



# 200hr YOGA TEACHER TRAINING 2025 - 2026



## DIPLOMA COURSE

Onsite and online learning



**BAREFOOT**  
**YOGA STUDIO**  
CENTRE FOR HEALTH & WELLBEING

# 200hr Yoga Teacher Training Course

Learn to teach yoga with Irelands premium Yoga Teacher Training Studio. With an emphasis on detailed anatomy and physiology, this practical course also includes a Business module to set you up on your new journey.

This course is accredited by Yoga Alliance International and draws on the knowledge of leading Irish teachers, from a variety of yoga traditions.

Applications are being taken for our upcoming courses starting in September.

Please email us for more information at [\*\*info@barefootyogastudio.ie\*\*](mailto:info@barefootyogastudio.ie)

This course is suitable for all ages and levels of fitness. Learn from some of Ireland's leading Yoga Tutors.

Recognised Qualification – 200 hour Diploma in Yoga Teaching (YAI – 200)

## **Tutors on this course:**

**Paula Flood**

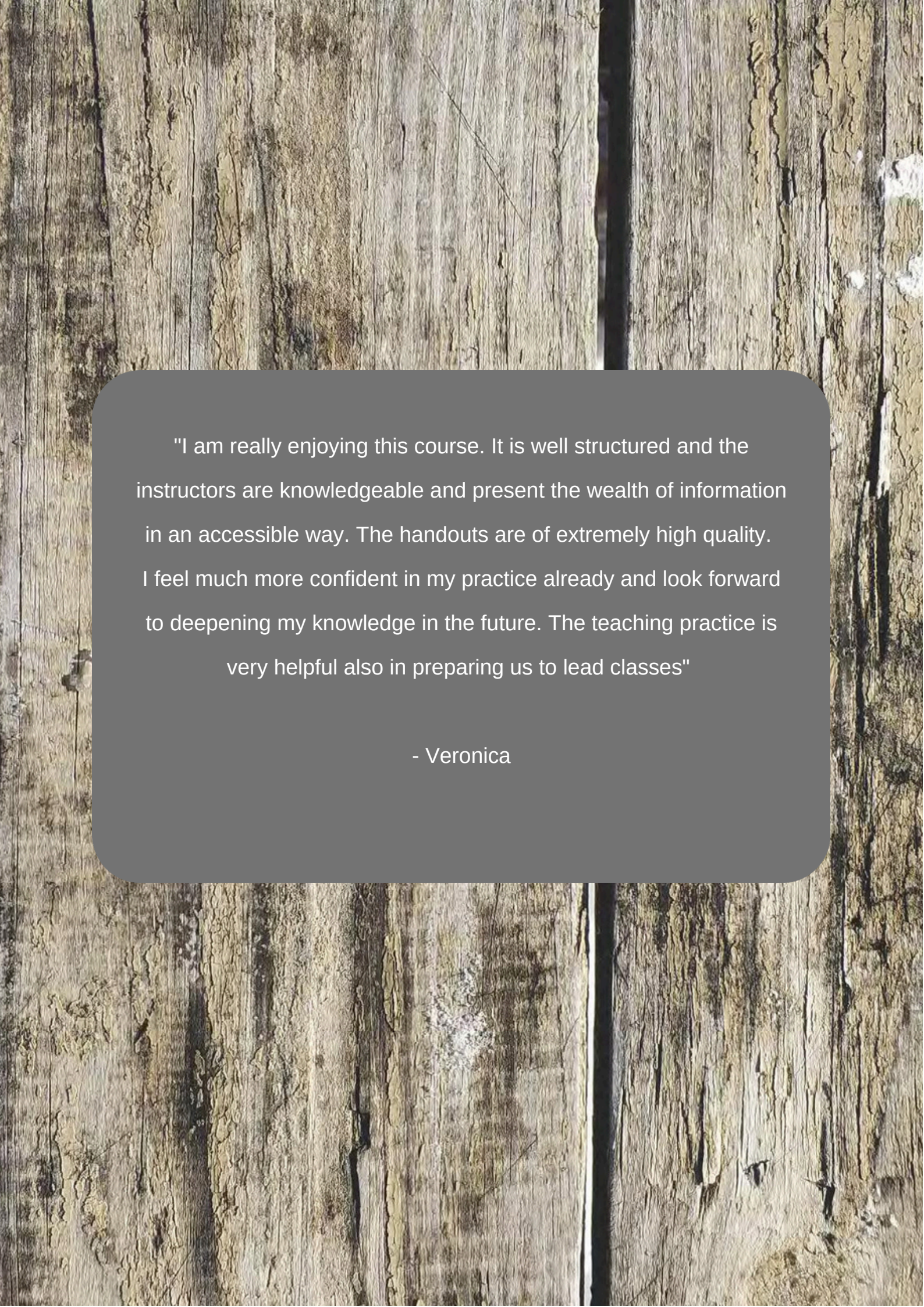
**Clare Bassett**

**Michael McCann**

**Grace Sheridan**







"I am really enjoying this course. It is well structured and the instructors are knowledgeable and present the wealth of information in an accessible way. The handouts are of extremely high quality. I feel much more confident in my practice already and look forward to deepening my knowledge in the future. The teaching practice is very helpful also in preparing us to lead classes"

