



ALBA

YOGA ACADEMY



200hr Online Yoga Teacher Training STARTING ON 4TH JANUARY 2025

Learn from world-renowned yoga teachers Hannah Barrett and Celest Pereira, for live lectures, online workshops, on-demand modules, and community sessions designed to help you expand your knowledge in yoga philosophy, anatomy and biomechanics and the business of yoga so you can feel confident teaching yoga and be unapologetically **YOU**.

Why choose Alba Yoga Academy?

We guide you through the training step-by-step so it is 100% clear what you need to become a certified teacher.

We offer a structure that combines on-demand, easy to digest video classes, live workshops, virtual group work and live Q&A's (note that live classes can be watched on demand if required).

You will be led through your 200 hour training by Hannah Barrett and Celest Pereira, two world-renowned teachers who have built successful teaching careers and yoga businesses and who can't wait to share their knowledge with you.

We offer a deep but completely digestible dive into anatomy and biomechanics - far more in-depth than the majority of yoga schools. In addition, we share the roots of yoga, how to apply them to modern life and integrate them into your classes as well as essential knowledge on the business of yoga and how to build a successful career.

In addition to the live calls and support from Hannah and Celest, you will be separated into smaller teaching groups with a designated "Educator". The role of the Educator is to support you in your training and offer guidance on your practice and teaching.

This cohort based model ensures that you stay motivated, feel supported by your like-minded yoga peers and stay accountable.

You'll be investing in the highest quality training available on the market (we know, we have done our homework). In addition to the in-depth content you will also receive the highest level support to ensure you understand the content fully and complete the training with ease.

We are so certain you will love our training, we offer a 100% money back guarantee.

Alba yoga school offers more community support than any other online yoga school.





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I am so excited to have been one of the first people to get access to this training and it is life changing! Even though I already got my 200hr before this, I feel so much more knowledgeable, confident and empowered as a teacher after embarking on this training! Thank you Hannah and Celest!!

Khala Ongdi

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Our 200hr online teacher training is for you if...

- + Want to take your passion for yoga to the next level and explore teaching
- + Are fascinated with the human body and want to expand your knowledge in yoga, anatomy, and/or biomechanics.
- + Looking for a training that will equip you with the knowledge and skills to become a top class yoga teacher (without the need for lots of additional and expensive yoga training)
- + You're passionate about yoga and aspire to become a certified yoga teacher
- + Need a more flexible teacher training option that you can fit into your busy schedule and take at your own pace.
- + Know it's time to embrace your imperfections, harness your creativity and teach in a way that feels authentic to you! (an anti-cookie cutter approach!)
- + You want to learn how to lead and scale a successful yoga business



Syllabus Outline

Philosophy

- + What is yoga?
- + Prominent yoga texts and what they teach us
- + The eight limbs
- + Yamas and Niyamas
- + Chakras and nadis
- + Self study & journalling
- + Mantras and mudras
- + Intro to Ayurveda
- + Kriyas

Pranayama

- + Introduction to pranayama
- + Breathing techniques
- + Weaving into a class
- + Anatomy of the breath

Asana

- + What is vinyasa flow?
- + Pose breakdowns, adjustments & modifications
- + Sun salutations

Anatomy

- + Introduction to anatomy 101

SPINE

- + The Vertebrae
- + Movement of the spine
- + The Spine
- + Cervical Spine
- + Facet Joints
- + Posture
- + Pain
- + Scoliosis
- + Neutral Spine

BIOMECHANICS

- + Nature
- + Mobility stability continuum
- + Active and passive structures
- + Yin yoga thoughts
- + Types of joints
- + Torque

STABILITY MUSCLES

- + Deep Neck Flexors
- + Serratus Anterior
- + Transverse Abdominis
- + Pelvic floor
- + Gluteus Medius

SHOULDER

- + Bones, Bony Landmarks, and Joints of the Shoulder
- + The Rotator Cuff
- + Biomechanics of the Shoulder
- + Scapulohumeral Rhythm
- + Push vs Pull
- + Breathing and Shoulder Health
- + External Rotation Shoulder Suggestions
- + The Upper Limb

UPPER LIMB

- + Anatomical movements
- + Bones
- + The elbow
- + Wrists
- + Nerves



HIPS & PELVIS

- + Bones of the Hips & Pelvis
- + Bony Landmarks of the Hips & Pelvis
- + Joints of the Hips & Pelvis
- + Anatomical Movements of the Hips & Pelvis
- + Muscles of the Hips & Pelvis
- + The Glutes
- + Sacro-iliac Joint Dysfunction
- + ITB (Ilio-tibial Band)
- + Tuck The Tailbone
- + Hips Biomechanics
- + Yoga & your Quadriceps
- + External vs Internal Hip Rotation

LOWER LIMBS

- + The Knee
- + Muscles of the Lower Leg
- + Hyperextended Knees & micro-bending
- + Ankles
- + Anatomical Movements of the Ankle
- + Pronation and Supination
- + Foot Health
- + Neural Flossing

BREATHING

- + Ribs-Sternum T-spine
- + Nasal Breathing

NEUROSCIENCE

- + Understanding the nervous system

Bandhas

- + Drishti and balance workshop + Teaching methodology
- + Physical adjustments
- + Ethical guidelines

- + Accessibility and inclusivity
- + Does posture matter?

