



TEACHER TRAINING



ABOUT HOTPOT YOGA

Hotpod Yoga was founded in 2013 by yoga teacher Nick and management consultant Max. The aim was to take yoga to a new level, bringing it to people previously untouched by or uninterested in the practice.

We've now run over 350,000 classes to a customer base of over 400,000 people, spread over 50+ locations worldwide. We've also trained hundreds of teachers to deliver classes in a modern and approachable way, enabling them to build their own audiences and begin meaningful careers as yoga teachers.



WHY HOTPOD YOGA TEACHER TRAINING?

As anyone researching Yoga Teacher Training courses knows, there are a lot of options out there. We've been fortunate enough to work with hundreds of graduates from training courses all over the world, many of whom have gone on to be brilliant teachers.

However, we noticed that many recent YTT graduates had a great deal of theoretical knowledge, but lacked practical, hands-on teaching experience. Many graduates had never even taught a full-length class before.

After much thought, learning and consideration, we launched our own 200hr Yoga Teacher Training course, with the same practical and accessible approach that the HPY brand is known for. Our modern and hands-on approach will get you teaching from the very first day, and ensure you leave the course ready to launch a successful career as a yoga teacher.



WHAT SETS US APART?

1 WE FOCUS ON TEACHING

While many YTT courses place the emphasis on the theoretical side of yoga, we're all about the practical. We'll give you real and relevant teaching experience starting on day one, and by the end of the course you'll have taught at least one hour-long class, with detailed feedback.



2 OUR GROUPS ARE SMALL AND PERSONAL

Each of our 200hr courses has no more than 20 students, so you'll get lots of individual attention and the chance to ask questions, plus you'll get to know your fellow trainees on a personal level.



3 YOU'LL EXPERIENCE LOTS OF STYLES OF YOGA

While Hotpod Yoga is rooted in vinyasa, there are many other styles of yoga out there. Our 200hr courses will introduce you to a variety of those styles, including Jivamukti, Rocket, Ashtanga, Mandala, Yin, Nidra and more.

4 WE GIVE YOU THE TOOLS TO RUN YOUR OWN BUSINESS

Becoming a successful yoga teacher requires much more than just teaching skills, so we'll teach you the ins and outs of building a successful business, from managing your finances to perfecting a marketing strategy.

5 WE ENCOURAGE YOU TO FIND YOUR OWN VOICE

We're not big believers in 'rights' and 'wrongs' when it comes to teaching. Part of being a great teacher is finding your own unique style, so we'll help you let your own personality shine through, drawing insight and inspiration from many different areas and traditions of yoga.



OUR 200HR COURSES AT A GLANCE

ACCREDITATION

Yoga Alliance Accredited

PRICE

£3000 inc. VAT

- Price includes a non-refundable £500 deposit to secure your spot on the course
- Remaining balance can be paid in instalments before the course begins
- Travel to/from London & accommodation not included

PREREQUISITES

- A regular yoga practice
- Student insurance (this costs roughly 30 GBP and we will provide a recommended insurance partner)

LOCATION

Hotpod Yoga Teaching Academy
Hackney, London

COURSE LEADERS

Elodie Frati
Siân Goff
Nick Higgins
& more

COURSE STRUCTURE

Choose from two options to suit your schedule. Both cover exactly the same material and result in the same 200hr Yoga Alliance Accredited certificate.

• Part time

Two full weeks (Monday to Friday) at the start and end of the course, with four three-day weekends in between (Friday - Sunday). Ideal for those with full-time jobs or other commitments.

• Full time

An intense and fully immersive option held over 5 weeks, Monday to Friday. Be prepared to work hard but have lots of fun!