- Veronica



# Course Dates:

## 2025

### March

22nd: Grace

### April

12th: Michael (Online)

13th: Grace

### May

31st: Michael (Online)

### June

1st: Grace

14th: Michael (Online)

15th: Grace

### July

12th: Michael (Online)

13th: Clare

### Aug

16th: Paula

17th: Clare

### Sep

13th: Paula

14th: Grace

### Oct

11th: Michael (Online)

12th: Clare

### Nov

15th: Paula

16th: Clare

### Dec

13th: Michael (Online)

14th: Clare

## 2026

### Jan

10th: Paula

11th: Grace

### Feb

7th: Paula

8th: Clare

### March

7th: Paula

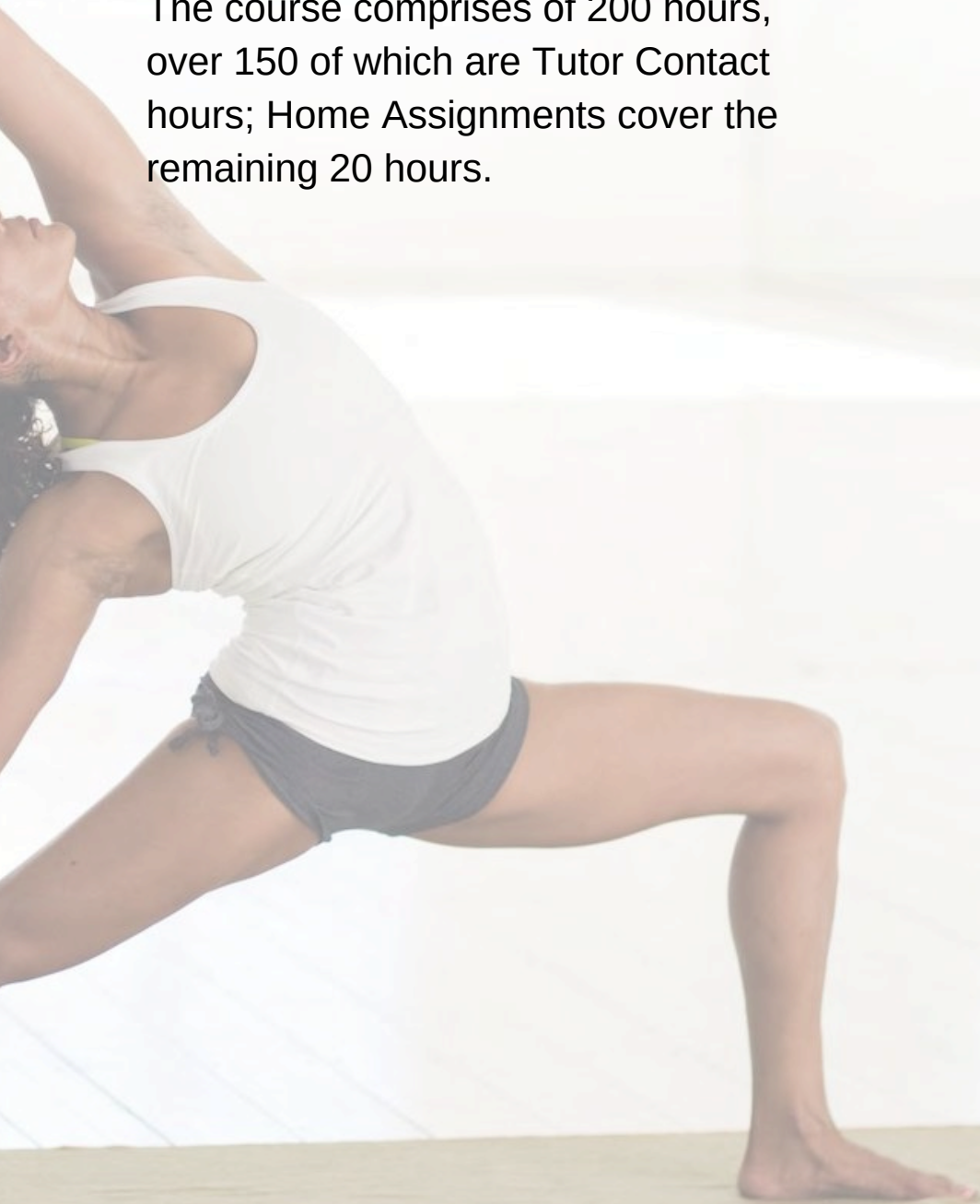




## **Accreditation & Hours - (Hatha Yoga )**

The course follows the Yoga Alliance International syllabus and specifications utilising the most contemporary methods and practice, while keeping close to the classical structures set down in the Yoga Sutras of Patanjali.

