



**Welcome  
to  
Mahala Yoga**

**Teacher Training  
and Intensive Life  
Optimization Program**

**200 Hour Diploma**

# The MahalaYoga Independent Yoga Teacher Training School in London

Established in 2012, we offer a fresh approach to learning, guiding you through the full history and philosophy of yoga, with the ultimate goal of showing you how to develop into a strong, confident & knowledgeable yoga teacher.

You only need to drop-in to one of our yoga classes, or visit the meet the team page on the website to see our 200 hour yoga teacher training diploma graduates in action teaching their yoga to South London, and with our 3 and 6 month courses, that could be you too and in no time at all!

Feeling unsettled at work and thinking you're just about ready to consider a new, self-employed future where you dictate your working hours, salary and wellbeing? With a little hard work and dedication you too could become a fully qualified, self-employed yoga teacher in just a few short months - something to think about in the shower at 7am before the commute to work - and we offer course fee payment plans, so you can stop thinking you can't afford to do it, immediately!...

We would also like to remind you that we are not a member of the yoga alliance.

## My Yoga Teacher Training Diploma Includes :

- Vinyasa Flow sequencing.
- 200 hours Instruction & Practice Time.
- Deconstruction of Asanas & understanding them while refining & building your skills & abilities.
- Yogic Breathing Techniques.
- Meditation: Including Relaxation & Yoga Nidra.
- Anatomy & Physiology.
- Teaching Methodology.
- Yoga Philosophy, the history of Yoga.
- Assisting in Weekly Yoga Classes.
- How to formulate a 12 month Essential yoga program.
- **How to use essential oils with yoga.**
- How to formulate a seasonal yoga class structure.
- Access to 20 yoga classes for the duration of your training.
- Discounts on our global retreats.
- Opportunity to teach in classes.



# Pricing

## Course Fees

- Easy Payment plans available



0% Interest  
Free Credit

## Fee Payment Options

- Pay a deposit that suits your budget

## Special

As a special added extra, included in your training are field trips to sacred sites across the UK, these are :



Glastonbury



Avebury



Stonehenge

Travel there and back at no extra cost.

Over the course of your training you will also have access to 20 of our classes, plus huge discounts on all of our retreats, as well as opportunities to assist in class and on retreat.

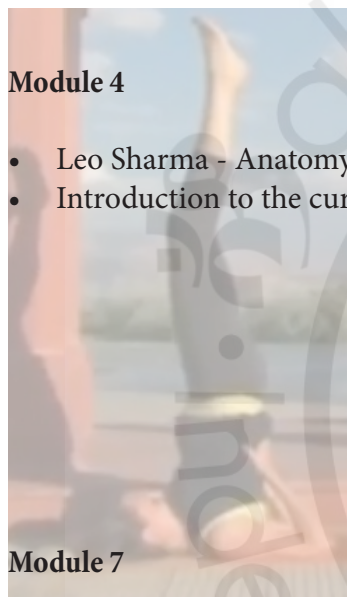


# The Curriculum

Students receive an electronic copy of the course module and manual pack.

## Module 1

- Defining Yoga, Hatha Yoga, Prana. Chi Qi energy.
- What it is to be a yoga teacher.
- The History of Yoga.
- Meridian Channels.
- Five Sheaths.
- Essential components of a yoga class.
- Introduction to the Surya Namaskar
- Daoist, Hindu, Buddhist, Ayurveda principles and how they relate to yoga.



## Module 4

- Leo Sharma - Anatomy & Physiology.
- Introduction to the curriculum Asanas.

## Module 7

- Chakras.
- Nadis.
- Chakra meditations.
- Chakra Yoga.
- Chakra Healing.
- How to formulate a 7 week.
- Chakra Yoga course to cover each of the 7 main Chakras.

## Module 2

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- 8 Limbs of Yoga
- Definition of Bhakti
- Hatha
- Jnana
- Karma
- Japa
- Laya
- Kundalini
- Mantra
- Nada
- Raja Yoga

## Module 5

- Definition of Meditation
- Styles of Meditation
- How to Meditate
- Various Meditation Practices
- Mudras
- Mantras & Yantra

## Module 8

- Ethics for Yoga teachers.
- Teaching a yoga class & making hands on adjustments.
- Constructing a 6 week yoga class plan.
- Constructing a 7 week Chakra balancing class plan.

## Module 3

- Bandhas
- Pranayama
- Shatkarma & Kriyas
- Yogic Breath
- Cooling Breath
- Kapalabhati
- Anuloma Viloma
- Bhastrika
- Bharamari

## Module 6

- Yoga & The Connection With The Mayans & Ancient Egypt
- Introduction to The Merkabah, The Flower of Life & Sacred Geometry
- Start To Put Together a 6 Week Class Plan

## Module 9

- Pre-Natal Yoga
- Ethics for Prenatal teaching
- Pranayama for pregnancy
- Variations for pregnancy

## Module 10

- Demonstrate teaching your 6 week class plan.
- Demonstrate teaching your 7 week Chakra balancing class plan.

