

A LITTLE INTRO TO HPY

HPY was started in 2013 by Nick and Max – a yoga teacher and a management consultant. Both relatively recent yoga converts at the time, the aim was simple – to take yoga to a new level; to bring it to people previously untouched by yoga – yoga sceptics and critics, guys & girls who'd previously thought of it as too boring, scary, culty or weird!

We wanted to build a business and brand that could attract a much wider audience through our appealing approach and by talking in a language that was understood by all. Critically, we wanted to run classes that delivered results – both mental and physical – and studios that were entirely free from intimidation and free of many of those yoga clichés that put a lot of people off.

5 years in, we've run over 100,000 classes to a customer base of over 100,000 people. We've trained 100s of teachers to teach in a broad-minded way, which can reach the masses, and we've delivered on our aim of bringing yoga to a much wider audience – with a hugely diverse student-base spread over our 50+ locations worldwide.



SO, WHY HOTPOD YOGA TEACHER TRAINING?

Having worked with hundreds of teachers from training schools all over the world, we've certainly seen that there are great schools out there and incredible teachers as a result. But we also found that we were having to do a lot of re-training in some areas we that felt were critical to delivering the sort of classes we wanted. We found that a lot of people qualified with a great depth of knowledge in certain areas but lacked knowledge or experience in other important areas; most notably the practical, human side of teaching that really helps teachers engage with students of all sorts on their own level.

After much thought, learning and consideration, we decided to embark on our own 200 hour, fully immersive, vinyasa flow teacher training. Collecting years of experience and delving deep into our understanding of what we believe makes a great yoga teacher, we worked for months to put together a programme that we knew could deliver the sort of teachers we love to work with and be taught by.



HERE'S A FEW THINGS THAT WE THINK REALLY SET US APART:



1. WE DRAW LEARNINGS FROM THE OUTSIDE WORLD

We're in awe of the power of yoga but we also know we've got a hell of a lot to learn from outside of it! Being a successful yoga teacher is a multifaceted thing – and we want to make sure our trainees are as well-equipped for that as possible. So, we draw expertise, wisdom and research from a range of areas to help create the most rounded, well-informed, engaging teachers possible – we draw from the worlds of public speaking and performance to medicine and hospitality. We even take franchise trainees through the key commercial and marketing considerations when looking to become an instructor. We feel this keeps us and our trainees grounded firmly in reality and plugged into the world around us.



2. WE FOCUS ON TEACHING

Our prime focus is on actual teaching and learning how to be a genuinely great teacher. While we of course give a really strong foundation of knowledge from across the yoga sphere, we're really guided by what's most practically useful for you as a teacher. So, we provide digestible, interesting insight (through top experts) into the history, philosophy and traditions of yoga, but spend most of our time working through the postures you'll be using in classes and teaching techniques that will stand you in the best stead when you're on the mat in front of a group.



3. WE GIVE PRACTICAL EXPERIENCE

One thing that we really know sets us apart is our dedication to ensuring teachers emerge from the course with actual teaching experience. From week 1 (yup, week 1) you'll be up in front of a class of people doing

bits of teaching. We've seen first-hand how utterly critical practical experience is for improving and developing as a teacher. So, that's a cornerstone of our course. Everyone will be teaching throughout the course (to both small closed groups and in our public community classes). What this means is that the leap into the world of teaching post-qualification isn't nearly as terrifying as it can be!



4. WE'RE NON-DOGMATIC

We're pretty upfront about what our priorities and principles are - we want teachers to deliver practical, grounded, engaging yoga classes for a really broad audience. We want to build teachers, not gurus. We're proud of that and clear about it.

Outside of that, we're really open-minded and avoid dogma. We love and respect yoga teachers and traditions from across the spectrum and believe that different people will of course find different approaches that

are right for themselves. So, rather than pitch one approach against the other, we do our best to introduce a good range. We draw insight and inspiration from different areas of yoga and from different traditions. We're not big believers in there being 'rights' and 'wrongs' and so we avoid dogmatically teaching them.



