

Laura Green Training & Mentoring Ltd

200hr Teacher Training Course

Frequently Asked Questions

How often does the course run?

The course runs annually. The upcoming course is March 2027 – December 2027.

How many participants on the course?

The course has between 10-17 participants.

What experience do I need to apply?

Applicants should have a minimum of 2 years consistent yoga practice; this will be verified with a reference from your teacher. You will need to complete an application form and a telephone interview might also be needed.

What style of yoga is taught?

The approach is non-dogmatic and inclusive. You are encouraged to explore a wide range of styles. You can expect to feel confident in teaching Vinyasa Yoga and Hatha Yoga with a supplementary knowledge of Yin Yoga and Restorative Yoga.

Do I need to live in Southampton?

No, Southampton is easily accessible through roads and public transport and there are plenty of reasonably priced accommodation options nearby.

Is it possible to work full time alongside the training?

Yes, this course takes place over weekends so will work around more jobs.

How much homework is there?

- 30 hours of structured homework assignments, to be completed in the first 10 months, 2.5 hours/month.
- Recommended reading, allow a couple of hours/week for reading.
- 2 Hours observing a yoga class with Laura or any other teacher in your local area – to be completed in the first month
- 2 Hours assisting a yoga class with Laura or any other teacher in your local area – to be completed during months 2-8.

How much yoga practice will I be expected to do?

You are expected to attend at least 1 Yoga Class/Week, ideally more with a variety of teachers. You will need to keep a log of classes you attend and ask the teacher to sign and date to confirm your attendance. In addition, it is strongly recommended that you begin self-practice at home. This will enable you to explore sequencing, and integrate what you learn on the course.

What happens if I miss a module?

In the event that you miss a session of training, the manner in which you can catch up on the content will depend on the type of session you missed. It is likely that you will need to attend a Catch Up session with Laura, the dates are arranged as required and cost £150 / half day session (split between all students attending the Catch up session). It is expected that you will do everything possible to attend ALL sessions. Remember 100% of the hours must be completed.

How will I be assessed?

You will be constantly assessed throughout the course, through small group teaching sessions, general engagement and attitude, homework assignments and a final 1 Hour Practical. You will receive continual feedback so that any concerns can be addressed immediately so that you can successfully graduate with a Certificate of Excellence.

Is there an age limit?

Applicants must be over 18 and have a minimum of 2 years yoga experience. There is no age limit, there are many amazing yoga teachers aged well into their 90s.

Is the Course Fee Refundable?

A £750 non refundable deposit is required at the time of booking. You may cancel your place up to 8 weeks prior to the course beginning and will not be expected to make any further payments, but will lose your deposit. After this point all course fees are non refundable/non transferrable + includes all tuition, mentoring, course manuals + handouts.

Are there any extra costs?

Yes, these include:

- Required texts from the reading list, many of these can be purchased 2nd hand on Amazon.

What happens if I need to leave or can't complete the training?

Due to the very limited group size and financial commitments involved in hosting a training, the course fees are non refundable if you leave the training. If you have signed up to pay by instalments you will be contractually obliged to complete the payments even if you drop out of the course.

What happens if I become pregnant?

In the event that you become pregnant, Laura will be as flexible as possible and support you to work out the best way to complete the course.

What happens if I get injured?

In difficult circumstances e.g. injury, Laura will be as flexible as possible and support you to work out the best way forward to complete the course. Subject to prior consultation with a fully qualified medical practitioner, if you suffer an injury you may come to sessions and adjust the poses to suit your condition or observe as is appropriate.

What qualifications do I get at the end of the training?

On graduation you will receive the following certification:

- Certificate of Excellence from Laura Green Training & Mentoring Ltd
- Yoga Alliance Professionals RYS 200 – The Industry Standard for Yoga Teachers
- You will be fully qualified to teach as a registered and insured professional

What about REPS / OfQual / British Wheel of Yoga?

There are a variety of organisations that regulate qualifications. This Course is regulated by Yoga Alliance Professionals, the Industry Standard for Yoga Teachers, with the most stringent and rigorous quality control checks so that you can feel confident in the standard of this course and its teacher. We do not feel that affiliation with any other bodies is required or necessary.

Where can I work after I've graduated?

You can set up your own classes or teach for organisations/companies such as Gyms, Health Centres, and Colleges. You can set up corporate classes or work in your community. You will have the relevant experience, qualifications and insurance to develop your teaching career in the way that works for you.

I've got more questions, who can I ask?

Contact Laura directly: laura@lauragreenyoga.co.uk or call 07866 459208.