## Module 11

- How to Operate a yoga business.
- Creating a business plan.
- Advertising, Marketing & Promoting of your class, legalities & insurance.
- Theory Examination.

## Module 12

- Final Examination.
- Practical examination.

# Meet the Faculty

## **Mahala Wall - Course Founder and Yoga Teacher Trainer.**

With well over 10 years yoga experience, gained traveling the world and training with some of the industry's top teachers and learning the ancient philosophy of yoga, her passion is to make the time-tested science of Yoga as readily available today as it was over 5000 years ago

Mahala has put together an extremely in-depth teacher-training course, that gives you a clear and complete understanding of yogic teaching traditions and principles.

## **Leo Sharma - Anatomy and Philosophy.**

Leo discovered yoga exploring India in 1994, and began teaching in 2001. He is a practicing therapist and uses Osteopathy, Corrective Yoga, Clinical Pilates, Laser Therapy & Ayurveda to create holistic treatments suited to the individual.

Leo brings his extensive yoga and clinical knowledge to the course in his intensive two day anatomy and physiology module. You'll learn how the joints, muscles and bones are moved, strengthened and stretched in the key yoga poses, as well as how these asanas affect the hormones and endocrine system.

Despite his clinical background the course is taught in an easy-to-understand, down-to-earth way, using the everyday language that you'll use with your students. Every pose is demonstrated live to bring the theory to life, highlighting modifications to allow for injuries and different body shapes and levels of strength and fitness.

You'll finish the module with a good working knowledge of the body, enabling you to teach safely and with greater confidence.

Leo is a clinical therapist using osteopathy, corrective yoga, pilates, laser therapy and Ayurveda in his practice.

Hot Yoga Hastings



# Testimonials

"I trained to teach yoga with Mahala back in 2015. The course was informative, interactive and a truly positive, enriching experience. Mahala's knowledge and enthusiasm is wonderful.

Each time Mahala guided me I gained more confidence, assured that I could become a great yoga teacher.

Mahala is an expert practitioner and a gifted yoga teacher.

The support during and after the course from the fellow students has also been amazing.

In the early days during yoga classes with Mahala it was her intuitive teachings that sparked my passion for yoga and she stays ever present in my practice and often turns up at the studio."

**Katie Moncaster**, Yoga teacher, Effingham, Surrey.

"I started my yoga teaching journey with Mahala's 200hr course, three years ago.

One of the modules that we covered was the eight limbs of yoga, the way that Mahala delivered this made it very easy for me to understand.

I really enjoyed training with Mahala in a very relaxed traditional way, enabling me to find my own style of teaching.

Mahala has continued to support and inspire me after my training, this has helped me to build up my own yoga classes in the Bromley area, also I take yoga retreats to other countries, along with workshops

I have made lots of new friends through my yoga teaching, which has greatly enriched my life. I benefited training in a small group, would highly recommend."

**Tracey Dunne**

"I first heard about Mahala's teacher training through my flatmate who, at that time, had recently started her 200hr training.

Over the following weeks I watched this woman that I was living with blossom, from a place of stress and exhaustion to a limitless space of freedom and gratitude.

A few years - and a 200hr teacher training in Ashtanga - later, I took to Mahala's classes in Clapham where I enjoyed a gentler and freer approach to practice than the one in which I had been trained.

I also found myself deeply moved in these classes and so was motivated to ask Mahala if she would be prepared to share a slightly longer and more wide ranging 300hrs of teacher training with me.

I am now at the end of this, and find my eyes wide open to the limitlessness of yoga and of life - there is space for everything in our sessions, and in this brilliant way, Mahala reminds us how yoga filters its way into every aspect of existence and consciousness.

She encouraged me to draw, not only on my yoga experience, but on elements of the training that I had done as a boxer and rower to create my own yoga to share, freeing me from the dogma of yoga methodologies.

Mahala avoids any sense of hierarchy, and through this her sessions encourage creativity and become an exchange from which a shared sense of gratitude emerges, which is touching and beautiful.

Critically, she really cares about her students and always checks in with us.

It is such a loving and fun environment in which to train. Thank you Mahala!"

**Ronald Cheape**

"A truly amazing journey. Everything I could want from a teacher training course and more.

Mahala's style of teaching was not only encouraging, she empowered me with confidence to discover my own style of teaching and in a way that fitted in with how I am as a learner.

Mahala also provided opportunities to put what I had learnt into practice within either her's or other Mahala Yoga teacher's established classes.

The community support from other Mahala yoga teachers and teachers in training has been amazing and has continued even after completing my training. It's like being part of a family.

I'm thankful to Mahala Yoga for this brilliant start on my yoga path. Thanks Mahala x"

**Cindy Beckford**

All of our students are accepted for insurance cover by both Balens and DSC-Strand insurance brokers - it is important that you read their full terms and conditions that detail exactly how, where and when you will be insured to teach yoga!

For further information on the legalities surrounding the teaching of yoga and yoga's governing boards, visit The Independent Yoga Network.