



300 Hour In-Person Training

PHUKET, THAILAND · JULY 6-16, 2027

This is the training for the teacher you are today. Days in Phuket spent on the things that actually change how you teach: how you sequence, what you see in a body, what comes out of your mouth, and how you build a life around it.



The Experience

The 300 hour is for teachers who already know the basics and want to know what to do with them. You spend the months before Thailand in the online 300 hour training, so our time in the room goes to the work that needs a room: practicing together every morning, training your eye on real bodies, teaching, hearing yourself teach, and getting honest feedback from me on the spot.

Most teachers never get real feedback. That's usually why they stop growing. Here you get it every day, alongside teachers from all over the world who want the same thing you do.



What You Leave With

You hear yourself teach.

You teach in front of the group from the first day and get feedback right there, so you catch the catchphrases and autopilot cues before your students do.

You see what's happening in a body.

A daily adjustment method that trains your eye, so you can spot a misalignment and fix it with your hands or your words.

You sequence like it's yours.

Ladder flows, peak pose classes, privates and workshops, built on the Aligned Vinyasa template and then made your own.

You have a real plan.

One page for your business: your next real move, and what's actually stopping you.

Your practice gets stronger.

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

The Curriculum

01.

DAILY PRACTICE

Every morning is a two hour practice built toward a peak: handstand, forearm headstand, arm balances, King Arthur, forearm balances, Ashtavakrasana. The backbend and hip ladders are my signature. The base never changes, only expands, and every round you meet the same shapes as a slightly different person. Evenings shift with what your body needs: restorative, a handstand workshop, partner acro, open skills time, breathwork and a long savasana.

02.

SEQUENCING

We start with the Aligned Vinyasa template you practice each morning, then take it apart. Levels and how to make any section easier or harder, preps and counters for inversions and arm balances, building a ladder flow with creative transitions, peak pose and pose type sequencing, and how to end a class well. You whiteboard sequences with me, see my process live, and finish by building private sessions and workshops, the two things most teachers actually get paid for in the year after training.

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 expose the misalignments live. We train your eye on what to look for. Partners diagnose each other. Then we fix the alignment and finish with a yummy adjustment. Along the way we bust the myths, cover how to talk while you adjust and what to do when a student resists, and learn to take someone's pain away in real time. It builds to a strenuous adjustment clinic and an assist clinic where you get to receive.

04.

CUEING & PRACTICE TEACHING

You teach for 60 seconds in front of the group early on and get personal feedback from me on the spot. From there we go deep into the layers of cueing: action, dual action, breath, reinforcement, embodiment and awakening. You find what you're saying on autopilot, take it away, and deliberately bring in the opposite. Every day of teaching builds toward your final evaluation.

The Curriculum

05.

BUSINESS

I'll tell you how I started and what this path really takes. Then we look at your actual situation: where your teaching is now, where you want it to go and what's in the way. You leave with one page, your next real move and the belief that's been stopping you. We also cover pricing, private clients, liability and insurance, and how to use AI as a thinking partner when you're the one running everything.

06.

FUNCTIONAL ANATOMY

Anatomy at the 300 hour level, taught alongside the practice so it means something on the mat. The spine, the hips, the wrists, shoulders and core, looked at through load, injury and the questions your students actually bring you. You come away understanding why a pose hurts and what to change.

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 & SHOWCASE

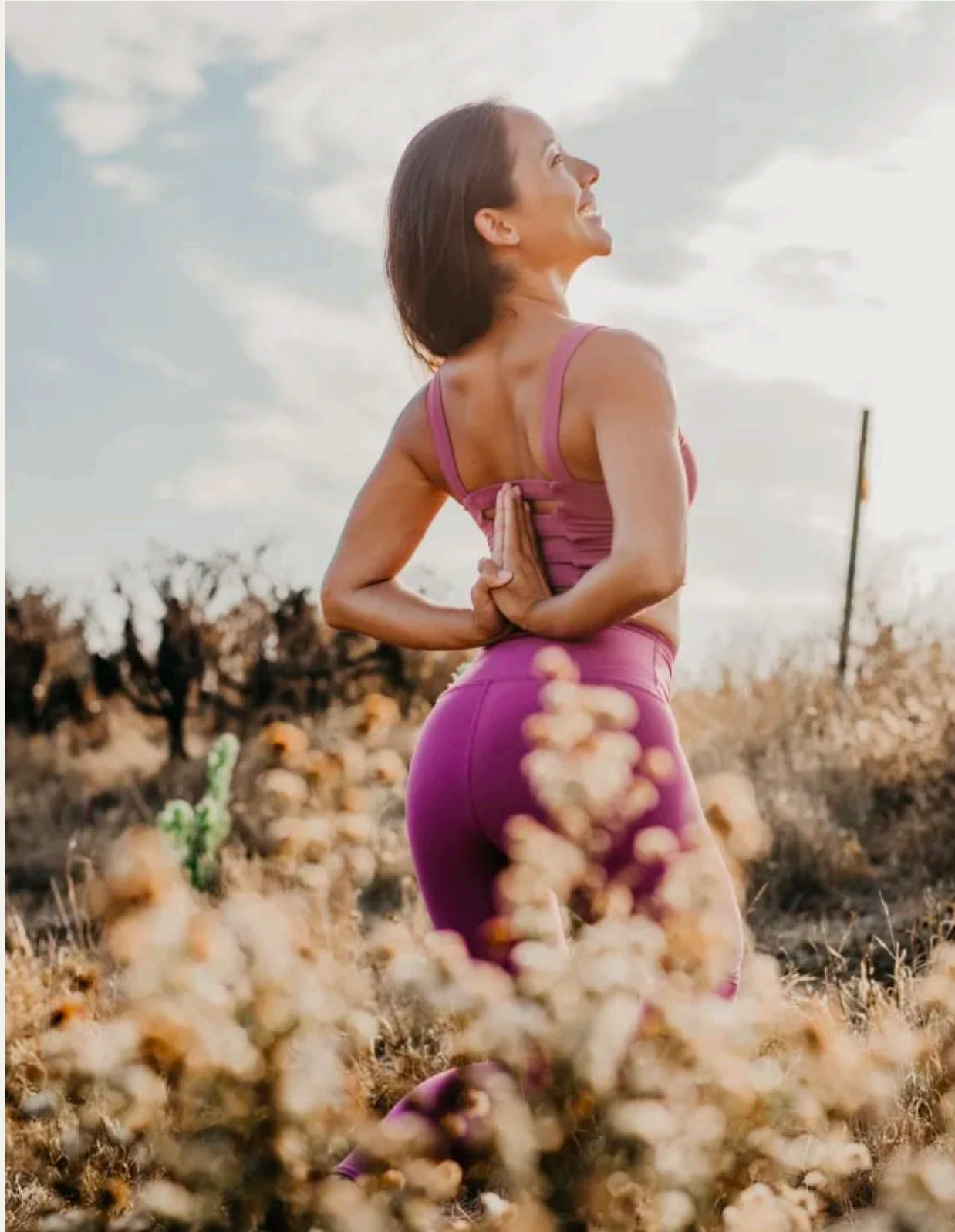
Your final evaluation is a group teach, with feedback from me straight after. A handful of you will be invited to teach a full class to the whole room, with the 200 hour trainees as your students. Then we close together, and graduate.

A Day in the Training



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

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



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.

AMATARA, PHUKET · JULY 6-16, 2027

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Please note that our curriculum is continuously revised for opportunities of improvement and hence may vary after purchase.