DAILY SCHEDULE

8:15 AM Arrive
8:30 AM Morning class
9:45 AM Breakfast
10:30 AM Morning Recap
11:30 AM Posture Clinic
1:15 PM Lunch
2:00 PM Workshop*
4:00 PM Afternoon class
5:30 PM Finish

* Anything from meditation, to breath, to inversions or history and philosophy

COURSE LEADERS & CONTRIBUTORS



ELODIE FRATI
Lead Teacher

Elodie first moved to the UK from her native France to train as a contemporary dancer. During this training, she was introduced to Ashtanga yoga, and eventually became a teacher herself in 2013. Since then, Elodie has taught in London's top yoga studios, led workshops abroad, taught team GB white water canoeists, led retreats, managed yoga studios, mentored new teachers and trained in other movement systems. Elodie's passion for the moving body also brought her to train as a sports massage therapist and embark on the long studies that will lead her to qualify as an osteopath in 2022.



SIÂN GOFF
Lead Teacher

Siân fell in love with yoga while training to become an actor. She has a down to earth, light hearted style and is passionate about creating a strong connection of breath and movement to create freedom in the body and mind. She has been a lead teacher with Hotpod since May 2019 and is humbled to be able to share her knowledge and deepen her teaching skills by training new teachers.



NICK HIGGINS

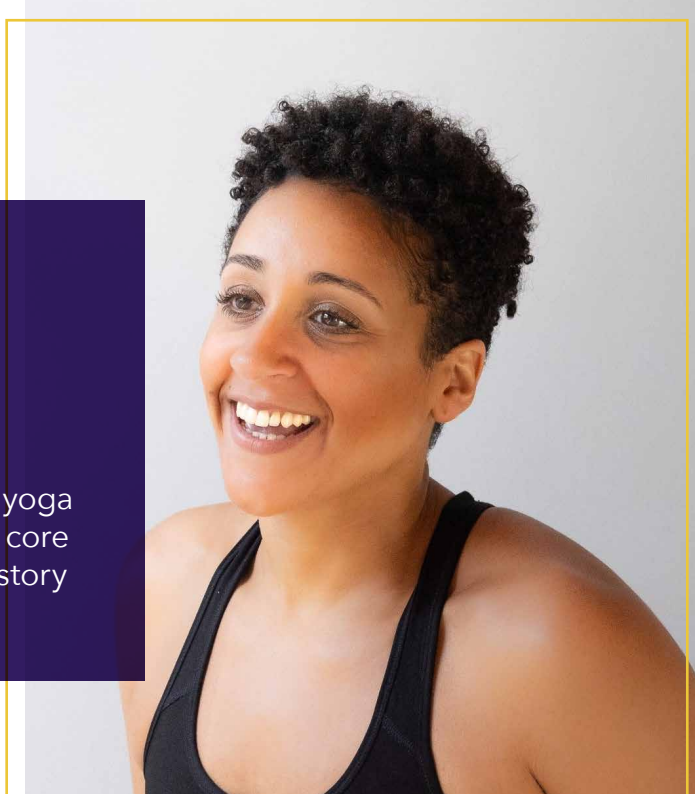
Lead Teacher & HPY Co-Founder

Whilst working as a school teacher in London, Nick was introduced to yoga by his physio and he quickly became hooked. Soon after, he completed his 200 hour Yoga Teacher Training (YTT) in Morocco and committed to yoga full-time, founding Hotpod Yoga alongside his childhood friend Max. Nick created and refined the blueprint to the Hotpod experience, has taught 1000s of classes, launched the company's YTT school and has developed a global team of teachers. Nick leads on all things yoga, combining his grounded and practical approach with his fresh eye for business.

SHAKA LISH

Yoga Philosophy Teacher

Shaka has been practicing and studying yoga for over 10 years, recently graduating from SOAS with MA Traditions of Yoga and Meditation (with distinction). Shaka is passionate about teaching yoga as a practice and as a philosophy, and bases her module around core yogic texts, an accessible starting point for understanding the history of yoga and its journey from India to the rest of the world.