The course comprises of 200 hours, over 150 of which are Tutor Contact hours; Home Assignments cover the remaining 20 hours.

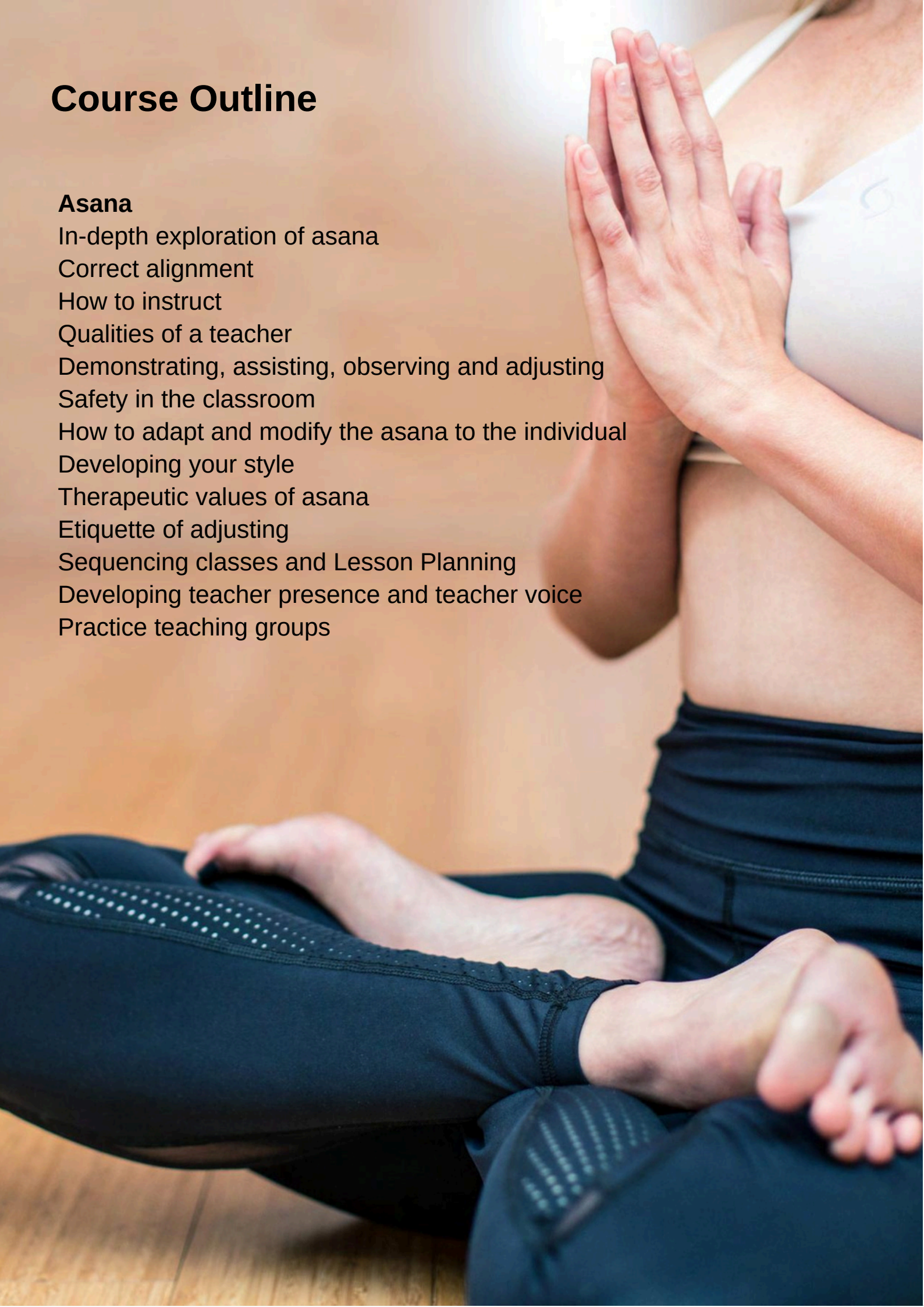




# Course Outline

## Asana

In-depth exploration of asana  
Correct alignment  
How to instruct  
Qualities of a teacher  
Demonstrating, assisting, observing and adjusting  
Safety in the classroom  
How to adapt and modify the asana to the individual  
Developing your style  
Therapeutic values of asana  
Etiquette of adjusting  
Sequencing classes and Lesson Planning  
Developing teacher presence and teacher voice  
Practice teaching groups