5. AND A FEW EXTRAS...

Our business itself embraces **technology, design and brand** - we believe these things help communication, understanding and teaching. So, we work with beautiful presentations and provide great teaching materials that are bespoke to us... not a ring-binder of photocopies and an old projector!

Plus, there's a lot of **free yoga**. We don't just give you a little discount on Hotpod classes, we give you them for nothing! And we even include a bunch of external classes in the course for free too!

THE SYLLABUS

We don't want to give away all our trade secrets, but we're happy to share a bit of an insight into what we cover in the course and what a typical day looks like.

In terms of content, we have three main areas:

1. INTRODUCTION

- I. **Introduction to yoga teaching and being a yoga teacher**
- II. **A (brief) history of yoga**
- III. **Yoga: understanding the magic**

These themes set the scene and prepare you for the month ahead.

2. CORE LEARNINGS:

- I. **Postures (asana)** – we run posture clinics every day, delving deep into a range of key postures from an anatomical, teaching and practical perspective
- II. **Practical teaching and feedback** – we get you teaching from the start and we'll be feeding-back and improving your teaching all the way!
- III. **Yoga practice** – while you don't need to perfect every posture on the course, we'll certainly be practicing a lot – a range of different classes and approaches, advancing your practise significantly.

3. FEATURES:

Outside of the core practical learning, we'll also be dipping into a range of relevant topics to round your learning and ensure you have a breadth and depth of knowledge as a teacher. Needless to say, in many of these areas, we'll just be skimming the surface, but we'll hope to provide insightful, interesting introductions to inspire further learning and provide you with the necessary grounding. Some of these areas are delivered by external experts - from a range of different fields and others are taught by the HPY team.

They include:

- **The Vinyasa**
- **Performance and public speaking**
- **Anatomy & physiology**
- **Breathing**
- **Meditation**
- **Philosophy**
- **Nutrition**
- **Assists & adjusts**
- **Massage**
- **Sequencing**
- **Careers in yoga**
- **Business basics**
- **Marketing and building your brand**
- **Mentoring (post course)**
- **Support (post-course)**

FAQs

Q. How much yoga do you have to have done before the course? Do I have to be very advanced / good at yoga?

A. We don't specify how long you have to have been practicing yoga for and we don't stipulate that you need to be at a particular level. You certainly don't have to have perfected every posture!

As a vague rule of thumb, 6 months of consistent practice is helpful. More than anything else, this just guarantees that you're committed to yoga and have experienced the benefits for yourself in a meaningful way (this is a really important grounding to be a great teacher).

Q. Is it just Hotpod Yoga-specific?

A. NO! We've learnt a lot about teaching through running Hotpod Yoga, so we're basing our course on those learnings, but it's not HPY-specific. We'll do some

classes in the pod and we'll follow lots of the fundamental HPY principles, but it's not a Hotpod specific teaching course. It's a rounded foundational 200hr Vinyasa Flow teacher training course that will stand you in great stead to teach at a range of different studios - not just HPY.

Q. Is it a Yoga Alliance certification?

A. Yes, we're certified by Yoga Alliance US - a well-recognised authority that certifies you to teach around the world. Our course is a full 200hr Yoga Teaching Accreditation.

Q. Are you guaranteed a job teaching for HPY afterwards?

A. No, sadly not. While HPY is expanding all the time and there are often teaching opportunities cropping up (in London and with our franchisees around the world), doing the HPY course, does not guarantee you a job teaching with HPY. Needless to say though - it is a good way

of us getting to know you and trust you as a teacher, so it certainly helps!

Q. Is it hot yoga specific?

A. No. We will touch on the impact of heat, physiologically and we'll be doing a fair few hot yoga classes throughout the course, but it's not a hot yoga specific course.

Q. Who leads the course?

A. The course is led by Lead HPY Pretoria Teacher Mischa Els and supported by Rowen Brown. Outside of the HPY team, we also draw in experts from different fields to cover certain areas with depth and clarity.

