAL PEOPLE** Different bodies, abilities and experiences should be able to feel that yoga can be for them.

- 04** **CURIOSITY OVER PERFECTION** Explore, question and adapt rather than search for one 'correct' way to practise or teach.

- 05** **EVERYDAY LANGUAGE** Communicate clearly and accessibly, while respecting yoga's history and foundations.

COURSE AT A GLANCE

SIX MONTHS. TEN WEEKENDS. ONE QUALIFICATION.

200

HOUR TRAINING

10

IN-PERSON WEEKENDS

09:00–17:00

SATURDAY + SUNDAY

JAN → JUL

2027

£2,975

COURSE FEE

YOGA PROS

ACCREDITED

LOCATION

**PENENDEN HEATH
SOCIAL HALL
MAIDSTONE**

The course combines in-person training with independent study between weekends, allowing time to practise, reflect and build confidence.

DATES + LOCATION

**10 WEEKENDS.
6 MONTHS.
ONE JOURNEY.**

THE VENUE

**PENENDEN
HEATH
SOCIAL HALL**

Penenden Heath
Maidstone
ME14 2DH

JANUARY

9–10 January

23–24 January

FEBRUARY

13–14 February

MARCH

13–14 March

APRIL

24–25 April

MAY

8–9 May

22–23 May

JUNE

12–13 June

26–27 June

JULY

10–11 July

SATURDAY + SUNDAY

09:00–17:00

JAN → JUL 2027

Some months include two training weekends. The spacing is designed to keep momentum while still giving you time between sessions to practise, reflect and integrate what you are learning.

YOU DON'T NEED TO KNOW HOW TO TEACH. THAT'S WHAT YOU'LL LEARN.

You do need an established yoga practice. The training is designed to teach you how to teach yoga, rather than to teach yoga from the beginning.

ENTRY

REQUIREMENTS

- At least two years of regular, in-studio yoga practice with a teacher.
- You must be 18 or over when the course begins.
- A genuine interest in learning how to teach others.
- No previous teaching experience is required.

No advanced postures, exceptional flexibility or particular body type required.

THIS MAY BE FOR YOU IF...

- 01 You want confidence leading classes.
- 02 You care about inclusive, welcoming teaching.
- 03 You want to understand movement and adaptation.
- 04 You are curious about nervous system-informed teaching.
- 05 You want to develop your own voice and direction.

KNOWLEDGE THAT CHANGES HOW YOU TEACH.

MOVEMENT + FUNCTIONAL ANATOMY

Understand how bodies move, how people differ and how anatomy can inform useful teaching choices.

NERVOUS SYSTEM AWARENESS

Explore how movement, breath, pace, language, choice, environment and attention influence experience.

TEACHING + COMMUNICATION

Learn clear instruction, demonstration, observation, voice, presence and how to read the room.

CLASS PLANNING + SEQUENCING

Create purposeful classes, explain your choices and adapt sequences to the people in front of you.

ACCESSIBLE + INCLUSIVE TEACHING

Offer meaningful choice and create classes that welcome different bodies, abilities and experiences.

BREATH + AWARENESS

Use breath and attention in practical ways that support rather than overwhelm a practice.

HOLDING SPACE

Consider safety, boundaries, environment, communication and the experience you create for students.

IDENTITY + PROFESSIONAL DEVELOPMENT

Explore who you want to teach, what your work represents, your identity, brand and the practicalities of beginning professionally.

MOVE. OBSERVE. QUESTION. TEACH. EXPLORE.

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The course is practical, interactive and experiential. You will not spend the programme simply sitting and listening. You will learn by moving, observing, discussing, questioning and teaching.

MOVEMENT PRACTICE

Explore movement in your own body so you understand what you are asking of others.

ANATOMY EXPLORATION

Make anatomy useful by applying it directly to movement and teaching.

OBSERVATION + FEEDBACK

Receive constructive feedback and learn from watching others teach.

PRACTICAL TEACHING

Begin with smaller exercises and gradually build towards planning and delivering complete classes.

GROUP DISCUSSION + REFLECTION

Question ideas, share observations and develop your reasoning.

INDEPENDENT LEARNING

Use the time between weekends for practice, reflection and coursework.

THE LEARNING CONTINUES BETWEEN WEEKENDS.

The in-person weekends are only one part of the training. Independent study gives you time to absorb what you are learning, practise it and gradually build confidence.

READING

Course reading and supporting material.

REFLECTION

Written and personal reflection on your learning.

CLASS PLANNING

Develop sequences, themes and teaching choices.

PERSONAL PRACTICE

Continue learning through your own body and experience.

TEACHING PRACTICE

Practise communication and teaching between weekends.

COURSEWORK

Complete teaching-related written and reflective work.

ATTENDANCE MATTERS.

Students are expected to attend all scheduled training weekends wherever possible. If exceptional circumstances mean you cannot attend, any required catch-up learning will be agreed in line with the course attendance policy.

WHO ARE YOU AS A TEACHER?

Learning to teach yoga is not just about movement, sequencing and clear instructions. It is also about discovering who you are as a teacher.



What do you want people to experience?

Who do you feel drawn to teach?

What aspects of yoga and movement interest you most?

How do you naturally communicate and connect?

What kind of environment do you want to create?

What do you want your teaching to stand for?

Your identity and brand are woven throughout the course. Professional development begins during the training, rather than being left until the final weekend.

MEET YOUR COURSE LEADER

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KIRAN CHUDASAMA

11+ YEARS

teaching yoga in studios

20 YEARS

experience as a dancer

CRANIOSACRAL

Therapist + nervous system-informed work



Dance gave me a deep understanding of movement, coordination and how differently people learn through their bodies. Years of yoga teaching have shown me the importance of clear communication, adaptability and creating classes that work for the people actually in the room.