# Course Outline

## **Anatomy & Physiology**

Introduction to Anatomy for Yoga

The Respiratory System: Organs and Functions

The Mechanics of Breathing

Muscles of Respiration and the Physiology of Respiration

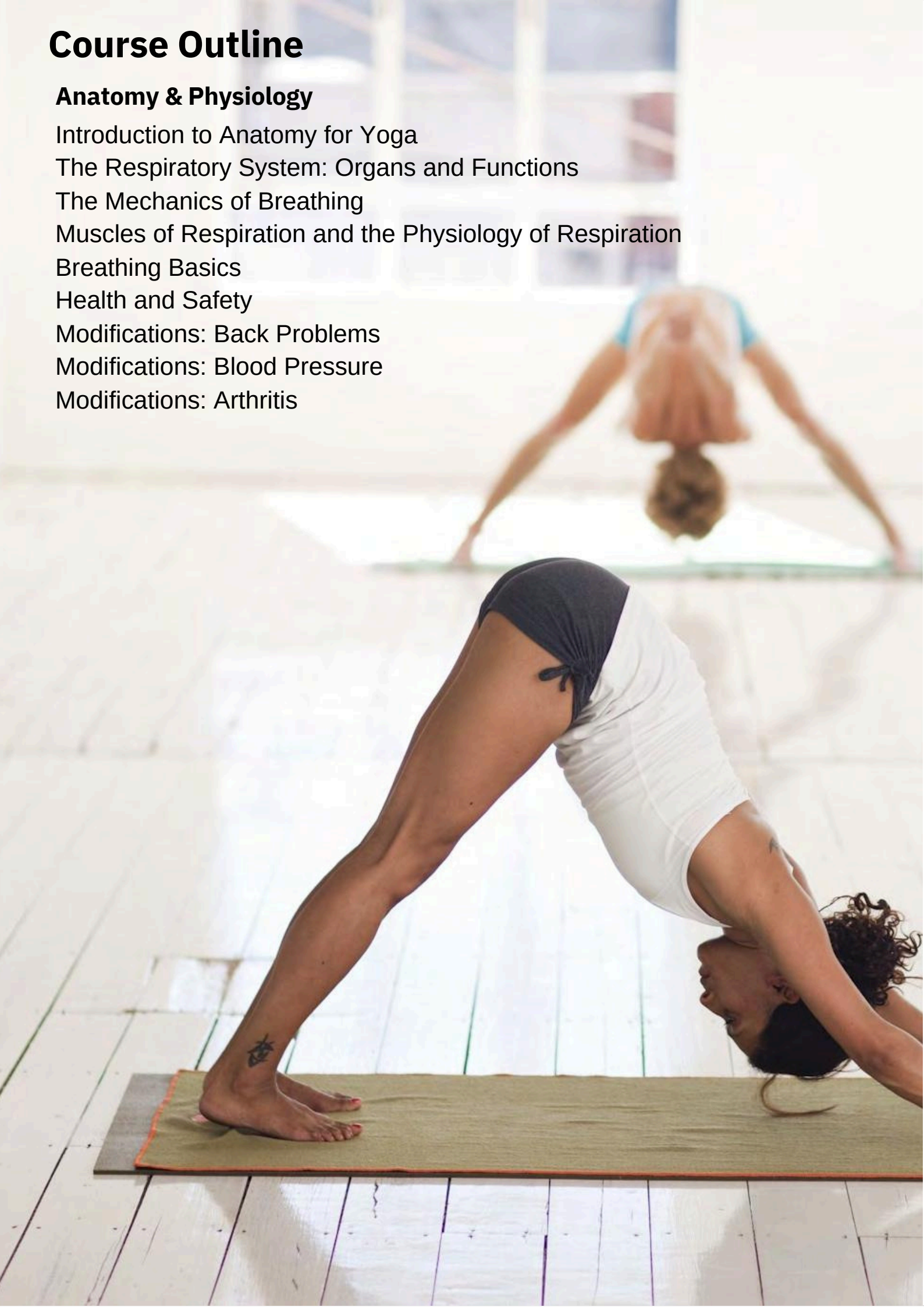
Breathing Basics

Health and Safety

Modifications: Back Problems

Modifications: Blood Pressure

Modifications: Arthritis





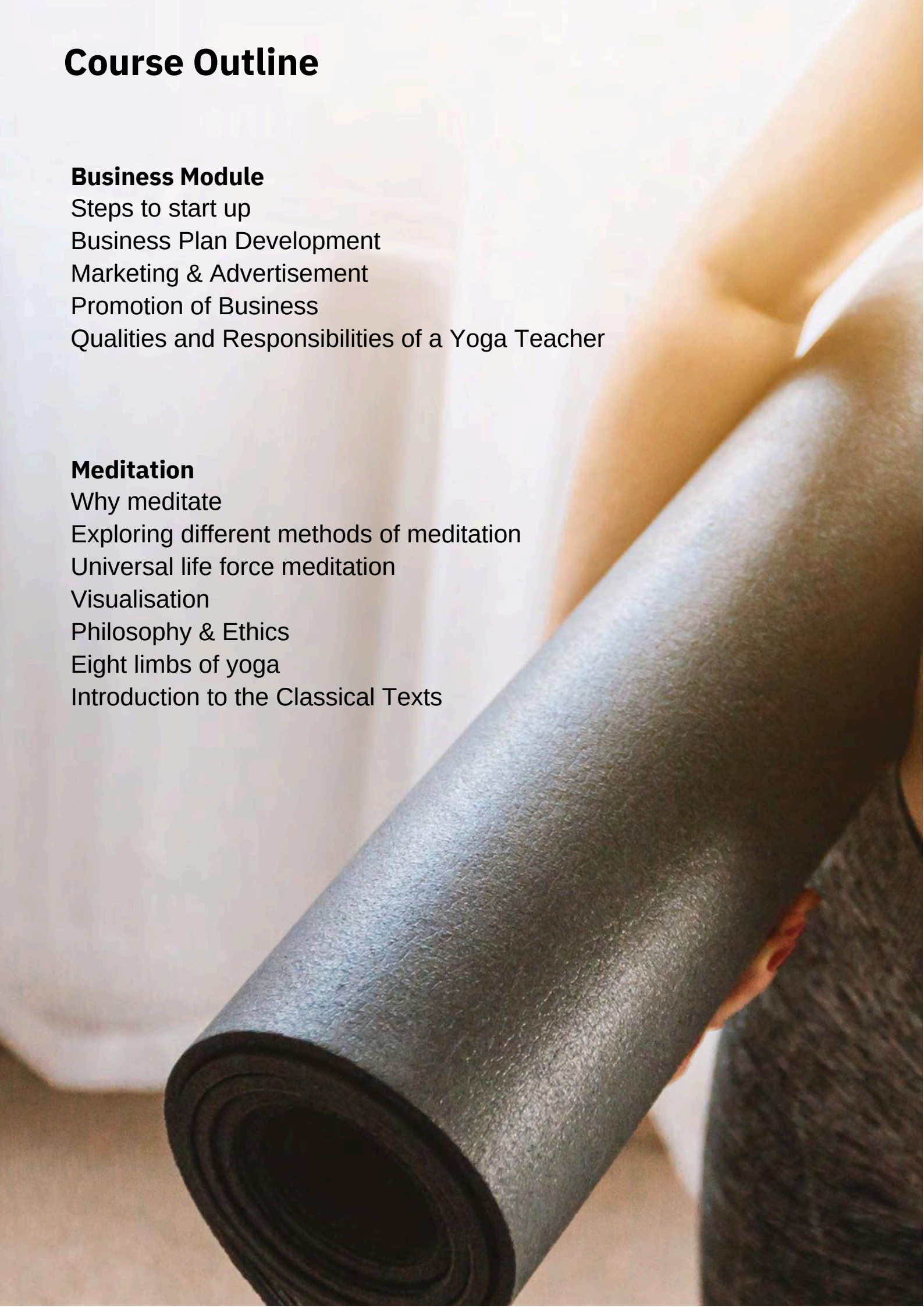
# Course Outline

## **Business Module**

Steps to start up  
Business Plan Development  
Marketing & Advertisement  
Promotion of Business  
Qualities and Responsibilities of a Yoga Teacher

## **Meditation**

Why meditate  
Exploring different methods of meditation  
Universal life force meditation  
Visualisation  
Philosophy & Ethics  
Eight limbs of yoga  
Introduction to the Classical Texts