Sequencing

- + Creative sequencing workshop + Anti cookie cutter mentality
- + Weaving a theme into a class
- + Structuring a class

Mindfulness (Dharana) & Meditation (Dyana)

- + Science
- + Techniques
- + Weaving into a class
- + Yoga Nidra
- + Silent practices workshop

Other populations

- + Pre and postnatal overview + Hypermobility workshop
- + Injuries
- + Hypomobility
- + History taking
- + Goal setting for your clients

Business of yoga

- + Unlock your niche
- + Types of classes
- + Email list and marketing
- + Social media
- + Goal setting and planning
- + Public speaking and motivation specialist



Your call schedule for Jan 2025

These lectures are optional to attend live (although we highly recommend that you do!) and can be caught up on demand afterwards.

	Dates for classes	Anatomy covered
Week 1	04 Jan: 3:00-6:00pm GMT - Welcome class & Q&A 10 Jan: 6:00-7:00pm GMT - Q&A with Celest	Spine and posture
Week 2	12 Jan: 9:00am-12pm GMT- Creative sequencing workshop & Q&A with Hannah 13 Jan: 8:00-9:30pm GMT - Live class and Q&A with Celest 16 Jan: 6:30-7:30pm GMT - Q&A with Hannah	Stability, shoulders and upper limb
Week 3	18 Jan: 11:00-2:00pm GMT - Hips workshop with Celest 19 Jan: 3:00-5:30pm GMT - Philosophy workshop 20 Jan: 12:00-13:30pm GMT - Live class and Q&A with Hannah 24 Jan: 8:00-9:00am GMT - Q&A with Celest	Stability and hips
Week 4	26 Jan: 3:00-6:00pm GMT - Silent practices workshop and Q&A with Hannah 27 Jan: 8:00-9:30am GMT - Live class and Q&A with Celest 30 Jan: 6:00-7:00pm GMT - Q&A with Hannah	Lower limb and foot
Week 5	01 Feb: 11:00am-1:30pm GMT - Philosophy workshop 03 Feb: 12:00-13:30pm GMT - Live class and Q&A with Hannah 07 Feb: 8:00-9:00am GMT- Q&A with Celest	Breathing
Week 6	08 Feb: 3:00-5:00pm GMT - Public speaking workshop	BREAK
Week 7	16 Feb: 9:30-11:30am GMT - Creating your own meditations workshop	BREAK
Week 8	17 Feb: 8:00-9:30am GMT - Live class and Q&A with Celest 20 Feb: 6:30-7:30pm GMT - Q&A with Hannah 22 Feb: 3:00-5:00pm GMT - Vocal coaching workshop	Core
Week 9	24 Feb: 12:00-1:30pm GMT - Live class and Q&A with Hannah 28 Feb: 9:00-10:00am GMT - Q&A with Celest 02 Mar: 3-5pm - Mantra and Kirtan workshop	Nervous system
Week 10	03 Mar: 8:00-9:30am GMT - Live class & Q&A with Celest 06 Mar: 6:30-7:30pm GMT - Q&A with Hannah 08 Mar: 3:00-6:00pm - Inclusivity workshop	Hypermobility
Week 11	13 Mar: 8:00-9:30am GMT - Live class & Q&A with Hannah 16 Mar: 9:00am-12:00pm GMT - Anatomy review and final Q&A with Celest	Peak poses
Week 12	21 Mar: 9:00-10:00am GMT - Q&A with Celest 22 Mar: 3:00-6:00pm GMT - Final class and celebration	Anatomy review

*We reserve the right to amend the course curriculum in line with the course description



ALBA

Two women are captured in dynamic, expressive poses against a weathered brick wall. The woman on the left is wearing a green patterned two-piece athletic set and has her arms raised high with her hands open, mouth wide in a joyful expression. The woman on the right is wearing a black two-piece athletic set and is in a more focused pose with one leg lifted and arms extended. The overall mood is energetic and positive.

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JOIN TODAY

www.albayoga.com
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