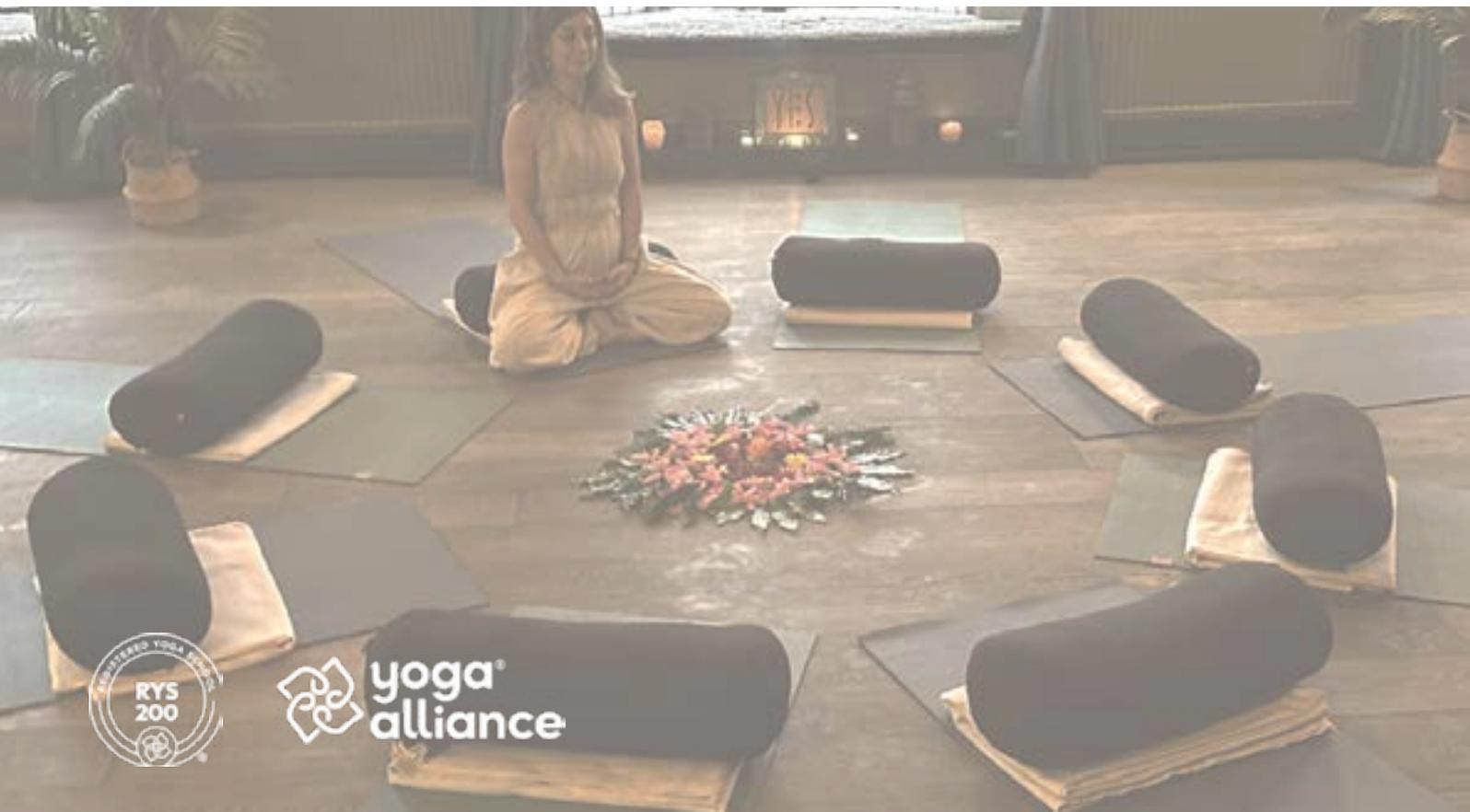




NATURE'S RHYTHM

YOGA
TEACHER
TRAINING



200hr YTT

**N A T U R E ' S
R H Y T H M**

**A 200 HOUR
IMMERSIVE TEACHER
TRAINING**

W E L C O M E

As you step into your yoga teacher training, what is it that you need to know, and how do you want to feel about it?