# Course Outline

## **The Yoga Sutras**

4 Limbs of Yoga

Ethics of a teacher

The philosophy and aim of yoga

Applying yoga philosophy to your practice

## **Prana**

Yoga breath and pranayama

Breath techniques, effects and methods of teaching

Yoga Nidra

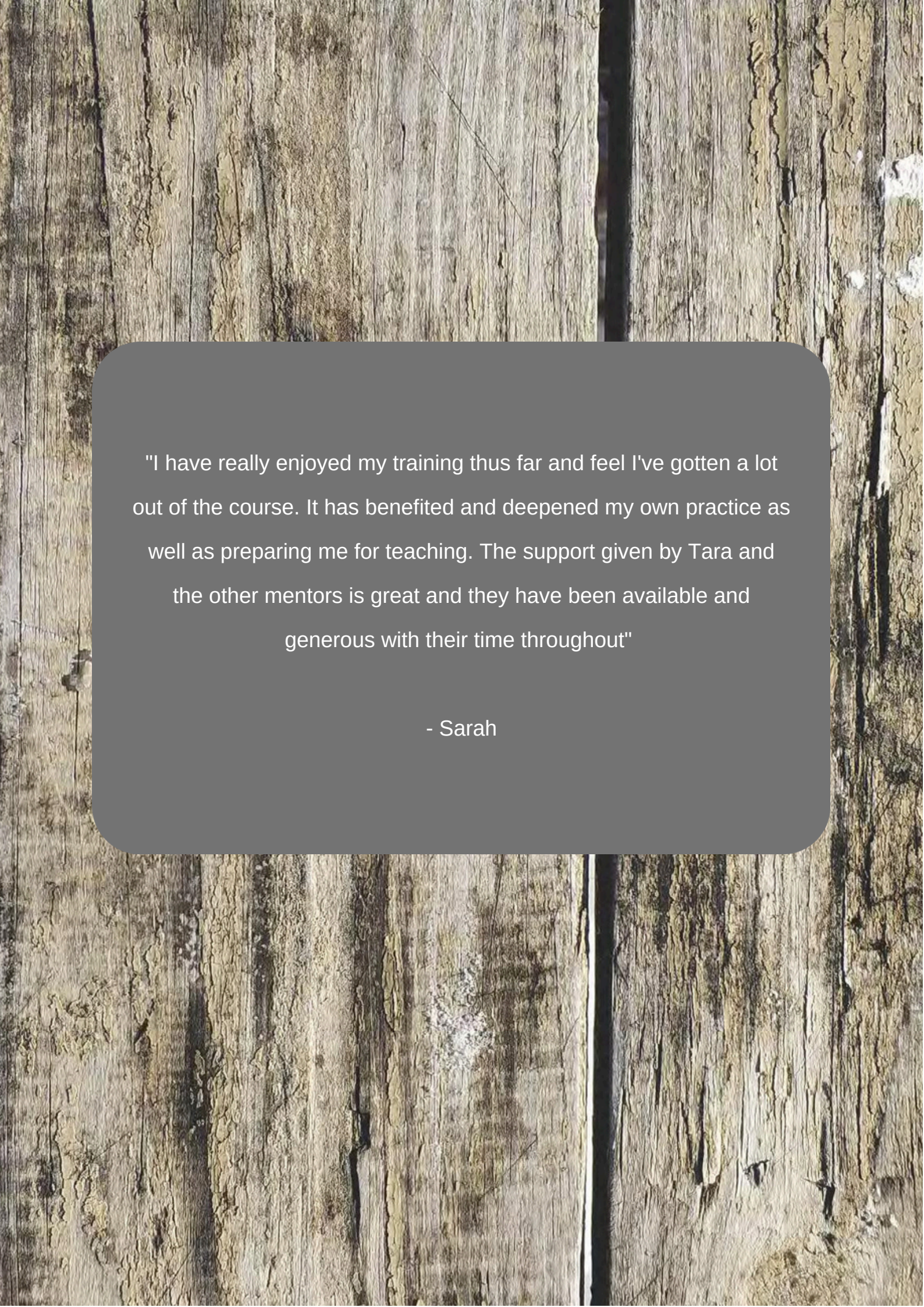
Relaxation Techniques

The Human System

Subtle Anatomy







"I have really enjoyed my training thus far and feel I've gotten a lot out of the course. It has benefited and deepened my own practice as well as preparing me for teaching. The support given by Tara and the other mentors is great and they have been available and generous with their time throughout"

- Sarah



# Exams and Assignments

Continuous home practice and regular attendance of a Yoga class is also expected.

You will receive a comprehensive manual and folder at the start of the course and comprehensive notes throughout.

Participants are expected, as part of their training, to set up and teach a small Yoga class – with the continued support of their Tutors.

Trainees will be required to participate in Teacher Training practice throughout the course and this will be assessed on a continuous basis.

All Systems of the Body will be explored and the topic of Anatomy and Physiology will be fully related to Yoga.

For this module (Anatomy), written assignments are to be completed throughout the course which form part of the final assessment of each student.





# Fees

This course costs €2,500 and is payable one month before the course starts.

The first 12 students enrolled will receive an early bird reduction of 250euro.

Alternatively payment plans and monthly plans are available to spread the cost of your training- please contact us to discuss how we can best work payment for you over a period of time.

Once approved, a non-refundable deposit is required to secure your place.



