

200-Hour Foundation Yoga Teacher Training Course Diploma

with Ambika Yoga

Spring/Summer 2022



Dates in 2022/2023: * SESSION DATES ARE ONLINE UNLESS OTHERWISE STATED IN-PERSON *

April: 24th

May: 7th, 8th, 22nd (In-Person)

June: 11th, 12th, 25th, 26th (In-Person)

July: 16th, 17th

September: 3rd, 10th, 17th, 18th (In-Person)

October: 2nd, 8th, 16th (In-Person), 22nd

November: 5th, 6th, 19th, 27th (In-Person)

January 2023: 7th, 8th (In-Person), 21st, 22nd, 28th

February 2023: 5th (In-Person), 17th, 18th, 19th, 20th

Intensive Week:

February 2023: 17th, 18th (In-Person), 19th (In-Person), 20th

Assessment Week:

March 2023: 2nd, 3rd, 4th (In-Person), 5th (In-Person), 6th

Times: 10AM - 4PM (Live Zoom YTT Sessions with one hour lunch break and regular screen breaks throughout)

12PM - 5:30PM (In-Person Contact Days in North London, UK)

Location: LIVE Contact Days/Hours conducted In-Person & via Zoom.



We are excited to announce that we will be offering our world-class accredited 200-Hour Blended Yoga Alliance Foundation Teacher Training Course with Lead Senior Yoga Teacher Alexa Kho-Hinkson, and Special Guest Senior Instructors offering over 40 years of teaching experience in London, and Internationally in 2022.

This exceptional course will give you the knowledge, training and guidance to deliver high-level classes in the art form of Yoga with confidence and passion, as well as empower your own personal practice, to a whole new level.

As you build your career as a Yoga Teacher you will learn how movement art forms like yoga, martial arts and dance all enhance one another. Furthermore, you will learn how yoga can fundamentally be offered as a deeply healing practice from both Traditional and Modern perspectives, learning elements of Yoga Therapy to enhance your teaching.

As you begin to build your portfolio as a Yoga Teacher you will gain the vital skills to create different revenue streams, as well as teaching specialised private classes to manage and build a profitable yoga business. Get ready to be in-spired to teach yoga with skill and creativity, and support your community as a fully certified yoga teacher, deepening your offering to the earth.



Cost:

£1,850 when you attend our Free Zoom Webinar on Saturday 12th March 2022 @10AM GMT, £2,150 all other times. Payment due upon registration (minimum 5 participants).

Application Deadline: Wednesday 20th April 2022

Additional Information: This "Blended" Course will include In-Person and Online Contact Days to complete the required 200 Hours.

To apply: Please complete the application form in full with requested supporting documents. Once complete you can e-mail these to alexa@ambikayoga.co.uk. Please read and sign the 'Policy Document' to complete your application.

Further information: Please visit www.ambikayoga.co.uk for more details.

Alexa Kho-Hinkson

Alexa Kho-Hinkson is the Founder of Ambika Yoga and Senior Therapeutics Specialist having started her Yogic journey in 2003. In 2006 she became a regular practitioner, and was inspired to train to become a Yoga Teacher in 2008 at the International Sivananda Yoga Vedanta Ashram in Vrindavan, India. Alexa's passion for teaching continued to grow as she learnt more about the healing affects of Yoga through Anusara Yoga for her own health issues, and also a growing number of her students.

This then led her into the realm of teaching Yoga Therapy where she has taught a vast number of clients to manage their health issues, and in extreme cases avoid surgery or medication. She is a registered Senior Yoga Teacher with Yoga Alliance Professionals in the UK, as well as a Member of the International Association of Yoga Therapists (IAYT).

Throughout the years she has gained recognition for her teaching from the NHS, OM Yoga & Life-style Magazine, Sweaty Betty and IKEA, and she is also an Ambassador for M Life; a Luxury, Eco and Social Conscious Brand. Alexa loves to deliver high level, informative yoga sessions at popular events in the Capital including the London Wellbeing Festival in 2021, and in Spring 2022 at Olympia Exhibition Centre, Kensington.



Please contact Alexa at
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For further details please visit www.ambikayoga.co.uk