For most people, embarking on this leg of their journey, feels deeply emotive and an important life choice.

This is not so much just a brochure, but more of a series of reflective prompts, so that you can feel how Nature's Rhythm aligns with what you hope for from your yoga teacher training.

The invitation here, is to grab a journal or something and write down questions and reflections as they arise, so that you can bring them with you to explore together at our open day, or whenever we may meet.

I hope that this is the beginning of a very special journey for you.



A. Lopez



NATURE'S RHYTHM 200hr

T H E I M M E R S I O N

So, the warmest welcome to you, as you step onto your path of teaching yoga with soul, rhythm and depth.

This training moves at a slow, intentional pace, a soulful immersion that honours the cycles of nature, the wisdom of your body and the ancient roots of yoga.

You'll be invited to drop into your own practice again and again, because your personal immersion is the key to true embodiment and to stepping into your dream of becoming a yoga teacher with depth, clarity and **heart**.

This is Nature's Rhythm.



Prompt:

How can you immerse yourself so deeply into your own yoga exploration, that your practice flows out of you when its time to share it?

NATURE'S RHYTHM 200hr

H E L D

*Nature's Rhythm Yoga Teacher Training
is held at Yoga in the Stars.*



One of London's very few
not-for-profit yoga communities.

NATURE'S RHYTHM 200hr

NATURE'S RHYTHM

Nature's Rhythm Yoga Teacher Training is a 200 hour immersion.

You'll learn to adapt poses for real human bodies, and you'll meet Spanda, the subtle pulse of aliveness, the quiet shimmer between stillness and movement that makes practice feel awake from the inside.

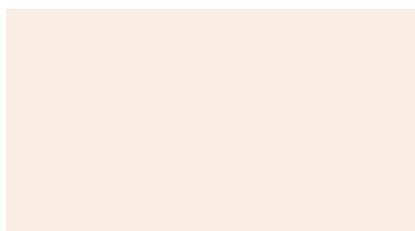
As you learn to sense and teach from this inner ripple, your guidance in breathwork and meditation becomes clearer, steadier, more intentional.

With these threads woven together_

Your teaching grows safe, soulful, and deeply resonant, supporting students to move with clarity, breathe with purpose, and sink into the deeper currents of their own being.

Prompt:

How does your personal practice help you connect with your own nature?



NATURE'S RHYTHM 200hr

P R A C T I C E

This training invites you to embody yoga from the inside out.

Through weekly practices in Asana, Pranayama, Meditation, and Mantra, anchoring the teachings so they live in your body, not just your mind. As you move into the heart of the practice, you'll deepen your connection, becoming aware of the transformation firsthand, so that you naturally grow into the teacher who guides with ease, joy, and authenticity.

In refining your own practice, you gain the tools to share yoga in a way that's genuinely transformative.



T H E T E C H N I Q U E S

Study the techniques of asana, pranayama, and meditation in a way that gives you grounded, embodied mastery, alignment you can trust, energy you can feel, and a rhythm that flows with the seven principles of movement and the four lunar-inspired sequences of Nature's Rhythm.

TEACHING METHOD- OLOGY

As you step into your role as a yoga teacher with the skills and confidence to guide truly transformative classes, you'll learn to cue with clarity, sequence with purpose, theme with heart and hold space that feels safe, inclusive and alive.

Grounded in the elemental flow and lunar wisdom at the heart of Nature Rhythm Yoga, you'll craft classes that are physically intelligent, energetically balanced and rooted in your own authentic voice.

*Your training forms
the bridge between the
yogi you already are,
and the yoga teacher
you are going to
become.*

As you grow into your unique style and self-leadership, you'll be able to teach in a way that inspires, uplifts and genuinely supports your students on every level.



