

200HR HOLISTIC YOGA TEACHER TRAINING

A
TRANSFORMATIVE
COURSE FOR
BODY & MIND



JOY YOGA & WELLNESS

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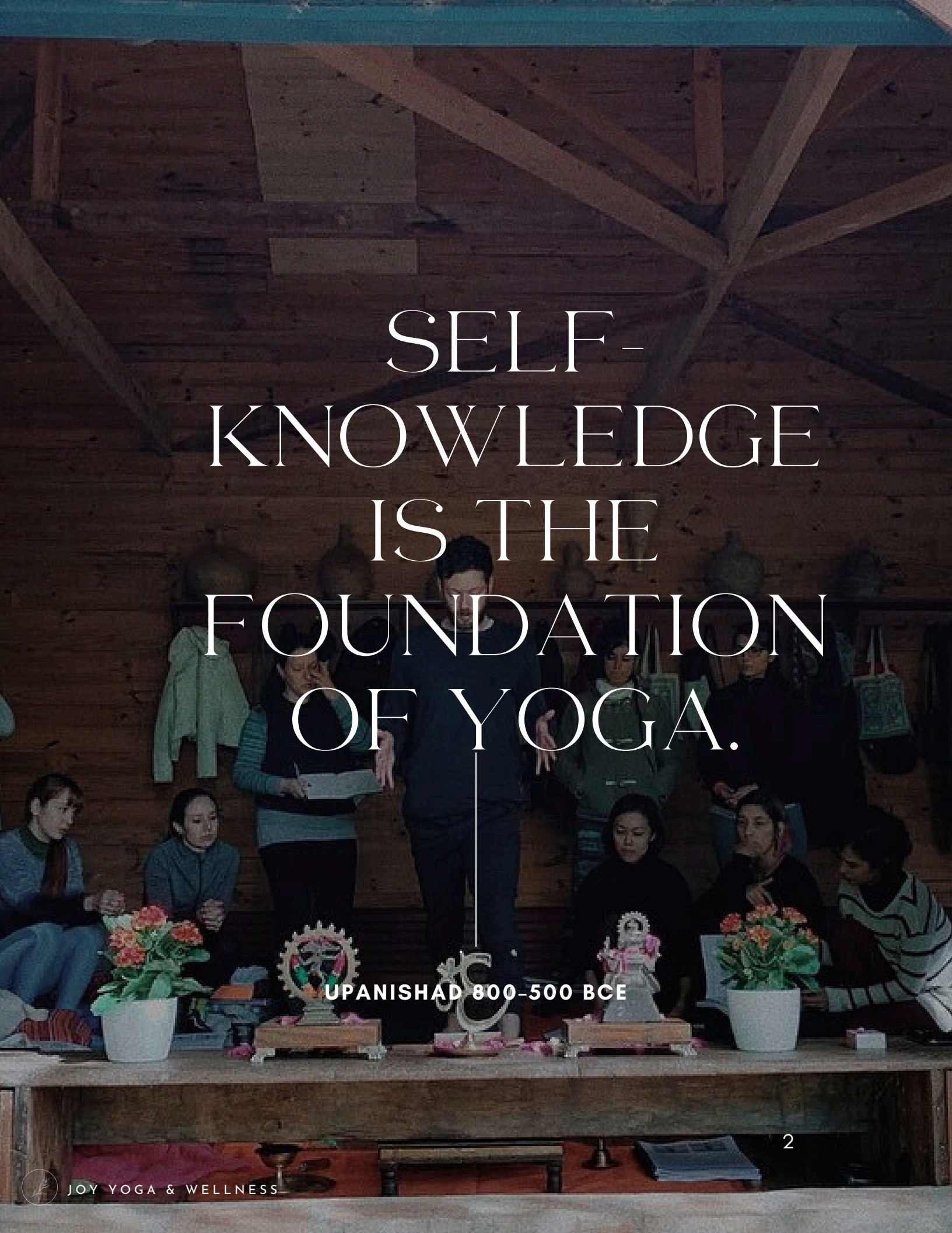
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SELF- KNOWLEDGE IS THE FOUNDATION OF YOGA.

UPANISHAD 800-500 BCE



WHY CHOOSE US?



Our yoga teacher training is a holistic program designed to guide you on a transformative journey of self-discovery. We believe that to truly understand yoga, one must first understand the self.

We believe that to truly understand yoga, one must first understand the self. Our approach embraces the full spectrum of yoga—body, mind, and spirit—encouraging authentic exploration and personal growth. With a focus on **therapeutic anatomical alignment, hands-on adjustments, and energetic awareness**, we cultivate a space for practitioners to **connect deeply with their own essence**.

We weave together nature, mantra, chakras, intentions, meditative awareness, and breathwork to create a conscious journey toward self-inquiry and transformation. Training with us means immersing yourself in yoga as a way of life, gaining tools to inspire others while nurturing your unique essence as a teacher.



OUR PROGRAMS

This comprehensive course encompasses multiple branches of yoga, blending traditional philosophies with modern practices.

