

YOGA TRAININGS

A grounded, evidence-informed approach to teaching yoga





2026 DATES

Saturdays 11:00–16:00

Sundays 10:00–16:00

Sept 12th & 13th, 26th, 27th

October 10th & 11th, 24th & 25th

November 7th & 8th, 21st & 22nd,

December 5th & 6th, 19th & 20th

January

Public Classes hosted: 9th & 10th, 23rd & 24th,

Location:

Yogalife Address: 193 Wilmslow Rd, Handforth, Wilmslow SK9 3JX

Flexible payment options

1. £1,899 when paid in full

- This includes a £351 saving on the standard fee.

1. £1,998 with our early booking payment plan (before May 1st)

- Spread across monthly payments of £333, making the investment more accessible.

Reserve your spot, click or scan the QR code below
or visit stuartpilkington.yoga



Hello,

Welcome to the Hatha Vinyasa Yoga Teacher Training Program, with myself Stuart Pilkington. and our experienced team. I firmly believe that yoga is for everyone, regardless of your background, beliefs, or experiences. My intention with this training is to help you come to know yoga in a richer, more intimate way. Yoga has changed my life as profoundly as anything ever has. It has given me the discipline to overcome addiction, brought amazing people into my life, and taught me self-acceptance, self-love, and self-belief. It has made me more resilient to life's tribulations and helped me fully engage with life's triumphs.

When taught with truth, open-heartedness, passion, and good intention, yoga can be the most incredible gift to receive. Joining this training will ignite a fire within you, help you develop as a person, and, if you feel the call, enable you to share yoga with others and become an amazing teacher in your own right.

The pathway I have written is based on my experience and what I believe is best for students. Yes, you can find faster courses, cheaper ones, or even those hosted on a tropical island - and that might well be the right training for you. However, my intention is to embed yoga deep into your heart and mind, and that requires patience, time, and a depth of personal practice you cannot get from a shorter or more intensive training. Whatever your choice, trust your intuition, speak to the course providers, and go with what feels best for you.

With thanks,

Stuart Pilkington



THE TRAINING

A DIFFERENT TRAINING

This training is for people who don't want more noise. It's for those who love yoga, feel its value, and want to understand it more deeply, not just perform it better.

The 200-hour Hatha Vinyasa Yoga Teacher Training offers a clear, steady, and human approach to yoga education. Rooted in traditional Hatha Yoga and informed by modern movement science, psychology, and lived practice, this training supports you to develop confidence, clarity, and presence, both as a teacher and as a person. This is not a fast-track certification or a performance-led training. It is a structured, progressive education designed to help yoga land in your body, your mind, and your life.

Who Is The Training For?

Dedicated yoga students who want to deepen their understanding of practice

Aspiring teachers who want strong foundations and confidence

Teachers who feel called to strip things back and rebuild with clarity

People who may never teach, but want yoga to support their life more fully



What you will graduate able to do

By the end of the training, you will be able to:

- Teach clear, safe, and intelligent Hatha Vinyasa classes
- Sequence with purpose and coherence
- Cue in a way people understand and respond to
- Adapt classes for different bodies, abilities, and needs
- Work skilfully with breath and nervous system regulation
- Apply yogic philosophy to modern life
- Continue developing as a teacher with confidence and curiosity

You will understand why you are doing what you are doing, not just how to copy it.

Assessment and certification

Assessment is practical, supportive, and integrated throughout the training.

It includes:

- Teaching practice and observation
- Reflection and self-inquiry
- Class planning and sequencing
- Attendance and participation

There are no surprise exams or pressure-based assessments.

Upon successful completion, you will receive a 200-hour Yoga Teacher Training certificate and be eligible to register as a RYT-200 with Yoga Alliance, should you wish to do so.



PAST STUDENTS HAVE

- Become much loved teachers at studios & leisure clubs across Cheshire including; Yogalife, Fold Yoga, Narali Yoga, The Yoga Bee, Yoga On The Edge, Body-Barre Boutique, Barre Alderley Edge, Virgin Active, The Farm Club, Rise, Total Fitness, David Lloyd, Nuffield Health, Pure Gym, The Gym Group, and many more.
- Opened Successful yoga studios: Yogalife, Fold Yoga, Yoga On The Edge.
- Led workshops, events and retreats within 12 months of qualifying.