Prompt: **Which teachers have left the greatest impression on your life?**

Reflect: **What 3 qualities or memories stand out to you?**

Consider: **It may not be a yoga teacher per say, it may not even be a person, it could be a mountain you once climbed, or a tree you loved to sit beneath - or an unexpected moment with a stranger.**

A N A T O M Y

Learn the anatomy, physiology and biomechanics of the body through clear, engaging teaching that breaks complex ideas into easy, embodied understanding. You'll explore bones, joints, muscles, breath mechanics and the nervous system in direct relation to asana and pranayama, giving you grounded insight into how the body moves and responds.

This knowledge empowers you to cue with precision, teach safer and more impactful classes, support nervous system regulation and guide both movement and breath with confidence, so your asana teaching becomes accessible, sustainable and genuinely transformative.

Anatomy Fundamentals & Physiology
(ONLINE STUDY / NON CONTACT - 40 hrs)



NATURE'S RHYTHM 200hr

S U B T L E B O D Y A N A T O M Y

Explore the subtle body in a way that turns your teaching into energetic medicine.

Blending movement, breath, sound and the rhythms of nature into something deeply transformative. You'll work with the Koshas, the Nadis, the Prana Vayus, and the chakras, learning how prana flows, gathers and harmonises and how to guide that flow through asana, pranayama and meditation.

With the elements and Nature Rhythm Yoga as your compass, you'll learn to craft classes that nurture not just the physical form but the energetic and spiritual layers too. Inviting your students into a practice that feels alive, connected and quietly life-changing.



Noticing the subtle...

Prompt and reflection: Refining your relationship with yourself in this way...

exploring the unseen subtleties within yourself may be another form of self-acknowledgement, self-care and self-empowerment
what might it do for your own development?

And how might this help you guide others?

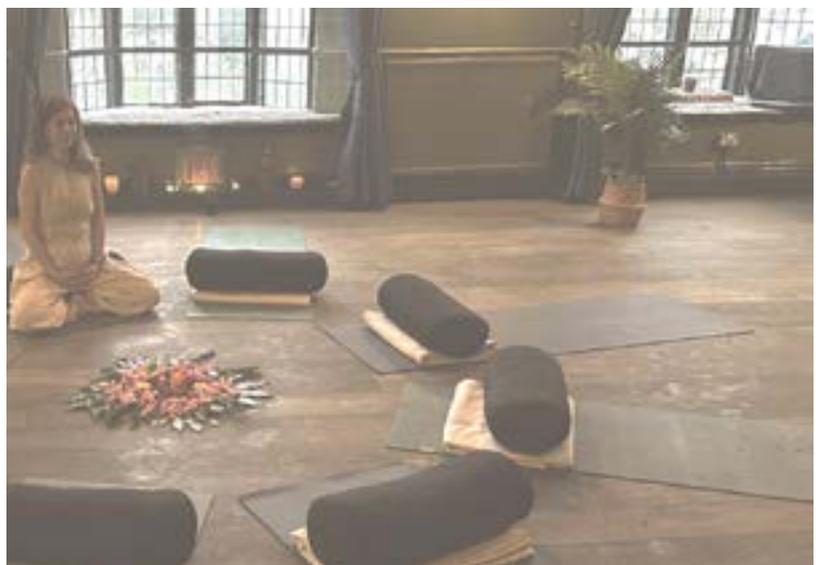
PHILOSOPHY

NATURE'S RHYTHM 200hr

There is something about studying these timeless wisdoms, not to become a product of dogma, but to enrich and broaden the mind, until it can hold the possibility of creation itself.

Dive into modern wisdom and timeless yogic philosophy through an exploration of yoga's roots, from the Vedas to Tantra to its modern expression, woven with embodied practices, rich discussions and guided self-inquiry. You'll meet Samkhya and Tantra teachings, explore the Yoga Sutras and the Bhagavad Gita in a grounded, life-changing way and deepen your understanding with curated readings and listenings.

This journey nourishes you as a seeker and empowers you as a teacher, helping you weave philosophy with your own lived wisdom so your classes feel true, heart-touching and rooted in respect for the tradition while speaking clearly to the world we live in now.