01 ASANA

Daily Morning Vinyasa invigorates the body and mind, enhancing physical strength and flexibility.

Each day concludes with a restorative practice, allowing practitioners to integrate and absorb the day's learning.



02 PRANAYAMA

Daily Pranayama (breathwork) practice helps balance the system, naturally awakens the body, and enhances focus for learning. Practitioners will explore how to use breathwork to cultivate conscious awareness, calm the nervous system, and ultimately achieve a peaceful mind.

03 MEDITATION

Discover the purpose of meditation in strengthening the mind, fostering resilience against mental fluctuations, and navigating the changes around us with greater ease.



OUR DEDICATION

This comprehensive course encompasses multiple branches of yoga, blending traditional philosophies with modern practices.

04 ANATOMY

Anna is a TCM practitioner, acupuncturist, and yoga teacher. She will guide the Anatomy and Physiology module through a unique and holistic lens, blending her diverse expertise to provide a well-rounded perspective.



05 ALTERNATIVE THERAPIES

In this program, we explore yoga through the lens of Traditional Chinese Medicine, complemented by the knowledge and wisdom of experts in Ayurveda and sound healing.

06 TEACHING METHODOLOGY

Our teaching methodology provides a wide range of holistic tools and encourages students to discover their own essence and unique voice. The aim is to understand the human body and health in a holistic and therapeutic way.





OUR MISSION AND VISION



WE GUIDE OUR STUDENTS ON A
TRANSFORMATIONAL JOURNEY

Traditional Technologies

Yogasana, pranayama, meditation, mantra, mudra, bandhas, and kriya techniques will be explored from both experiential and intellectual perspectives.

Philosophy, Lifestyle & Ethics

Yoga psychology and philosophy will be introduced, with a focus on their application to daily life and yoga practice. Additionally, yogic and Ayurvedic concepts of nutrition will be explored.

Teaching Methodology

Sequencing and planning multilevel classes. Technical skills in effective language use and verbal cueing. Techniques for assisting, supporting, and modifying poses.



OUR MISSION AND VISION



EMPOWERING THEM TO BECOME
COMPASSIONATE THERAPISTS

Anatomy & Physiology

Our approach to structure and function is principle-based, focusing on understanding how to maintain a healthy and safe practice. You will also learn the language of anatomy and movement to deepen your knowledge and enhance your teaching skills.

Practicum & Facilitation Skills

We will engage in interactive exercises to explore the role of the teacher, understand the principles of compassionate teaching, and establish safe boundaries.

Asana Lab

Learn the principles of essential and versatile Ashtanga Yoga poses, combined with TCM as well as Ayurvedic approach to the teaching and practice. Discover how to modify and adapt each asana to suit individual needs and abilities.

DAILY SCHEDULE

8:00am 9:30am	Morning Sadhana (holistic yoga practice)
	Break
10:00am 12:00pm	Lectures
	Lunch Break
1:00pm 3:45pm	Lecture
	Afternoon break
4:00pm 5:00pm	Restorative / Yin Yoga



OUR FACULTY

JOY BENNETT

Chair for Dorset School of
Yoga / Lead teacher

As a lifelong yoga practitioner and founder of Joy Yoga and Wellness and the Dorset School of Yoga, I specialise in blending yogic philosophy, mindfulness meditation, and Traditional Chinese Medicine to offer a holistic approach to well-being. With over a decade of experience in Ashtanga Vinyasa Flow, I guide students on a transformative journey of self-discovery, fostering a deep connection between body, breath, and movement. My teaching creates a sacred space for growth, healing, and the exploration of one's true self.



ANNA JOTI LOW

TCM Practitioner/
Acupuncturist / Kundalini Yoga
Teacher

Anna is a highly skilled bodyworker with over 30 years of experience in holistic therapies. She is qualified in a wide range of modalities, including Warm Bamboo Massage, Aromatherapy, Reflexology, Deep Tissue Massage, and Myofascial Release. Having worked in London, across the UK, and internationally, Anna is passionate about tailoring treatments to each individual's needs, promoting relaxation and well-being.



OUR FACULTY

VIRGINIA COMPTON

Ayurveda Practitioner / Yoga Teacher

Virginia Compton is an Ayurvedic practitioner and Devi devotee based between Devon UK and Kerala, India.

She is passionate about inspiring individuals to take responsibility for their own health and wellness with Ayurveda as well as supporting those living with disease or debilitating conditions. With a past career as a nurse and a constant curiosity about all things Ayurveda she brings a unique mixture of east and west to your wellness experience.



SIVANI MATA FRANCIS

Artist / Bhakti Yoga



Credit: Yoga&Photo by Cecile

Sivani Mata is an artist moved by a sensory and elemental exploration of life through practice that evokes the liminal experience of trance-like states of consciousness and the centring of the awareness in heart. She believes in this process of deep inner work as a way to cultivate a harmonic relationship with the Earth. She is grateful for this journey she finds herself on and the practices that support her path.

DORSET SCHOOL OF YOGA



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