

SEPTEMBER 2026 • ROCHESTER, KENT

200 Hour Yoga Teacher Training



Seven Chakras
YOGA STUDIO

Fully in-person Yoga Alliance Professionals accredited training

For students who want to deepen their yoga practice, understand yoga properly, and learn to teach with confidence, care and authenticity.

- **Deepen your practice**
- **Small group training**
- **Maximum 10 trainees**
- **100% in person**

This 200-hour yoga teacher training is rooted in Ashtanga yoga, with strong foundations in Vinyasa, Hatha, anatomy, philosophy, pranayama, meditation and safe, intelligent teaching.



⊗ **You don't need to be the bendiest person in the room.**

⊗ **You don't need to have it all figured out.**

✓ **You simply need curiosity, commitment and a genuine love of yoga.**

COURSE SNAPSHOT

Everything you need to know at a glance...



Course starts:
September 2026



Location:
Rochester, Kent



Accreditation:
*Yoga Alliance
Professionals*



Format:
*100% in-person
training*



Group size:
*Maximum 10
trainees*



Early Bird Offers:
*End 31st July
2026*

Is this yoga teacher training for you?



This training is for you if yoga has become more than just a class you attend.

Maybe yoga has supported you through stress, change, burnout, grief, motherhood, injury, self-doubt, or simply a desire to feel more connected to yourself.

Maybe you already know you want to teach.

Or maybe you don't want to teach yet, but you feel ready to go deeper.

Our 200-hour yoga teacher training is designed for students who want to understand yoga beyond the surface.

You'll explore the practice physically, mentally, philosophically and practically, with real guidance and support throughout.

This course is ideal if you...



Want to become a qualified yoga teacher

You feel called to teach and want a strong, supportive foundation.



Want to deepen your own practice

You may not know if you want to teach yet, but you know yoga matters to you.



Prefer in-person learning

You want real guidance, live feedback and human connection.



Are interested in Ashtanga, Vinyasa and Hatha yoga

You want structure, depth and a clear foundation for your future teaching.



Want to understand anatomy and alignment

You want to know how the body moves and how to support students safely.

Why choose Seven Chakras Yoga Studio?

Seven Chakras Yoga Studio is a welcoming, down-to-earth yoga studio in Rochester, Kent. We are known for our warm community, experienced teachers, structured classes and inclusive approach to yoga.

Our 200-hour yoga teacher training is small by design. We cap the group at 10 trainees so that you are seen, supported and guided throughout the whole process.

- ⊗ **You won't be lost in a large group.**
- ⊗ **You won't be left to work it out alone.**
- ✓ **You will receive real feedback, practical teaching experience and individual support as your confidence grows.**



This training combines traditional yoga teachings with a modern, practical understanding of real bodies and real students.



- **Small group mentorship**

With a maximum of 10 trainees, you'll receive personal guidance and support throughout your training.

- **Fully in-person training**

Learn through practice, discussion, observation, feedback and real human connection.

- **Rooted in real practice**

The training is grounded in Ashtanga yoga, with strong Vinyasa and Hatha foundations, giving you a structured base from which to teach.

- **Practical anatomy**

Anatomy is taught in a clear, practical and accessible way, helping you understand how the body moves and how to teach safely.

What you'll learn

Our 200-hour yoga teacher training gives you a strong foundation in yoga practice, teaching skills, anatomy, philosophy and personal development.

You'll study the physical practice of yoga, but also how to teach real people with clarity, confidence and care.



Asana, alignment and technique:

Explore key yoga postures through the lens of safe alignment, intelligent movement, modifications and real-life teaching.

Ashtanga yoga foundations:

Develop a strong understanding of the Ashtanga Primary Series and how it can support discipline, structure, breath and embodied learning.

Vinyasa and Hatha teaching skills:

Learn how to sequence, cue and teach classes with clarity, confidence and care.



Anatomy and movement:

Understand the body in a practical, accessible way so you can teach safely and adapt your classes to different students.



Pranayama and meditation:

Explore breathwork, meditation and nervous system awareness as essential parts of yoga practice.



Yoga philosophy and history:

Study the roots of yoga, including key philosophical ideas, traditional teachings and how they apply to modern life.



Teaching practice and feedback:

Build confidence through practice teaching, observation, constructive feedback and supportive mentorship.



Safe adjustments and modifications:

Learn how to offer options, adapt postures and support students with different needs, bodies and experience levels.



Training format and dates

The Seven Chakras 200 hour Yoga Teacher Training is taught in person at our studio in Rochester, Kent.

The course runs over three months, with training on Fridays, Saturdays and Sundays.

This structure allows you to immerse yourself in the training while still having time between sessions to practise, reflect, study and absorb what you are learning.

Course dates 2026

- **4th - 6th September**
- **18th - 20th September**
- **2nd - 4th October**
- **16th - 18th October**
- **30th Oct - 1st Nov**
- **13th - 15th Nov**
- **27th - 29th Nov**

Approximate timings:

Fridays 10am - 5pm

Saturdays 9am - 5pm

Sundays 10am - 4:30pm



Meet Rebecca

Senior Yoga Teacher & founder of Seven Chakras Yoga Studio.

Rebecca has a long-standing Ashtanga yoga practice and teaches with a grounded, down-to-earth approach. Her teaching blends structure, warmth, discipline and adaptability, helping students understand yoga in a way that feels clear, embodied and accessible.



Rebecca created Seven Chakras Yoga Studio to be a welcoming space where people of all backgrounds and body types can move, breathe and reconnect without pressure to perform.

Her intention for this teacher training is simple: to help sincere students become confident, thoughtful and capable teachers who understand both the practice and the people in front of them.