ANASTASIS TZANIS

Breathing, Inversions and Acroyoga Teacher

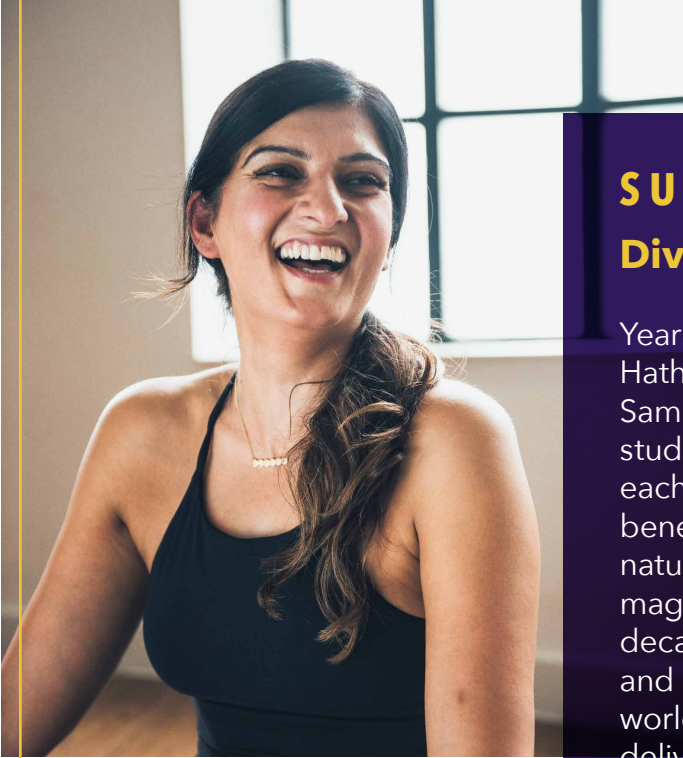
Anastasis started practicing Yoga in 2010, in the most unorthodox way: an Acroyoga class. He stayed devoted to the practice for 2 year, as he felt a profound impact in his stress levels. He has studied with guruji Andrey Lappa the founder of Universal Yoga, Patrick McKowen & Wim Hof. He is also a Pilates, Buteyko method instructor & Nutritional Therapist.

MAX HENDERSON

HPY Co-Founder

As a former management consultant with a stint at London Business School under his belt, Max has always been an entrepreneur at heart. Alongside co-founder Nick, he went on to launch what is now Europe's largest yoga business in January 2013. Max leads on all things commercial and strategic, whilst building and supporting an ever-growing team at HQ and across the franchise network.





SUNITA DEVI

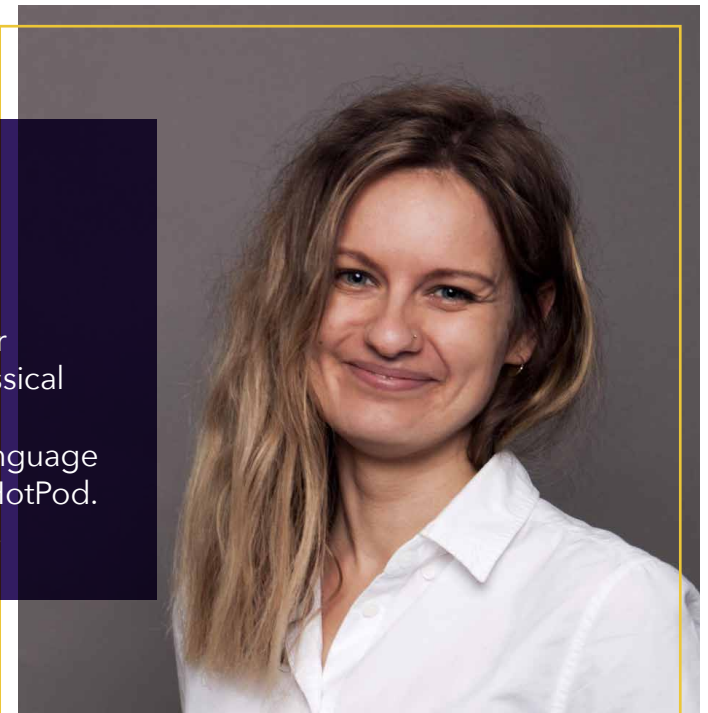
Diversity, Equity & Cultural Appropriation Teacher

Years of practicing led Sunita to embark on her journey as a teacher. She completed a 200 hour Hatha Yoga training with Yogahaven, a 300 hour Vinyasa training and a 50hr Yin training with Sampoona Yoga in India. Sunita creates a friendly and inclusive space where she encourages students to move mindfully, with an emphasis on breath and good alignment. Sunita sprinkles each class in yoga philosophy to get you to think about life on and off the mat and apply its benefits to our daily life. Yoga helps us centre and balance our lives in a way that keeps us naturally happy, healthy and emotionally stable. Sunita feels very grateful she can share the magic of yoga with others. Prior to teaching yoga, Sunita's career spans back more than a decade working in learning and development. Sunita is a qualified practitioner in designing and delivering training in the field of self development, growth and leadership in the corporate world. Sunita has coached on a one to one basis and has worked with small intimate groups to delivering training to large groups of people.