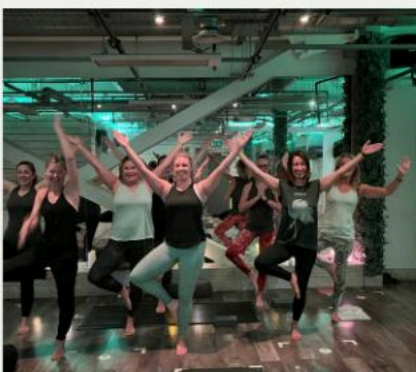
Importantly, this success does not happen by chance. It is largely the result of continued support beyond qualification. Every graduate receives 12 months of post-training mentorship, including workshops, additional training, and ongoing time with Stuart (lead teacher and course author).

We deliberately limit the training to one intake every 18 months. While many providers run frequent courses with large cohorts, our approach is different. We believe meaningful development requires time, attention, and relationship.

You are not one of many. You are our priority, and that commitment continues long after the training itself has finished.



STUDENT GALLERY



This training prepares you to teach Hatha Vinyasa yoga that is:

- Grounded and accessible
- Breath-led, not rushed
- Strength-building without aggression
- Adaptable and inclusive
- Rooted in awareness rather than aesthetics

Classes are intelligent, steady, and responsive to the people in front of you.

What makes it different?

There are many good yoga teacher trainings.

This one is different in a few important ways.

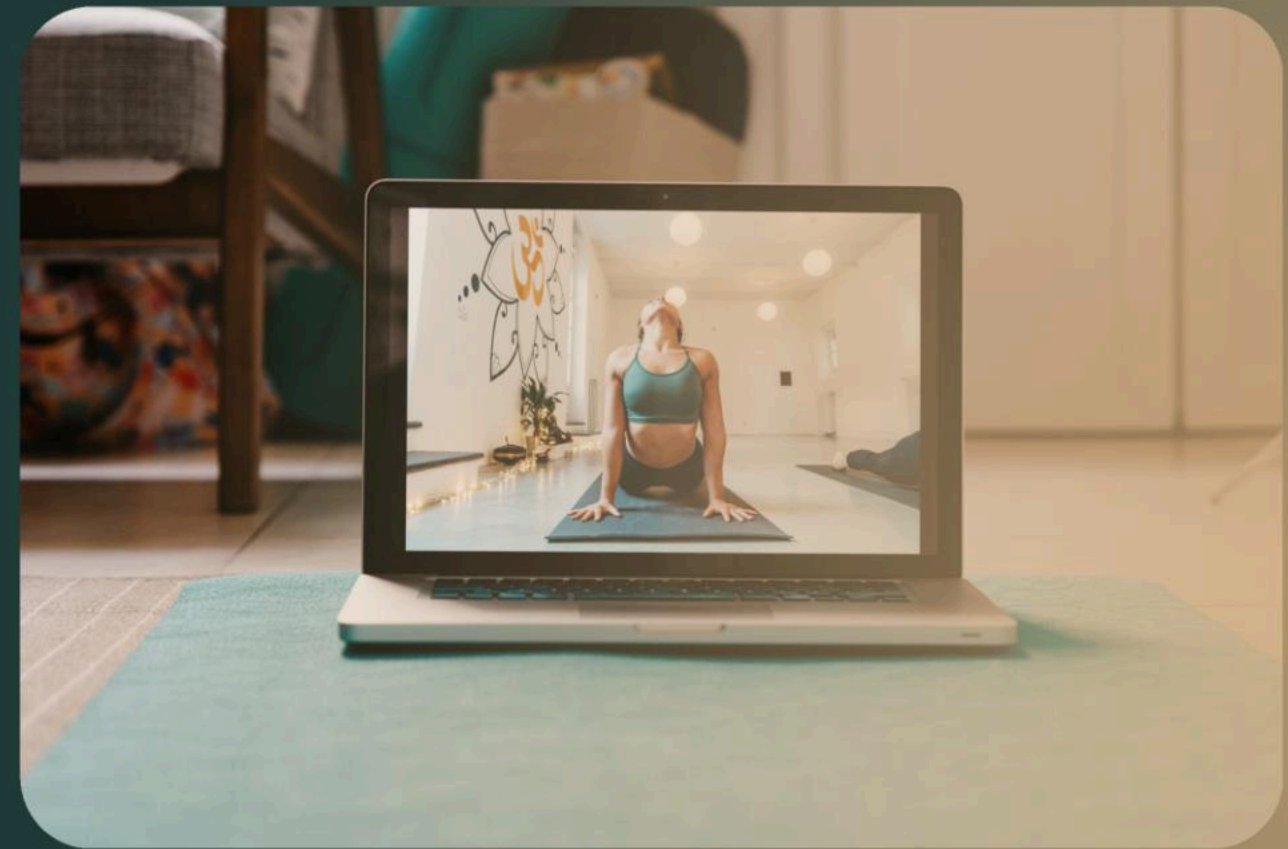
It is foundation-led, not trend-led We focus on principles that last, rather than styles that change. It integrates science without losing soul Modern anatomy, biomechanics, and nervous system education are woven into practice, not layered on top of it. It develops teachers gradually Teaching skills are built over time through practice, feedback, and reflection, not pressure. It values presence over performance You'll learn how to read a room, use your voice, and adapt in real time.