## Course Tutors - Onsite

### Clare Bassett



Clare is an experienced and passionate teacher and tutor with many years' experience training yoga teachers mainly on the YTTC (Yoga training and therapy centre) diploma courses. She began her own yoga journey in 2001 then trained as a yoga teacher under Roy Griffin and Marie Quail with the YTTC in 2006.

A great believer in learning as well as teaching she went on to complete the YTTC courses in meditation teaching, level two teaching yoga teaching and yoga tutoring.

She did her pregnancy yoga teacher training in 2012 with the YTI (Yoga therapy Ireland), yoga for kids with the Rainbow kids yoga team and fertility yoga with Tara Devitt at Barefoot yoga.

She marries a background in academic philosophy and formal teacher training with her own practices of yoga, reiki and meditation to give her an approach which is intuitive and strongly learner centred, encouraging students to continuously explore and develop in order to enjoy their practice and be the best version of themselves.





## Course Tutors - Onsite



### Paula Flood

Paula has been practising yoga since the mid-nineties and teaching full-time for over 20 years. She is a registered Senior Yoga Teacher with Yoga Alliance UK and has studied various yoga and meditation styles including hatha, restorative, viniyoga, prenatal, yoga therapy and mindfulness. More recently Paula has completed several courses exploring the neuroscience of slow movement and meditation.

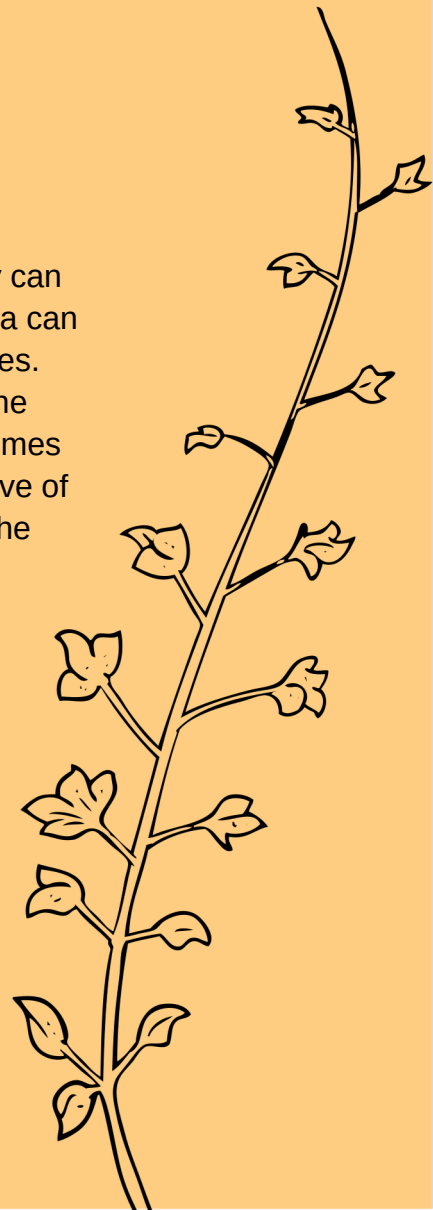
Paula has been involved in teacher training for over 20 years and brings a wealth of knowledge and experience to her teaching.

Paula's embodied anatomy sessions help students understand how the body can arrange itself best in the yoga poses. She writes: 'nowadays the study of yoga can combine the ancient teachings with the modern science behind these practices. Transforming and enriching, the teacher training course can help to embed the practice of yoga into your day-to-day life. It is a journey of self-discovery, at times intense but always rewarding. I am grateful to be part of this and share my love of yoga with students. Yoga is practical. It equips us with the skills to navigate the stormy waters of life.'

Through yoga we come to realize that inner peace is more valuable than the fulfilment of our worldly ambitions'.

Paula meditates regularly and also teaches meditation at the Dublin Sri Chinmoy Centre.

Paula is the founder of Om Yoga, a boutique studio in Dublin 7.



