the elbow room

200hr Foundation Yoga Teacher Training 2027

YOGA ALLIANCE PROFESSIONALS
TRAINER PRO

This course is fully accredited by
The Yoga Alliance UK and
Full worldwide insurance is available

The elbowroom Teacher Training

The elbowroom is delighted to invite you to our upcoming 200-hour Foundation Yoga teacher training course.

This 12-month yoga alliance UK accredited course is open to all yoga students who have been practicing yoga for 2 or more years.

Our experienced instructors Susie Murray, & Orla Fitzpatrick will bring you through a truly integrated yoga training, enabling you to teach and practice internationally. Vinyasa flow will be the foundation of our asana practice, deeply rooted in cultivating a movement practice within a mindful and soft watchful approach.

Vinyasa flow is based on classical hatha. It brings a dynamic movement to your yoga practice. Vinyāsa is a Sanskrit term often employed in relation to certain styles of yoga that usually refer to a transition between 2 different positions.

Like many Sanskrit words, vinyāsa has many meanings; nyasa denotes “to place” and vi denotes “in a special way”. The term “vinyāsa” can also be used to reference a style of yoga practiced as 1 breath, tied to 1 movement.

This Course Features

- How to practice and teach Hatha, vinyasa flow and restorative, establishing an essential foundation for a centred and sustainable yoga practice.
- Teaching methodology.
- Principles of instruction through demonstration, observation, assisting, modifying and safely adjusting.
- How to create different sequences that nourish yet challenge you and your students.
- How to sequence classes with different emphasis whilst maintaining the integrity of a yoga practice.
- How to meditate.
- How to practice simple but powerful pranayama techniques.
- Understanding anatomy, the intrinsic structure of the body, and how this is applied to yoga.
- To recognize imbalances in students and learn how to address them.
- The subtle pranic body, the very life-force that tains us, including the bandhas, the chakras and the nadis.
- The broader context of yoga philosophy, its foundations, its developments, and how it may apply both to your practice and inspire your teaching.
- An insight and understanding of the ethical guidelines of yoga and how these may inspire your practice, your teaching and your students!

Throughout the duration of the training, in addition to full participation on all of the weekends, each student will be required to observe classes, demonstrate a commitment to learning and change plus, cultivate a daily self practice while they train.

Each student will have to demonstrate at least 2 years of continuous practice of yoga in order to be eligible for the course, ensuring a proficient standard and level of teaching.

THE BENEFITS OF TRAINING WITH US

- A full PDF manual with photographs of asana and written notes.
- Experienced Senior teacher training instructors.
- Discounted classes and workshops at The elbowroom while you train.

Your Instructors

Susie Murray

Originally a dancer, Susie was encouraged to qualify in yoga teacher training with The elbowroom. She continues to study and learn with a focus on the areas of vinyasa flow, asana, and meditation. In addition to the 500-hour certification, she continues her education through classes, workshops, and teacher training. Her teacher training courses are further enhanced by her background in teaching Pilates and barre.

Orla Fitzgerald

Orla is a Yoga teacher, acupuncturist and a Chinese medical herbalist. She began her personal yoga journey over 20 years ago and began teaching in 2010. Her practice, study and teaching are fuelled by a deep spiritual passion to understand the truth of who we are; to unite body, mind and breath in a way that facilitates this understanding; and to use this understanding to bring peace, health and harmony to day-to-day living.

Upcoming Dates & Times

2027/2028

20th & 21st Mar
24th & 25th Apr
22nd & 23rd May
26th & 27th Jun
10th & 11th July
14th & 15th Aug
25th & 26th Sep
16th & 17th Oct
20th & 21st Nov
11th & 12th Dec
15th & 16th Jan
Feb 12th Exam Day

Saturday & Sunday 9:30am - 5:30pm

Fees & Payment Plans

Investment of €2,799 for full course

€2,650 Early Bird

Payment plans are available to spread the cost of your training throughout the year. Once approved, a non-refundable deposit of €400 is required to secure your place. The balance is due before the course starts.

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Contact Moya at The elbowroom Training School:
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