It includes mentorship beyond certification

Learning does not end when the course finishes. Support continues as you integrate what you've learned.

Training structure and programme

The 200-hour training is delivered through a blended learning format, combining guided online study with in-person training weekends. This structure allows you to arrive at each in-person weekend prepared, grounded, and ready to practise, rather than overwhelmed with information. It also supports integration, reflection, and steady progress over time.



Phase one: guided online study (completed before each in-person weekend)

Before each training weekend, you will complete a set of guided online modules. These form the technical and conceptual foundation of the training.

Online content includes:

- Core Hatha Vinyasa Yoga practices
- Asana foundations and functional movement principles
- Pranayama techniques and breath awareness
- Introduction to meditation and attention training
- Key philosophical ideas that support practice and teaching

These modules are not designed to rush or overload you. They are clear, practical, and focused on helping you understand the why behind the practice. Arriving with this shared groundwork allows the in-person training to be experiential, relational, and alive.

FAQ's

HOW LONG IS THE TRAINING?

Here's where things get really special!

- 5-Month Certification Phase: You attend live sessions, study theory and philosophy, build your practice, and complete your initial assessment to become a certified 200-hour teacher.
- 12-Month Mentorship Phase: After qualifying, you enter a deeper, more personalised phase with me refining your teaching, anchoring your practice, and being held accountable to your goals.

WHAT IF I DON'T WANT TO BECOME A TEACHER?

- Perfect. This training is still for you. Many students take this course simply to understand themselves more deeply, live with greater intention, and use yoga to improve their physical and mental health. Whether or not you teach, the tools you'll learn will elevate your life.

IS THIS A REGISTERED YOGA ALLIANCE COURSE?

- Yes. Upon successful completion of the 5-month phase and final assessment, you are eligible to register as a RYT-200 with Yoga Alliance.

WHAT'S THE WEEKLY TIME COMMITMENT?

- Expect around 2-4 hours per week during the certification phase, including live sessions, personal practice, reflection tasks, and study.
- During the mentorship phase, time varies depending on your goals and commitments, but you'll continue receiving regular support, feedback, and guidance.

WHAT'S INCLUDED IN THE COURSE?

- 200-hour certification
- Access to all live and recorded sessions
- Printed workbook and training manual
- Breathwork, meditation & teaching scripts
- Nutrition and wellness protocols
- Ongoing mentorship and feedback
- One-to-one support and goal setting

DO I NEED TO BE AN ADVANCED PRACTITIONER?

- Not at all. You don't need to be able to handstand or chant in Sanskrit. What you do need is a willingness to learn, self-reflect, and show up consistently. This training meets you where you are and helps you grow from there. If you are newer to yoga, then I always advise you to contact me direct and take one of my immersion courses first.

HOW MANY STUDENTS ARE ON EACH COURSE?

- A maximum of 12 students are invited to attend each course. I have paid for courses myself where upwards of 20 students are booked on, and the learning just isn't the same. I want to ensure you get the best of me.

HOW DO I APPLY?

- Head to www.stuartpilkington.yoga to register your interest.
- Places are limited, and I only take on students I feel I can genuinely support so once you apply, we'll schedule a quick call to see if this is the right fit for you.

Do You Need To Be An Acrobat?

