



# Teacher Training: 200-hour Vinyasa

Spain × London 2026

Good Life Yoga School  
Course Prospectus

# namaste!



***Hello!*** Thanks for checking us out.

With so many trainings on offer, it can feel overwhelming to work out which one is right for you - it has to work practically and financially, and contain the content you're after.

Here, you'll find all those practicalities (dates, fees, locations, syllabus), but you'll also learn about us - what we stand for, what we prioritise, and the values we hold dear. Because that, for us, is the most important thing: that you find a community that feels like you.

- Hannah Whittingham (founder, teacher)

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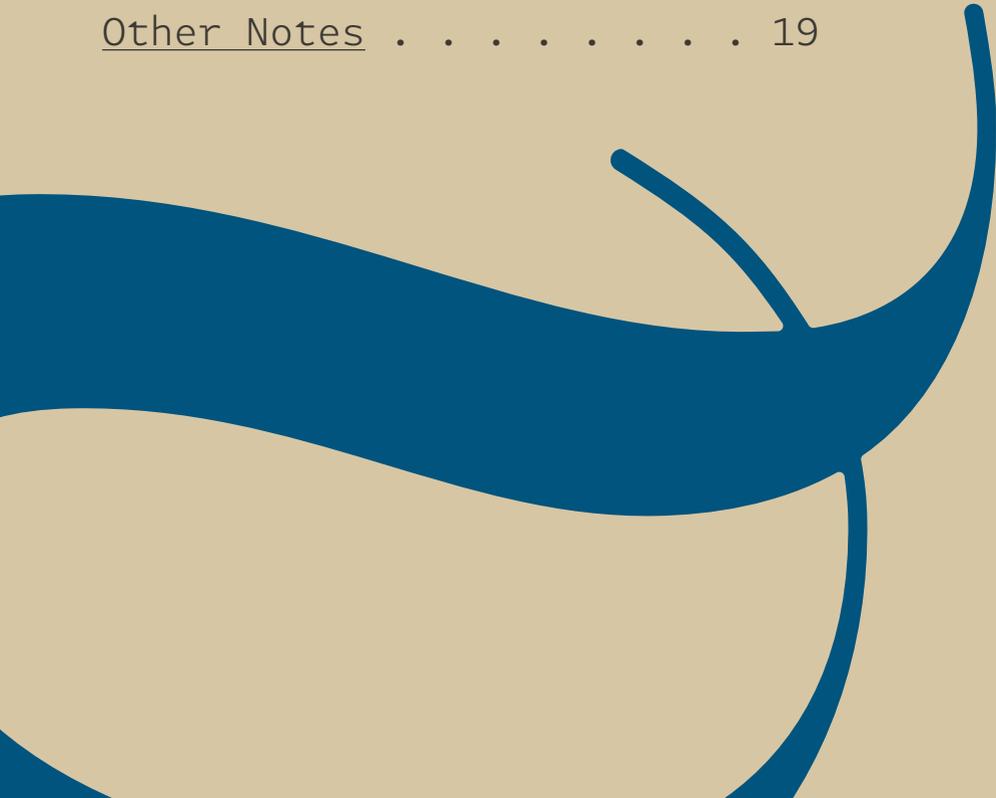
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**So, who are we?** We are a proudly independent yoga school that has been offering 200-hour foundation vinyasa trainings, along with advanced, CPD trainings for 7 years.

At the heart of all our courses is accessibility. We offer multiple bursaries and scholarships, strive to keep fees as low as possible, and organise bespoke payment plans when needed. We have also curated an inspiring group of teachers to lead modules on inclusivity, a topic that's woven into every course.

We also keep class sizes small because we want to create a community that feels safe, and to ensure everyone gets adequate time and attention.

What makes our course different, is our focus on the power of music - specifically, what happens to your brain and body when you move and breathe in time to a steady beat - to aid flow state, meditation & nervous system regulation.

We also aim always to be non-dogmatic, respecting tradition whilst blending it with up to date research in anatomy, psychology and neuroscience.



## Part 1: Spain Immersion (7 days)

The course begins with a week in Suryalila, a permaculture farm and retreat centre an hour outside Seville, Spain.

A chance to fully immerse yourself in the practice and philosophy, and the sun!

- › **Location:** Suryalila, Spain
- › **Schedule:** Saturday 4<sup>th</sup> April - Saturday 11<sup>th</sup> 2026  
(teaching runs Sunday - Friday)



## Part 2: London Sessions (7 weekends)

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The rest of the course spans 7 x weekends, one a month, in a warm and bright studio in the Bussey Building in the vibrant neighbourhood of Peckham, London.