You will also learn from experienced teachers and specialists, including practical anatomy taught by a qualified osteopath.



What makes this training different?

A training designed for real people, real bodies and real teaching

Yoga teacher training is not just about learning postures. It's about learning how to hold space, communicate clearly, understand the body, adapt to different students and teach with confidence.

At Seven Chakras, we focus on helping you become a thoughtful, grounded and capable teacher. You'll learn how to teach safely, sequence intelligently, cue clearly and support students with different levels of experience. This is a training for people who care about depth, quality and connection.

- ✓ **Grounded in practice:** You will learn through doing, observing, teaching, asking questions and receiving feedback.
- ✓ **Designed for real life:** You will learn how to adapt yoga for different bodies, needs and levels of experience.
- ✓ **Small enough to feel personal:** A small supportive, in-person training where you can grow.

Investment and Early Bird Offers

Early bird offers:

- Pay your deposit by 31st July 2026 and *receive 10% off the full course price.*¹
- Pay the full course fee by 31st July 2026 and *receive 15% off the full course price.*²

<u>OPTION</u>	<u>DEADLINE</u>	<u>COST</u>
Standard course price	After 31st July 2026	£3,100
Early bird deposit offer ¹	Deposit paid by 31st July 2026	£2,790
Pay-in-full early bird offer ²	Full course paid by 31st July 2026	£2,635

We know that yoga teacher training is a significant investment, so we are offering early bird options and payment plans to help make the course more manageable.

Payment plans

If you would like to join the training but need to spread the cost, please get in touch and we'll talk you through the available options.

Payment plan availability may depend on when you enrol. Please contact us for the most suitable option.

How to apply

If you're interested in joining the September 2026 training, here's what to do next...

Apply or book a chat

If the course feels right for you, complete the application form or arrange a short chat with Rebecca.

Secure your place

Pay your deposit to secure your spot on the September 2026 training.

Testimonials

"Completing the 200-Hour Yoga Teacher Training at Seven Chakras Yoga Studio was one of the best decisions I've ever made. Rebecca created such a supportive and welcoming environment where I felt comfortable asking questions, making mistakes, and growing in confidence.

The course was incredibly thorough, combining anatomy, philosophy, teaching skills, and practical experience in a way that was easy to understand...



Testimonials continued...

and apply. I finished the training feeling not only prepared to teach yoga but with a much deeper understanding of myself and my own practice."

- Jenny



"I was nervous about teaching in front of others before starting the course, but Rebecca's guidance, encouragement, and constructive feedback helped me build confidence week after week.

The small group size meant everyone received plenty of individual attention, and the hands-on learning approach made a huge difference. By the end of the training, I felt genuinely ready to lead classes and share yoga with others.

I would highly recommend Seven Chakras Yoga Studio to anyone considering yoga teacher training."

- Jane



"Far more than a qualification. The training deepened my practice, expanded my knowledge, and connected me with amazing people."

- Louise

Frequently asked questions

• Do I need to be advanced to join the yoga teacher training?

No. You do not need to be advanced or able to do every posture. This training is for sincere students who want to deepen their understanding of yoga and learn how to practise and teach safely.

A steady interest in yoga, curiosity and commitment are more important than flexibility or advanced postures.

• What if I don't know whether I want to teach?

That's completely fine. Many people join yoga teacher training to deepen their own practice first.

Some people go on to teach straight away. Others use the training for personal growth, confidence, self-understanding and a deeper connection to yoga.

• Is the course accredited?

Yes. The Seven Chakras 200-hour yoga teacher training is accredited by Yoga Alliance Professionals.

• Where is the training held?

The training is held in person at Seven Chakras Yoga Studio in Rochester, Medway, Kent. The studio is easily accessible for students travelling from London and surrounding areas of Kent.

• Is this an online course?

No. This is a fully in-person yoga teacher training. We believe yoga is best learned through direct practice, observation, discussion, feedback and real connection.

Frequently asked questions

• What style of yoga will I learn?

The training is rooted in Ashtanga yoga and also includes strong foundations in Vinyasa and Hatha yoga.

You'll learn about asana, alignment, sequencing, anatomy, pranayama, meditation, philosophy, teaching skills and safe adaptations for different bodies.

• How much does the course cost?

The full course investment is £3,100.

Early bird offers are available until 31st July 2026. Payment plans are also available to help spread the cost.

• Are payment plans available?

Yes. We are happy to offer payment plan options.

Please get in touch if you'd like to talk through the best option for you.

• How many people will be on the course?

The group is capped at 10 trainees.

This keeps the training personal, supportive and high quality.

• How do I know if I'm ready?

If you feel drawn to yoga, want to understand the practice more deeply, and are willing to learn, you may be more ready than you think.

The best next step is to come to the free information session or book a chat with Rebecca.

Frequently asked questions

Can I join if I'm over 40, 50 or 60?

Yes. Yoga teacher training is not only for people in their twenties or for people who can do advanced postures.

Life experience can make you a more compassionate and grounded teacher. What matters most is your commitment, curiosity and willingness to learn.

• What if I'm nervous about teaching?

That is very normal.

You will not be expected to feel confident straight away. Teaching confidence is built gradually through practice, support, feedback and experience.

This is one of the reasons we keep the group small.

• Do I need to practise Ashtanga already?

You do not need to have mastered Ashtanga, but it is helpful to have an interest in structured practice and a willingness to learn.

The training is rooted in Ashtanga yoga, while also giving you strong foundations in Vinyasa and Hatha teaching.

• What is included in the course fee?

The course fee includes your in-person training, teaching practice, mentorship, course materials and the full 200-hour training programme.

• How do I apply?

Once you're ready, complete the application form and secure your place with a deposit.