



CHUDOGRAPHY

200 hour Yoga Teacher Training.

1. Course Information.

Course Title: Chudography 200 Hour Yoga Teacher Training

Duration: 200 Hours (180 Contact Hours, 20 Home Study)

Delivery: Ten weekends over approximately one year.

Award: 200 Hour Yoga Teacher Qualification.

2. Course Philosophy

The Chudography Yoga Teacher Training develops teachers who understand people as well as postures. The programme combines functional movement, anatomy, breath awareness, nervous system education and inclusive teaching. Students are encouraged to build their own authentic teaching style rather than replicate that of their tutor.

- Movement
- Breathing
- Awareness
- Safety
- Community

3. Course Aims

- Develop confident, safe and inclusive yoga teachers.
- Provide a strong understanding of anatomy, physiology and functional movement.
- Teach creative sequencing based on movement principles.
- Develop effective communication and observation skills.
- Support reflective and professional practice.

4. Graduate Learning Outcomes

- Plan and deliver safe yoga classes.
- Apply anatomy and physiology to teaching.
- Use movement families and movement qualities to build balanced sequences.
- Adapt practices for different abilities.
- Teach using clear and inclusive language.
- Demonstrate professional standards and reflective practice.

5. Curriculum Overview

Learning Pillar	Content	Learning Outcomes
Understanding the Human Body	Functional anatomy, physiology, fascia, breath, nervous system regulation	Understand how the body moves and apply knowledge safely.
Understanding Human Movement	Movement families, movement qualities, sequencing movement.	Create balanced, adaptable and creative classes
The Art of Teaching	Cueing, observation, communication, accessibility, ethics.	Teach confidently and inclusively
The Nervous System	Regulation, co-regulation, mindfulness, relaxation, presence	Use yoga to support well-being within the scope of practice.

6. The Chudography Movement Framework

Students learn yoga through four connected layers:

- **Movement Families:** Mobilisation, Gentle Stretch, Standing Parallel, Standing Split Stance, One Knee Down, External Rotation, Balance, Floor Based, Rest & Integration.
- **Movement Qualities:** Flexion, Extension, Rotation, Side Bending, Stability, Mobility, Opposition, Cross Body Movement, Weight Transfer, Breath and Tempo.
- **Sequencing Principles:** Preparation, progression, adaptation, accessibility, recovery and transitions.
- **Experience Design:** Building classes that leave students feeling calm, connected, confident and capable.

7. Teaching and Learning Methods

- Tutor-led teaching
- Practical workshops
- Movement Labs
- Peer teaching
- Practice teaching
- Group discussion
- Self study

8. Assessment Strategy

- Theory assessment
- Observed teaching
- Teaching portfolio
- Practice teaching
- Final practical assessment

9. Home Study (20 Hours)

Home study includes personal practice, and one to one and small group teaching. Students will create their Teaching portfolio

10. Weekend Themes

- Weekend 1: Foundations of Teaching and Human Movement
- Weekend 2: Movement Families and Safe Sequencing
- Weekend 3: Anatomy in Motion
- Weekend 4: Breath, Fascia and the Nervous System
- Weekend 5: Observation and Cueing
- Weekend 6: Creativity Through Movement
- Weekend 7: Adapting Yoga for Every Body
- Weekend 8: Teaching for Different Intentions
- Weekend 9: Professional Practice and Practice Teaching
- Weekend 10: Final Assessment and Becoming the Teacher

11. Entry Requirements

Applicants should have an established personal yoga practice with at least 2 years of regular in-studio teaching, complete an application form and health questionnaire, and demonstrate readiness for teacher training.

12. Attendance and Certification

Attendance

Students are expected to attend all training weekends. If a weekend is missed, alternative learning or attendance on a future training weekend may be arranged where possible. An additional fee may apply for any make up training or tutorial sessions. All required learning outcomes and assessments must be completed before certification can be awarded.

Assessment and Reassessment

Students must successfully meet the assessment criteria to complete the course. If the required standard is not achieved, constructive feedback will be provided along with an opportunity to further develop the required skills before being

reassessed. Additional reassessment or tutorial sessions may be subject to an additional fee.

13. Suggested Reading

- Trail Guide to the Body
- Yoga Anatomy
- The Body Keeps the Score (contextual reading)
- Relevant anatomy and movement resources supplied during the course.

14. Contact and Student Support

Students receive tutor support throughout the programme, regular feedback, mentoring during practice teaching and access to course resources.

Module	Main Topics	Contact	Home Study	Learning
Foundations of Teaching	Community, safety, teaching principles, observation	18	2	Tutor presentations, group discussion, yoga
Functional Anatomy	Skeleton, joints, fascia, breathing, pain	24	2	Lectures, movement exploration,
Understanding Human Movement	Squatting, hinging, rotation, gait,	24	2	Practical workshops, movement
Nervous System & Regulation	Stress physiology, regulation, co-regulation,	20	2	Tutor teaching, experiential exercises, reflection, case
Sequencing & Creative Class Design	Building intelligent classes, themes, adaptations	20	2	Demonstrations, group planning, sequencing
Communication & Teaching Skills	Language, cueing, voice, observation,	24	3	Teaching practice, peer feedback, tutor
Working with Different Bodies	Beginners, mixed ability, injuries,	18	2	Practical teaching, case studies, group
Professional Practice	Ethics, boundaries, business,	12	3	Seminars, workshops, self reflection
Assessment & Integration	Teaching assessments, feedback,	20	2	Practical assessment, observation,
Total		180	20	