- › **Location:** Sunset Studios, Peckham
- › **Schedule:** Friday 7:45pm-9pm (online), Saturdays & Sundays 10:30am - 6:30pm
- › April 4<sup>th</sup> – 11<sup>th</sup> (immersion)
- › May 23<sup>rd</sup> / 24<sup>th</sup> (no Friday)
- › June 26<sup>th</sup> - 28<sup>th</sup>
- › July 24<sup>th</sup> - 26<sup>th</sup>
- › August 21<sup>st</sup> - 23<sup>rd</sup>
- › September 25<sup>th</sup> - 27<sup>th</sup>
- › October TBC
- › November TBC



## Teaching Methodology

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- › Teaching principles
- › Sequencing
- › The value & psychology of teaching to a beat (4beat)
- › Accessible teaching and cueing
- › Adapting for all levels
- › Adjustments
- › Neuro-inclusive teaching
- › Business of yoga – insurance / studios / social media / retreats / workshops

## Anatomy

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- › Theory & Applied (range of motion vs flexibility, bone structure, asana variations, assists)
- › Teaching for different bodies and bone structures
- › Voice & Vocal Health

## Ethics

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- › Creating an ethical framework for modern yoga teaching
- › Consent culture
- › Inclusive teaching & anti-oppressive practice
- › Trauma-informed yoga

## **Meditation**

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- › Techniques (Vipassana / Metta / Mindfulness)
- › The neuroscience of meditation
- › Sensible applications of meditation / contraindications

## **Pranayama**

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- › Ujjai / Nadi Shodhana / Larry's Pranayama / PNS breathing / 1:2 breathing
- › The science of breathwork
- › Sensible applications of pranayama / contraindications

## **Asana**

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- › Principles of Vinyasa
- › Demystifying “alignment”
- › Tristana: Breath, Bandhas, Drishti
- › Accessible Yoga (physically and neuro-inclusively)

## **Embodiment & Yoga**

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- › Nervous System regulation
- › Effects of different practices on the autonomic nervous system
- › Trauma informed yoga
- › The neuroscience of trauma

## Philosophy & History

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- › The origins and evolution of yoga
- › Patanjali's Sutras vs Tantric texts
- › The epics and mythology
- › "Updating" yoga : tradition vs evolution of knowledge
- › History of Sanskrit & Sanskrit pronunciation

## Continued Development

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- › Developing a self-practice
- › Opportunities to assist public classes
- › Relationships with local studios





## Questioning

prod and poke at ideas.  
to remain curious and deliver  
non-dogmatic training.

## Kindness

no judgy judgy.  
to create spaces where  
everyone feels seen,  
understood, and safe.

## Integrity

the big one.  
to uphold our values  
above all else. no  
compromise.



## Knowledge

nerds are cool.  
to engage in open-  
minded, science-backed  
teaching and learning, &  
ongoing self-inquiry.

## Inclusivity

variety is the spice of life.  
to embrace diversity - physically,  
culturally and neurologically -  
to build communities that are  
accessible to all.

Lead Teacher

**Hannah Whittingham**Yogi, Musician  
& Psychotherapist

Hannah is a Cambridge History graduate, musician, dancer, and integrative psychotherapist with 12 years' experience teaching yoga, qigong and meditation, with a particular interest in music's impact on the brain, and how embodied practices can ease anxiety, trauma and mental health.

After a post-grad at the Royal Academy of Music, Hannah worked in theatre and the pop world alongside being a producer for the BBC, before training in Ashtanga Vinyasa, the Rocket, Qigong, Yin, Embodied Yoga Principles, and the neuroscience of mental health. When she is not teaching, she works as a writer, and is mid-MSc in integrative psychotherapy at Metanoia Institute, currently working clinically at Trinity Laban Conservatoire for music and dance.