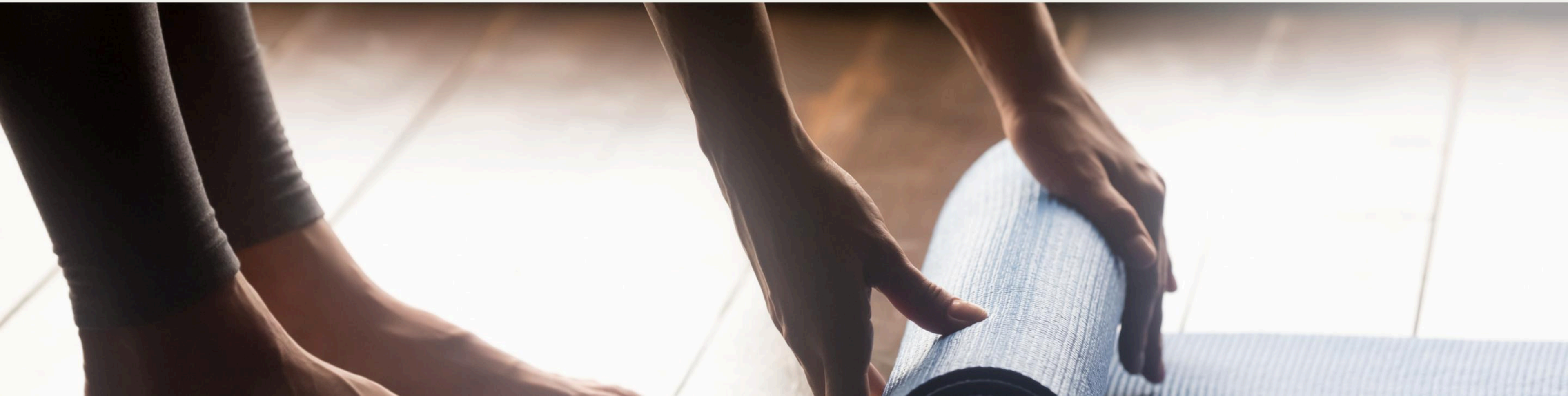
The mark of an advanced student or valuable teacher is not determined by the complexity of their yoga asana practice. The postures are simply tools to help students cultivate a deeper connection with themselves and foster more intimate relationships with the world around them.

No matter where you are in your practice, LUMEN Yoga trainings are designed to help you develop greater stability, composure, and a profound sense of peace and joy. Our teachings focus on "sensation, not shape," a principle that lead teacher Stuart Pilkington emphasises repeatedly. In Aligned Yoga, we use the sensation of the posture to help align your mind, will, and body with a common goal.

Striving to create specific shapes with your body can lead to injury, attachment, and disappointment. Instead, by focusing on how things feel, learning to work with moment-to-moment experiences, and developing a richer connection to how your body moves its limitations and strengths your asana practice naturally grows and evolves.

Our course is designed for all levels of ability, any age, and any experience. You will see evidence of this in the images of our past students.

We start where you are now, offering lifelong support for your practice and teaching under the kind and expert guidance of Stuart Pilkington.



A Science Informed Course

In the ever-evolving landscape of wellness and personal development, LUMEN Hatha Yoga Teacher Training stands out by seamlessly integrating the time-honoured traditions of yoga with the latest findings in psychology, neuroscience, and physiology. This course is meticulously designed to be science-informed, focusing on client data and studies where possible to offer a comprehensive, practical application of spiritual teachings.

Bridging Tradition and Science

Yoga, at its core, has always been about the union of mind, body, and spirit. Our training honors this tradition while embracing contemporary scientific research. This fusion ensures that you are not merely engaging in an ancient practice but are also benefiting from modern scientific insights that enhance and validate the effectiveness of yoga.

Yoga Psychology and the Human Experience

Understanding the human mind is crucial for any meaningful transformation. Our curriculum incorporates psychological concepts such as the "window of tolerance," which helps individuals understand and regulate their emotional responses. Positive psychology principles are used to address self-limiting beliefs, fostering a mindset of growth and resilience. These elements are woven into the practice to help students not only on the mat but also in their daily lives.

Neuroscience: The Brain-Body Connection

Recent advancements in neuroscience have shed light on how practices like yoga and meditation can significantly impact brain function and mental health.

Why Join A Yoga Training

Yoga has been around for centuries and is known for its abilities to help improve physical and mental health. Participating in a yoga teacher training course is a great way to deepen your understanding and practice of yoga, leading to a wide range of benefits in all aspects of life. It's best summed up by one of our past graduates:

"The yoga teacher training was so much more than just learning how to teach a yoga class. It has positively affected my personal life in so many ways! From finding a deeper connection to my practice, to discovering a whole new passion and greater confidence in myself, the experience has been invaluable. I'm so grateful for the chance to grow & reflect. I feel I have found more purpose in my life."

PHYSICAL BENEFITS

When you undertake a yoga teacher training course, you will be guided through different types of asanas (poses) and learn how to construct a safe and interesting yoga class for your students. Within the training, you will experience the physical benefits that regular practice of yoga can bring. Yoga helps to build strength, flexibility and balance and has been known to help manage chronic pain. It is also known to slow the aging process and improve joint health. Practising yoga regularly is a great way to stay healthy and fit.