# Course Tutors - Onsite

## Grace Sheridan



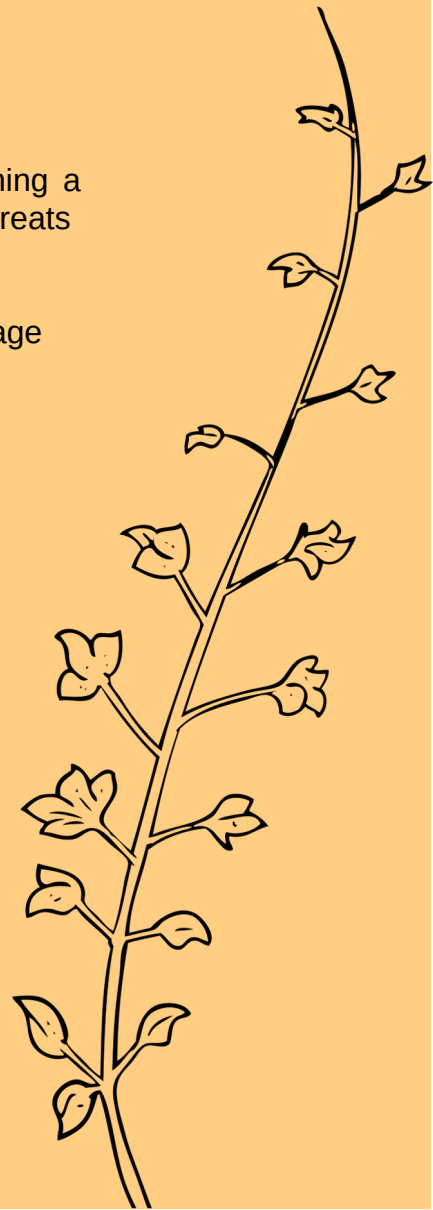
Grace is a qualified 500-hour yoga teacher and tutor having graduated from YTTC teacher training programme in 2013 and Level 2 training 2014.

Grace furthered her studies in January 2015 by completing the Tutor Training Diploma also with YTTC. Grace completed her Prenatal Pregnancy training in 2017 with Barefoot Yoga Studio. Grace is an Acupuncturist, Reiki Master, Angel Therapy Practitioner.

Yoga and meditation has been a part of Grace's life from a very young age. At around the age of 10, Grace was introduced to these practices through primary and secondary schools that she attended. She immediately had experiences that made a strong impression on her.

Over the years she has cultivated her own personal practice by establishing a daily yoga and mindfulness practice, while also attending silent meditation retreats and continuous yoga training.

Grace teaches with warmth, compassion, kindness and openness to encourage others to explore the teachings of yoga to cultivate a more easeful way of living.





# Course Tutors - Onsite

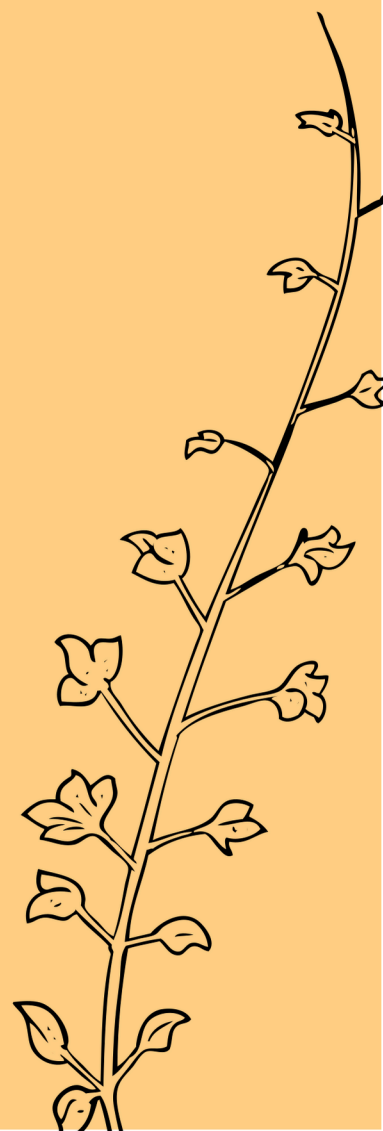


## Michael Mc Cann

Michael received extensive Yoga training in Mandala Yoga Ashram. He has been teaching Yoga and teacher- training for more than 20 years. He is a registered Senior Yoga Teacher with Yoga Alliance U.K. Michael has a special interest in Yoga philosophy and psychology, pranayama, mantra and the chakra system.

Michael has devised and delivered several Yoga Meditation Teacher Training courses. He has taught Yoga philosophy in many of the leading Yoga schools in Ireland and has written numerous articles on Yoga.

He is currently chairperson of the Yoga Fellowship of Northern Ireland. Michael brings a rich depth of wisdom and experience to the course.







"The teachers are excellent and it has a lovely vibe - not at all intimidating! When I was thining of doing YTT, I thought I'd encouter very experinced people, way more advanced than I, but the atmosphere in Barefoot is supportive and nurturing. I'd highly recommend it!"

- Fiona





# **BAREFOOT YOGA STUDIO**

**CENTRE FOR HEALTH & WELLBEING**

**In the event that the studio may have to close its physical premises, the course has been structured so that it will run online as per the set dates and times.**

## **CONTACT US**

**EMAIL: [info@barefootyogastudio.ie](mailto:info@barefootyogastudio.ie)**

**CALL: +353 (083) 804 1873**

**WEBSITE: [www.barefootyogastudio.ie](http://www.barefootyogastudio.ie)**