Nervous System



**Cecilia Ballan**

Yoga Teacher & Nervous System Practitioner

Anatomy



**Elodie Frati**

Osteopath, Lecturer, Yoga Teacher

Voice & Nervous System



**Dan Breakwell**

Yoga, Qigong & Mindfulness Teacher, Performer

Accessibility



**Fiona Callanan**

Lawyer, Disability Advocate, Bionic Yoga Teacher

Sanskrit



**Shamita Ray**

Yoga, Sanskrit, & Philosophy Teacher

Neuro-Inclusivity



**Rosie Turner**

ADHD Coach, Podcaster, Yoga Teacher

# 200-hour Vinyasa Yoga Teacher Training

**£2,500** early bird fee

(£2,900 standard fee)

+ flights to Seville (from £90)

+ rooms for immersion (from €750)

**Flexible payment plans are available  
over 6 months and 12 months.**

Early bird rate ends on **December 31st**. Half of the tuition is due on booking as a deposit, the other half is due 6 weeks before the course start. Deposits are non-refundable, but if cancelled in advance of a month before the start, it can be transferred to another training. Room fee is payable into our Euro account once you have decided on your room option.

Additional accommodation and flight detail available in your course handbook, provided upon paid deposit.

## Course Highlights

- › 7-day Spain immersion, with 3 x large buffet meals/day, all vegetarian (vegan on request), entirely grown on the permaculture farm!
- › 7 weekends in London, across 7 months
- › Features specialist guest teachers
- › Custom curriculum that blends traditional & science-backed learning
- › Graduation certificate from a highly regarded yoga school
- › Post-graduate opportunities to assist our lead teachers in busy classes across London
- › Flexible payment plans available



We offer up one scholarship place, where we cover your fees entirely. You pay for your room in Spain and flights. **We cover the rest.** We ask for a £50 deposit to keep your place. We also have 4 bursary spots (50% off your fee) for:

- › Financial hardship
- › Underrepresented groups
- › Those living with a disability
- › LGBTQIA+

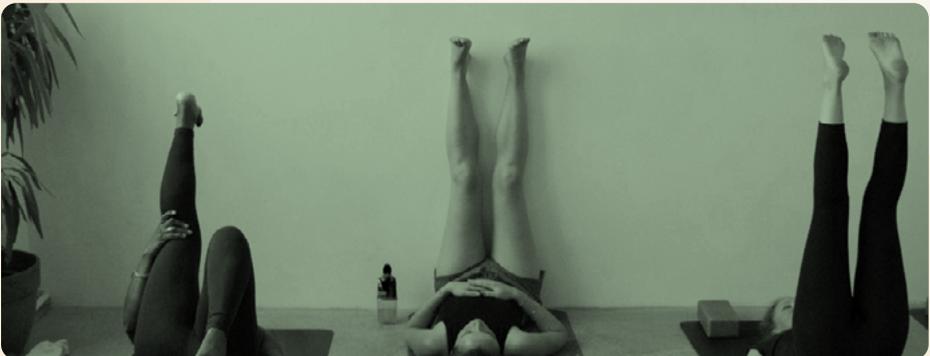
## Application Detail

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We don't means-test. We ask for a paragraph explaining why you want to do the training and what you plan to do with the learning afterwards.

Scholarship / bursary applications must be received by **30th December, 2025**. Decisions will be made at the start of January.

For details, email [info@goodlifeyogaschool.com](mailto:info@goodlifeyogaschool.com)



# refer a friend!

get £100

Do you know somebody that might be interested in the Good Life Yoga School teacher training?

We are always looking for fresh faces, and we're aware many underrepresented groups in yoga don't get to hear about us.

If you refer someone to us, and they join the current year of our 200-hour training, we'll spot you £100! The amount can be reduced from your course fee, or paid directly to you.

Email us: [info@goodlifeyogaschool.com](mailto:info@goodlifeyogaschool.com)



## Non-Contact Hours

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This course will also require 50 non-contact hours, which include attending classes of your choice between weekend sessions in London, required reading and homework assignments.

## The Yoga Alliance

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Please note, we are no longer a member of the Yoga Alliance.

The original intention of the Yoga Alliance was a good one: to ensure safety, quality and standards in the industry. But regulating yoga is an impossible job. The varieties of yoga are too many and the sheer numbers of schools too vast for any single body, no matter how well intentioned, to be able to check and uphold standards across them all. This is signified by the fact there is currently still no agreed regulatory code for yoga.

As a recognised school, we aim to go beyond the constraints of the YA syllabus, and to include more anatomy, more science and more somatic and nervous system work than we could fit under the previous set limits.

We hope you understand the reasons for our decision and assure you that there are no implications for insurance after graduation (insurers do not require a YA stamp) or to teaching in studios.

Please drop us a message if you would like to chat about this or ask any questions, we are always here to discuss it.



**good life**  
**yoga school**

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