



# TEACHER TRAINING

## 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 which we 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 subjects but lacked knowledge or experience in other important fields; most notably the practical, human side of teaching which really enables teachers to engage with students regardless of their ability.

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 ARE A FEW THINGS WHICH WE THINK REALLY SET US APART:



## 1. WE FOCUS ON TEACHING

One thing that we really know sets us apart is our dedication to ensuring teachers emerge from the course with actual teaching experience. 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. We provide digestible, interesting insight (via 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 leave the course to go and teach.

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!



## 2. 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 them. 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.



### 3. 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.



### 4. AND A FEW EXTRAS...

Whilst respecting all yogic tradition, our course places a huge emphasis on making sure that you also have all of the tools you need to create and sustain your own yoga business, which reflects the needs and wishes of the world we live in today.

Plus, there's a lot of free yoga as we will give you access to Hotpod Home for nothing throughout your 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 however we do advise a regular consistent practice. 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).

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### **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 U.S. - 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 Teachers Charlie Morgan, Elodie Frati and Sian Goff, supported by co-founder Nick Higgins. 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 in our brand new Hackney Teacher Training School. The beautiful purpose-built space is next door to our current Hackney studio and as it's a dedicated training space it's the perfect learning environment. It's got

changing rooms, showers, full kitchen facilities and communal area.

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

**A.** You are responsible for your own meals – though you're welcome to use our fridge and full kitchen facilities (as well as cutlery & crockery)! There is always fruit available as well as tea and coffee kept warm in our kitchen.

**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 but some people like to have their own mat.

**Q. Do you offer payment plans?**

**A.** Once you are ready to book, we ask for a £500 non refundable deposit immediately to reserve a place. The rest of the balance is then yours to pay off in as many installments as you need, so there is no official payment plan, we just ask that the course is paid for in full before it starts.

**Q. Do you get a discount if you're a franchisee?**

**A.** If you're a Hotpod Yoga franchisee, or are due to launch soon as a franchisee, we offer a 10% discount on 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 are some thoughts from some of our graduates, and we are happy to pass on their contact details should you wish to get in touch with them.

|| We covered a huge range of topics from human anatomy, the history and philosophy of yoga and meditation to building a brand in the yoga industry. I'll never forget my time on the course. I met some wonderful people who I hope will be friends for life, and I learnt so much about myself. It was life-changing!"



**Sophie**



**Leah**

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

|| Hotpod yoga training was comprehensive, intense and hard work. In return for your effort you get a really excellent course that totally prepares you to teach a high quality yoga experience."

**Jacqueline**



**Emily**

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



**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**



**George**

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



**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**



**Stephen**

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



**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.



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