Craniosacral Therapy has deepened my understanding of the nervous system, body awareness and the relationship between safety, attention and how we experience ourselves.

I'M NOT TRAINING YOU TO COPY ME.

My role is to give you strong foundations, then help you make them your own.

A THOUGHTFUL APPLICATION PROCESS.

The aim is to make sure the training feels right for you, and that you have the foundations to begin learning how to teach.

- 01 REGISTER YOUR INTEREST** Let me know you are considering the January 2027 training.

- 02 COMPLETE AN APPLICATION** Tell me about your yoga experience and what you hope to gain.

- 03 ONE-TO-ONE CONVERSATION** We'll talk through your experience, motivation and any questions.

- 04 ATTEND A CLASS WHERE POSSIBLE** Experience how I teach and how the Chudography approach feels in practice.

- 05 OFFER + DEPOSIT** Your place is confirmed once the application process is complete and your £500 deposit has been received.

Attending a class is not an assessment of flexibility, performance or how advanced your practice looks.

DEVELOPED. OBSERVED. SUPPORTED.

Assessment takes place throughout the course. The focus is not on performing perfectly. You will be assessed on your ability to teach safely, communicate clearly, make appropriate choices and demonstrate an understanding of why you are teaching what you are teaching.

PRACTICAL TEACHING

Build from short sections towards complete classes.

CLASS PLANNING

Create purposeful classes and explain your choices.

OBSERVATION + FEEDBACK

Develop communication, sequencing, adaptability and presence.

WRITTEN + REFLECTIVE WORK

Explore anatomy, philosophy, methodology and nervous system awareness.

ONGOING PARTICIPATION

Practical sessions, peer work and independent study.

FINAL TEACHING ASSESSMENT

Bring your knowledge and skills together in a complete class.

YOU QUALIFY.

Successful completion leads to your accredited 200-hour Yoga Teacher Training qualification and the practical skills to begin working as a yoga teacher.

ONCE YOU QUALIFY

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YOU CAN GO OUT AND TEACH.

On successful completion of the course, you will hold a 200-hour accredited yoga teacher training qualification and will have developed the practical teaching skills required to begin working as a yoga teacher.

THE NEXT PRACTICAL STEPS

- 01 Arrange appropriate professional insurance.
- 02 Meet any requirements of the studios, gyms or organisations you choose to work with.
- 03 Begin planning and teaching your own classes.
- 04 Continue developing your voice, confidence and professional direction.



YOU WON'T BE LEFT TO FIGURE IT OUT ALONE.

Graduates receive 90 days of support as they move from trainee to teacher.

YOUR CERTIFICATE ISN'T THE GOODBYE.

Qualifying is a big step, but it is often when the real questions begin. Once you start planning classes and working with different students, situations come up that are difficult to imagine while you are still training.

90 DAYS of post-course support

MONTHLY CHECK-INS

Talk through early teaching experiences, questions and challenges.

TEACHING SUPPORT

Class planning, sequencing, adapting movement and early teaching questions.

GRADUATE COMMUNITY

Stay connected with your cohort.

INDIVIDUAL GUIDANCE

An opportunity to check in with me during your first months.

DIRECTION + BRAND

Continue refining who you want to teach and how you communicate your work.



£2,975

15

INVEST IN THE TEACHER YOU ARE BECOMING.

£500

DEPOSIT TO SECURE YOUR
PLACE

£2,475

REMAINING BALANCE

PAYMENT OPTIONS

PAY IN FULL

or

PAY MONTHLY

Individual instalment plan based on
when you enrol.

The earlier you enrol, the more months you have to spread the
balance.

Instalments start on the 1st of the month after your £500 deposit
is received. All course fees must be paid by 1 July 2027.

YOUR FEE INCLUDES

- All in-person training
- Course manuals + training materials
- Practical teaching experience + assessment
- Individual + group feedback
- Support developing your style, direction + brand
- Final certification
- 90 days of graduate support

Additional cost: £25 trainee insurance through Yoga Pros, which must be in place before the course begins and remain valid for the duration of the training.

BEFORE YOU ASK...

DO I NEED TO BE ADVANCED?

No. You need at least two years of regular, in-studio practice with a teacher, not advanced postures or exceptional flexibility.

DO I NEED TEACHING EXPERIENCE?

No. Learning how to communicate, plan classes, teach movement and build confidence is part of the training.

DO I NEED TO KNOW SANSKRIT?

No. We acknowledge yoga's history and philosophy, while using clear, everyday language.

CAN I JOIN JUST TO DEEPEN MY PRACTICE?

This is primarily a teacher training course. You should join with a genuine interest in learning how to teach others.

WHAT STYLE WILL I LEARN?

You'll gain foundations in movement, anatomy, sequencing, communication, nervous system awareness and methodology, then develop a style that feels authentic to you.

IS IT NERVOUS SYSTEM-INFORMED?

Yes. The aim is not to turn teachers into therapists, but to understand how teaching choices can contribute to a safe, supportive and accessible environment.

WILL I TEACH DURING THE COURSE?

Yes, gradually, with feedback and support throughout.

WHAT IF I MISS A WEEKEND?

Attendance is important. Exceptional absences are managed through the attendance policy and any necessary catch-up learning.

HOW MUCH WORK IS THERE BETWEEN WEEKENDS?

Independent study includes reading, reflection, class planning, personal practice and teaching-related coursework.



TEACH

READY TO BECOME THE TEACHER?

Register your interest for January 2027.

Registering your interest does not commit you to joining.

Once applications open, you'll be invited to complete an application and arrange a one-to-one conversation. Where possible, I'd also encourage you to attend one of my classes before making your final decision.

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