aligned

200 Hour In-Person Training

PHUKET, THAILAND · JULY 6-16, 2027

For anyone who has always wanted to do a training, whether you want to teach or you just want to understand your practice on a deeper level. Days in Phuket where the practice gets stronger, the poses start making sense, and you find out you can actually teach.



The Experience

As soon as you sign up you get a full year of access to the online 200 hour training, so you arrive in Thailand already knowing the material. Our time together goes to what you can only learn in a room: practicing every morning, learning to see what's happening in a body, building your own class, and teaching it with me right there giving you feedback.

You don't need to be advanced and you don't need to want to teach. Plenty of people come to deepen their own practice and leave surprised by how much they love teaching. Either way, you'll be learning alongside the 300 hour teachers, which means you're surrounded by people a few steps ahead of you all week.



What You Leave With

A class you built yourself.

A full 60 minute sequence, warm up to savasana, built piece by piece on the Aligned Vinyasa template and made your own.

The confidence to teach it.

You practice teach almost every day, starting with simple action cues and layering in breath and dual action cues until it feels natural.

An eye for alignment.

A daily adjustment method that teaches you what to look for in a body and how to fix it with your hands or your words.

A stronger practice.

Two hours every morning of inversions, arm balances and backbends, built from where you are. All levels welcome.

Your 200 hour certification.

Yoga Alliance registered, plus a group of people from all over the world who did it with you.

The Curriculum

01.

DAILY PRACTICE

Every morning is a two hour practice built toward a peak: handstand, forearm headstand, a backbend ladder, crow and arm balances, King Arthur, forearm balances. You won't be expected to do any of it on day one. The ladders build round by round, and every round you meet the same shapes a little stronger than before. Evenings shift with what your body needs: restorative, a handstand workshop, partner acro, open skills time, breathwork and a long savasana.

02.

SEQUENCING

Each morning you practice the Aligned Vinyasa template, and each day after breakfast we take a piece of it apart. You build your own Sun Salutation A, then B, then standing poses, twists and core, then cooldown and savasana, until you have a full 60 minute class that's yours. You'll learn timing, progression, peak poses, levels, and how to make any section easier or harder for the people in front of you.

The Curriculum

03. POSE ADJUSTMENTS

Every day at the same time, one family of poses, taught with a four beat method. Everyone does the pose while I show you the misalignments live. We train your eye on what to look for. You and a partner diagnose each other. Then we fix the alignment and finish with a yummy adjustment. You'll learn the difference between directional and yummy adjustments, how to talk while you adjust, and which common alignment myths are actually hurting people.

04. CUEING & PRACTICE TEACHING

You start with action cues only: where does the body need to go. Then breath cues, then dual action cues, two things at once, in the poses you'll cue most in a real class. You practice teach with partners and small groups almost every day, so by the end of the training standing up and teaching feels like something you've done many times, because you have.

The Curriculum

05.

FUNCTIONAL ANATOMY

Anatomy taught alongside the practice so it makes sense in your own body: hands, wrists, arms and shoulders, the spine and the low back in backbends, the wrists, shoulders and core that carry arm balances, and the hips, hip flexors and hamstrings. You'll understand what's working in each pose and how to keep your students safe.

06.

THE BUSINESS OF TEACHING

I'll tell you how I started and what this path really takes, honestly, the hours, the money, and the choices. You'll get clear on your strengths, your growth areas and why you want to teach, make a starter list for the first steps once you're home, and see how a private session and a workshop are structured, the two ways most new teachers start earning.

The Curriculum

07.

THE THREAD

Each day has its own word, things like observation, patience, repetition, change, and the whole training has one idea running through it. You'll feel it in the practice before anyone names it. Breathwork and savasana close most evenings, and the reflections you write all week come together on the last day.

08.

EVALUATION & GRADUATION

Your final evaluation is a short segment of the group sequence you built together, taught to your small group with feedback from me straight after. The night before, you'll watch some of the 300 hour teachers lead a full class, which is its own education. Then we close together, and graduate.

A Day in the Training



7:00	MORNING PRACTICE
9:00	BREAKFAST
10:00	SEQUENCING
11:30	POSE ADJUSTMENTS
1:00	LUNCH
2:00	ANATOMY OR BUSINESS
3:30	PRACTICE TEACHING
5:00	EVENING PRACTICE
6:30	DINNER

A detailed schedule is sent before the training. There's a rest day in the middle.

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YOUR TEACHER



Briohny Smyth

@YOGAWITHBRIOHNY

TEACHES: MORNING PRACTICE, SEQUENCING, POSE ADJUSTMENTS, CUEING & PRACTICE TEACHING, BUSINESS, EVALUATIONS

Bri has been teaching for over 15 years and has spent that time building teacher trainings, retreats, online programs and a global community of students. Her signature method helps practitioners at every level find what their bodies can do, and her favorite part of the job is the one you'll get in Thailand: being in the room with teachers, seeing what's happening in their bodies and their teaching, and telling them the truth about it.



See you in Phuket.

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