ZIVILE ADULCIKAITE

Sanskrit Teacher

Opposite to the usual route, Zivile's Yoga journey started through Sanskrit texts rather than a mat. During her undergraduate training in Indian Studies, Zivile worked on classical Ayurveda and Hatha Yoga texts, translating parts of them from Sanskrit to her native Lithuanian. Zivile spent 2.5 years in India deepening her academic knowledge and language skills. She is trained in Ayurvedic Yoga massage and in 2020 did her 200hr YTT with HotPod. Zivile is extremely excited to share her love for Sanskrit with others on a Yoga journey.



A woman with shoulder-length brown hair and glasses is smiling and looking to the right. She is wearing a black top. The background is blurred, showing other people in a room.

WHAT ARE OUR GRADUATES UP TO THESE DAYS?

Our graduates come from a range of different backgrounds and go on to do lots of great things.

Here's a look at what a few of them have been up to since finishing their YTT.

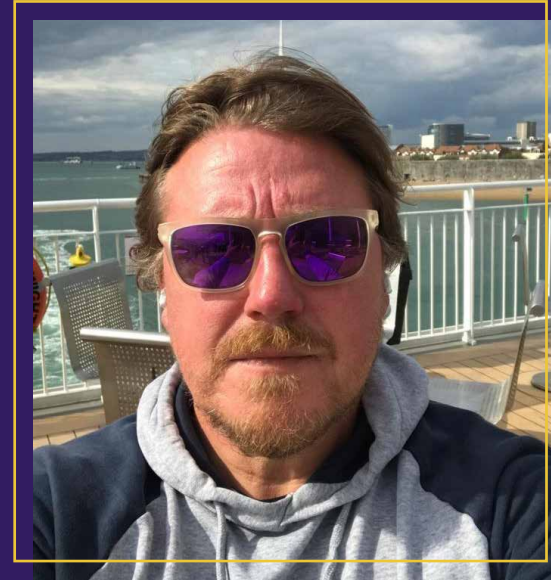


RORY

📷 @roryouthyoga

Rory found out about Hotpod YTT through his volunteer work with one of our charity partners, Live Karma Yoga. Since graduating in 2019, he's gone on to teach his own weekly community yoga class, and also volunteers to teach yoga at schools and prisons, sharing his love of yoga with those who might not normally have access to classes.

"I loved the combination of support and challenge that the course leaders and teachers provided throughout. Not only did they give me confidence to believe I could become an outstanding yoga teacher, but they also had high expectations of me to learn and progress and provided me with great feedback throughout the course so that I could continue to develop."



STUART

Stuart was a relatively late convert to yoga after a lifetime of other sports, but after his first Hotpod Yoga class, he loved the practice right away. When he signed up for Hotpod's full-time YTT course, he saw it as a life experience and had no real intention of teaching afterwards, but he loved teaching so much that he's gone on to teach online classes with his home studio, HPY Folkestone. He balances his daily teaching and yoga practice with his other job, writing healthcare company research and business development consultancy.

"Hotpod YTT was all that I expected and more! The focus on the practical teaching aspect of yoga was really helpful. The 5-week course was a true physical and mental journey and honestly one of the most challenging but rewarding experiences of my life. It is something I would whole-heartedly recommend to anyone with a passion for yoga and an active practice, even if, like me, you are not sure that you want to teach. I would guess that by the end of the course you probably will!"