UNDERSTANDING YOURSELF

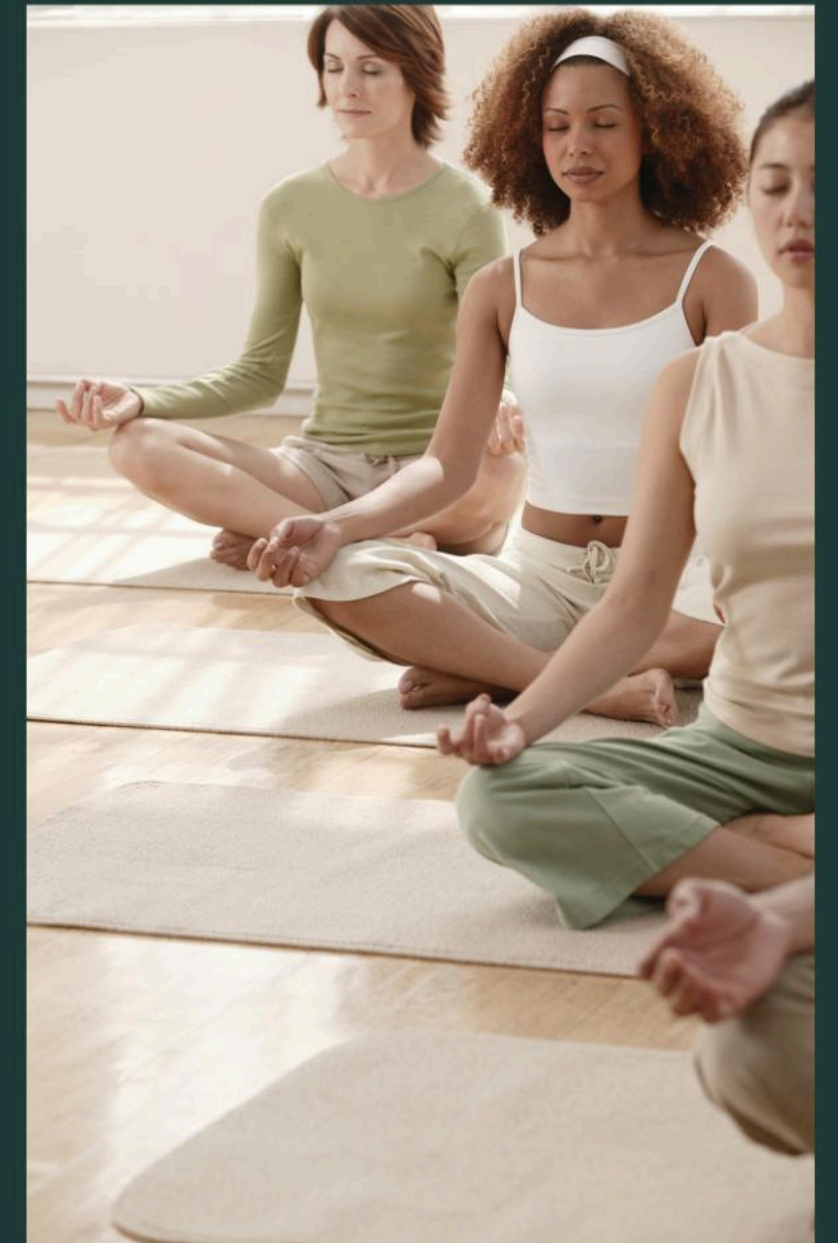
As well as the physical and mental health benefits to gain from completing a yoga teacher training course, you will also find yourself going through a journey of self-discovery. Through working with your body and mind, you become in tune with yourself on a much deeper level. You will learn how to better take time for yourself and be more mindful in everything you do. As well as looking after your body and mind, yoga encourages us to observe the world around us and appreciate the beauty in everything.

MENTAL HEALTH BENEFITS

Yoga is an incredibly powerful tool in developing your mental health. By training to be a yoga teacher, you will learn techniques that can be used not only to look after your own mental health, but also to support your students in their own journeys. The course teaches about breath practices, such as Pranayama, meditation and mindfulness, which can be used to nurture balance and harmony within the body through calming the mind. When practised regularly, calming the mind can reduce stress and anxiety levels. Practising yoga also helps to reduce depression and improve self-esteem.

CONNECTING TO PEOPLE

Yoga encourages a strong sense of community. By practising and teaching yoga, you will have the chance to connect with like-minded people and form a deeper connection with them. The ability to connect and create meaningful relationships with people is an incredibly valuable tool in life and can be a great source of support and inspiration.



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