Prompt:

For you, what is the purpose of exploring philosophy?

Question:

Is your mind free to expand to its natural horizon?

Q U E S T I O N I N G

H O W I T H A P P E N S

Nature's Rhythm Yoga Teacher Training is a 200 hour immersion. Your teacher training days are Mondays, weekly. The days will generally be in two parts.

The mornings, practical + **embodiment***.

And after lunch is **satsang***. Where we invite discussion and reflective process, as you explore yogic philosophy with your community, your fellow students.



**embodiment of your yoga could mean noticing how the qualities of your practice show up in every day life. As you practice your balances, do you begin to feel more balanced in other areas of your life? Or as you become more flexible, or let go of long held tensions within the body, how does that show up in other aspects of life. You could say that the qualities of what you practice on the mat are a reflection of many deeply positive philosophies, and therefore, your practice becomes an embodiment of those philosophies.*

**satsang is Sanskrit and refers to a gathering of like-minded seekers, exploring spiritual teachings + spiritual growth. In pre-modern yoga, before certificates and courses, this is how yoga would have been transmitted.*

NATURE'S RHYTHM 200hr

A N E X A M P L E

Example of your day: Monday 830am-530pm

08:30 - 11:30

MORNING EMBODIED PRACTICE

Asana practice, pranayama, meditation,
embodied anatomy

11:30 - 12:00

Tea / Break-out

12:00 - 13:00

Optional yoga class

13:00 - 13:30

Lunch

13:30 - 17:30

AFTERNOON SATSANG

Philosophy, teaching methodology,
theming + practicum



Reflect: **How to feel yourself
expand towards your
edge.**

**Without losing your
centre.**

Last Prompt:

The balance.

**Between being held
& doing the holding.**



NATURE'S RHYTHM 200hr

YOUR TEACHERS

Andrea Teja

Course leader.

SUPPORTED BY THE COLLECTIVE

Your training is also enriched by a collective of teachers and friends at Yoga in the Stars and the wider collective, with Community Yoga Project, with a diverse background in movement, mind and self-exploration.

Within the collective, classical yoga, traditional pranayama, classical tantra, Holotropic Breathwork and Nidra specialists, creative movement, somatic experiencing, sound journeying and nad yog - the yoga of sound itself, massage, healing touch and creative ritual space holders.

You will also be guided by studio owners and community founders in how to approach your business as an extension of your yoga practice to keep the spirit alive within your professional practice in practical terms when you go out into the world as a yoga teacher .



NATURE'S RHYTHM 200hr

P E R S O N A L M I S S I O N



“I guide people back to their inner wisdom, the quiet compass of clarity, intuition, creativity and personal power.

In a world that can feel chaotic or hostile, the way forward is inward. By cultivating deep self-trust and reconnecting to our inner guidance, we rise together in conscious unity to restore balance within ourselves and in the world around us.

Inward for wisdom. Together for balance.”



THE DETAIL

Assessment & Certification

Graduates must attend at least 90% of the training, pass a final teaching assessment, submit reflective journals and complete anatomy and philosophy assessments.

Successful students will be certified to register with Yoga Alliance as RYT-200.

Graduates Will Be Able To

Teach safe, inspiring yoga classes for all levels.

Integrate lunar and elemental awareness into classes.

Apply yoga philosophy in personal and teaching practice.

Create sustainable, heart-led yoga businesses.

Course fees

£3,500

Payment plans available.

Whats included:

- *Course Manual*
- Anatomy & Physiology
- 18 week / 160 contact hours
- Participation in after course mentorship and community
- 6 month unlimited membership at Yoga in the Stars



NATURE'S RHYTHM 200hr

OPEN DAY

Your Invitation

For those sincere in exploring their yoga teacher training with us, you are invited to join for an open day.

Meet in person, you can meet fellow prospective students, ask questions and develop a better understanding of the level of course expectation and work.

Hope to see you here.

RSVP HERE

Andrea Teja

info@naturesrhythmyoga.com

