LUMEN Yoga School & YOGALIFE Collaboration

200 hour Yoga Teacher Training

A grounded, evidence-informed approach to teaching Hatha Vinyasa yoga.

2027 / Cheshire

Practice deeply. Teach thoughtfully.

A deeper practice.
A confident teacher.

Space to study, practise, reflect and grow. This guide introduces the training, the people it supports and the practical details of joining.

200 HOURS **MAXIMUM 14 STUDENTS**

Online study + in-person weekends

SATURDAYS
11:00 – 16:00

SUNDAYS
10:00 – 16:00

April	24 & 25
May	8, 9, 22, 23
June	5, 6, 19, 20
July	3, 4, 17, 18, 31
August	1, 7, 8 PUBLIC CLASSES

GRADUATION 8 August / afternoon

In-person training / April - August 2027

YOUR TRAINING SPACE

Yogalife

193AWilmslow Road,Handforth
WilmslowSK9 3JX

Free parking outside the studio / Kitchen facilities onsite
Mats, blocks, bolsters and blankets provided

Your investment

01 / PAY IN FULL

£1,899

One payment

Save £321 on the £2,220 fee.

02 / EARLY BOOKING PLAN

£1,998

6 monthly payments of £333

Pay deposit of £333 before 1st January 2027 and save £222

03/STANDARDPAYMENT PLAN

£2,220

4 monthly payments of £555

Book after 1 January 2027

Click here to book a discovery call with Stuart

Let's begin.

Book a call with Stuart

Email to arrange a conversation.
info@stuartpilkington.yoga

CLICK OR SCAN TO BOOK

Hello,

Welcome to the LUMEN Hatha Yoga Teacher Training Program, with myself Stuart Pilkington. 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 love,

Stuart Pilkington

THE APPROACH

Yoga that lands in your life.

A steady, human approach to yoga education, rooted in Hatha Yoga and informed by movement science, psychology and lived practice.

Time to understand

We build understanding gradually through practice, conversation, feedback and reflection. The aim is to develop confidence and presence in the studio and in everyday life.

A relationship with practice

Explore your relationship with your body, breath and attention, and with the people you may one day teach. Philosophy becomes a way to reflect on how you live.

Clear foundations

Hatha Yoga provides the foundation; vinyasa gives us a way to connect movement and breath. You will learn to make thoughtful choices and explain the reasons behind them.

Presence in the room

Learn to notice your students, use your voice thoughtfully and adapt as a class unfolds.

Support beyond qualification

Continue developing through six in-person workshops over the following 12 months, plus an in-depth online course.

WHO IT IS FOR

Start where you are.

01

Dedicated students

Deepen your understanding of yoga and develop a more consistent personal practice.

02

Aspiring teachers

Build the foundations, communication skills and confidence to begin teaching.

03

Existing teachers

Revisit core principles and refine the way you practise, sequence and teach.

04

Personal exploration

Explore yoga as a meaningful part of your life, whether or not you plan to teach.

Newer to yoga? Click below to speak with Stuart about your experience and whether an introductory immersion would help you prepare.

EMAIL STUART TO DISCUSS YOUR EXPERIENCE

YOUR DEVELOPMENT

What you will learn to do.

Build the understanding and practical skills to plan, lead and adapt a Hatha Vinyasa class.

01

Teach with clarity

Lead purposeful classes with attention to safety, accessibility and the needs of your students.

02

Sequence with intention

Create coherent class plans and explain why you have chosen each element.

03

Communicate simply

Develop cueing, voice and observation skills that help people follow and respond.

04

Offer meaningful choices

Adapt postures and movement for different bodies, abilities and experiences.

05

Integrate breath and attention

Introduce breath awareness, meditation and reflection within your teaching scope.

06

Keep developing

Apply yogic philosophy to modern life and continue learning with curiosity.

THE LEARNING JOURNEY

Space for learning to take root.

The200-hourprogrammecombines guidedonline study with in-person training weekends. Each part prepares you for the next. The certification phase spans five calendar months. Online preparation and personal practice sit alongside the scheduled weekends

1

Study

Buildshared foundations before each weekend.

2

Practise

Exploreideas through your own experience.

3

Reflect

Noticewhat you understand and what needs time.

4

Teach

Putyourlearning into words and action.

5

Receive feedback

Usesupportiveobservations to refine your approach.

6

Integrate

Carryyourlearning into practice and daily life.

PHASE ONE

Guided online study.

Arriveat eachweekend prepared,with time in the studio for practice, discussion and teaching.

Build your foundations

Study core Hatha Vinyasa practices, asana and functional movement, pranayama and breath awareness, meditation, attention and introductory philosophy.

Learn at a steady pace

Complete the guided modulesbefore each in-person weekend. Clear, focused lessons help you understand the purpose behind each practice.

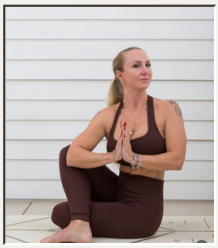
Return and revisit

Revisit the online material during the training and afterwards as you continue developing. Confirm the access period with Stuart when booking.

PHASE TWO

In-person weekends with World Class Teachers.

Learn from a team of studio directors and yoga retreat leaders with decades of experience creating impactful classes and building businesses in yoga and wellness. Benefit from their practical insight, hard-earned lessons and guidance as you find your voice as a teacher and build the confidence to bring your own vision to life.



Tradition, with curiosity.

Research informs our questions and teaching choices. We distinguish emerging evidence from established findings and personal experience.

An evidence-informed course that brings yoga practice into conversation with anatomy, physiology and psychology.

Movement & the body

Explore anatomy and biomechanics in relation to asana, functional movement and adapting a class.

Breath & attention

Study breath awareness,pranayama, meditation and attention through both practice and discussion.

Psychology & experience

Explore concepts suchas thewindow of tolerance, self-reflection and growth. Discuss how these ideas may inform a supportive learning environment.

Philosophy & inquiry

Engage with yogic ideas as a lens for reflection, personal practice and the responsibilities of teaching.

BEYOND QUALIFICATION

The support continues.

Your qualification is just the beginning. With six in-person workshops over the following 12 months, plus an in-depth online course, you'll have the space, guidance and encouragement to turn what you've learned into something truly your own.

If you're ready to teach, this continued support will help you find your voice, build confidence in your first classes and develop events and workshops that make a meaningful difference to the people you teach.

If teaching professionally isn't your goal, these workshops offer an equally rich opportunity to deepen your practice, refine your technique and explore your own experience through personal enquiry.

We're especially proud of this ongoing commitment to our graduates. You won't simply leave with a certificate you'll move forward with Stuart beside you, supporting, challenging and inspiring you as your practice and possibilities grow.

6

IN-PERSON WORKSHOPS

OVER THE FOLLOWING 12 MONTHS

AFTER THE TRAINING

Practice becomes possibility.

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

FAQ's

HOW LONG IS THE TRAINING?

Here's were 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.

CAN I TAKE THIS COURSE WHILE WORKING OR PARENTING?

- Yes. The extended timeline was designed to support people with busy lives. You don't need to disappear to a mountain for 30 days you just need to commit steadily and be open to growing over time. I'll guide you step-by-step.

FAQ's

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 emersion courses first.

HOW MANY STUDENTS AFRE 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.

Dates & location

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SCAN TO BOOK