LOREN JENKINSON

Loren had already been practicing at Hotpod Yoga for a few years prior to thinking about teacher training, and after researching many courses, chose Hotpod YTT because it seemed like the most relevant and comprehensive. Since graduating, she's set up her own online teaching business and has been teaching freelance at a few different studios.

"I loved the quality and variety of the course material. The focus on anatomy and the business side of things was invaluable. It really helped me to set up after my training, and I refer back to my materials and notes often - the learnings will be with you for a lifetime! I also loved the focus on teaching, speaking in front of groups never came naturally to me and the course really helped me to grow and come out of my shell. I'm so grateful that Hotpod YTT gave me the tools and confidence to do what I love!"



JANE CRISTOPHERSON

Jane works in the public sector and was a regular at Hotpod Yoga for several years before making the decision to do her Teacher Training. She was drawn to Hotpod YTT because it seemed more welcome and less exclusive than some other London YTT programs. After completing the course, Jane moved to the Highlands of Scotland with her family and has been teaching weekly online classes.

"My teacher training with Hotpod surpassed all my expectations and enhanced my love of yoga. The teachers are truly inspiring; they are experienced and knowledgeable, open and curious, which makes the learning experience a pleasure. To top it all off, I met a wonderful group of fellow students who were supportive and passionate and we remain a strong team cheering each other on today. I have come away from it a more confident practitioner and discovered that I love to teach!"



PETER EYRE & ALLIE DENHOLM

Allie and Peter both worked in education for many years and both attended Hotpod Yoga Whitley Bay before Allie signed up for her teacher training with HPY. She came home after the course inspired to open a franchise, and encouraged her partner Peter to do the teacher training as well. Since graduating, they've opened their very own Hotpod Yoga studio in Morpeth where they are both teachers.

"What really stood out for us both was the attention to detail, challenge and support in equal measure. It felt like such a well balanced course exposing the history, philosophy and all different styles of yoga. Myth-busting with real evidence based science and anatomy theory and plenty of time to practise your actual teaching. From watching all the other trainees learn we were so impressed with how the teaching team brought on those who were nervous, building their confidence but never accepting anything less than the best."

FAQs

DO I HAVE TO BE REALLY ADVANCED / GOOD AT YOGA?

You don't need to be at a specific level of yoga to join or YTT courses, but it's helpful to have at least 6 months of consistent practice under your belt. More than anything else, this just guarantees that you're committed to yoga and have experienced the benefits for yourself in a meaningful way, which is an important foundation for any great teacher.

DO YOU JUST TEACH HOTPOD YOGA / HOT YOGA?

No! Our 200hr courses are well-rounded, and designed to get you ready to teach at a range of different studios - not just HPY. Our courses are also not hot yoga specific, though we will touch on the physiological impact of heat.

ARE TRAINEES GUARANTEED A JOB TEACHING FOR HPY AFTERWARDS?

No, sadly not. While teaching opportunities do pop up frequently in London and with

our franchisees around the world, doing our teacher training does not guarantee you a job. Needless to say though, our 200hr course is a great way to get to know and trust you, so it certainly helps!

WHAT STYLE OF YOGA TEACHING IS IT?

The course has a Vinyasa Flow focus, but we cover a variety of styles of yoga through both the theory, history and philosophy as well as the actual practice.

WHERE IS IT BASED?

Our 200hr courses are based in our brand new Hackney Teacher Training Academy. The beautiful purpose-built space is next door to our current Hackney studio and is a dedicated training space, so it's a perfect learning environment. It's got changing rooms, showers, full kitchen facilities and communal areas.

DO I NEED TO BUY ANY BOOKS OR EQUIPMENT, OR DO ANY PRE-COURSE READING?

No. We will provide you with some overview sheets to familiarise yourself with the course content, and a suggested reading list should you wish to dive deeper. None of the readings are mandatory but we think they're an excellent way to supplement the course itself.

WILL WE BE GIVEN HOMEWORK OR EXAMS DURING THE COURSE?

We don't give homework, but if you're on the part-time course, we recommend keeping up your teaching practice between the course dates. While we do have a final exam, this is for the purposes of review and does not impact whether you pass or fail. Instead, you'll be evaluated on an ongoing basis throughout the course.