Q. What style of yoga teaching is it?

A. We try and cover a broad base of yoga through the course (through both the theory, history & philosophy as well as

through actual practice), but the course has a Vinyasa Flow focus.

Q. How many people on the course?

A. That depends. We're capping it at 20 people and won't take more than that. With 2 teachers on the course full time (and others supporting), that means no more than 10 people per lead teacher - which is a great ratio that ensures lots of personal focus and attention.

Q. Where is it based?

A. The course will be based at our Olympus Village studio. The beautiful space allows us to host hot classes there as well as being the perfect learning environment. It's got changing rooms, showers and a communal area. It's inside the Olympus Village Shopping Centre so there's plenty of secure parking.

Q. Do you have to bring your own meals or are meals provided?

A. You are responsible for your own meals on training days - though you're welcome to use our fridge.

Q. Do you have to book your own accommodation?

A. Yes. You are responsible for finding your own accommodation during the course. It's very accessible, so you don't need to stay on the doorstep, but it's helpful to be quite nearby, given the long days. We have some good recommendations nearby - but Airbnb is your best bet.

Q. Do you get practical teaching experience on the course?

A. Yes! You'll actually be doing bits of teaching to the group from week 1! We ease you in (so worry not) but want to give people as much teaching experience as possible over the course. Towards the

end of the course, trainees are not only teaching full classes to the group, they'll also be given the opportunity to teach public community classes at our studios.

Q. What are the timings for the day?

A. Generally the days run from approximately 8:30am and end at approx. 5:30pm, but this does vary from day to day, depending on what's scheduled.

Q. Is there any required reading?

A. You will be provided with some overview sheets, so you can start to familiarise yourself with the course content, and a suggested reading list, may you wish to dive deeper.

Q. Do I need to buy any books or equipment?

A. No. You don't need to buy anything in advance of the course!

TESTIMONIALS

We're proud of the alumni we've produced in the relatively short time we've been a teacher training school. Most importantly, it's great to see that they're proud Hotpod Yoga TT graduates, happy to share their experiences and views on our course. Here's Here's a quote from each of our graduates and we're happy to pass on their contact details if you'd like to get in touch with them.



Leah

|| I like the fact that it's 21st Century Yoga, for people now taking into account busy lives."



Emily

|| I've really loved all of it! I feel I've got absolutely everything I needed out of it."

|| Nick is excellent, he has a very relaxed approach... but also very ambitious."



Andrew



Andrew

|| This course has been great because it sets you off on a journey... Now we have got the foundation, it's up to us to follow whichever path you want to go down."

|| All the teachers are just absolutely amazing and it's all really inspirational!"



Natalie

|| I've loved the comradery we all have... how supportive it's all been for us and how far we've come."



George



Debbie

|| It was developing us gradually, bit by bit... it has beautifully brought me on, and it's brilliant!"

|| The psychology of the training, focusing on building your confidence as a teacher, made complete sense to me. It's a fantastic experience!"



Marion

|| I'm going to have momentum after this course... to go on and teach."



Stephen



Lea

|| Nick's challenged us a lot... we've been teaching since the second day!"

|| There has been so much encouragement for us to teach all the way through, just to be comfortable."



Dina



Donna

|| That's what is great about the course, we have been teaching from so early on, that we are all really confident now!"

|| All the teachers will walk out of this course with the confidence to run themselves as a business, which is great!"



Natalie



Cristine

|| Beforehand I feared I might not belong in this, but now I feel, honestly... like I can go out there and conquer the world!"

|| Now, I want to do this for my career!"



Elaine


WHAT NEXT?

If you've got any further questions, or you'd like to speak to one of the team, we're happy to chat or even meet in person.

Alternatively, if you'd like to confirm your spot on the course, just let us know.

All you need to do is send us an email or give us a call to arrange.

 pretoria@hotpodyoga.com

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