

RBV200: 200-Hour Vinyasa Teacher Training

Develop Your Practice. Learn to Teach. Build Confidence.

RBV200 is a comprehensive 200-hour vinyasa teacher training designed to provide you with the knowledge and skills to structure and lead thoughtful, well-sequenced yoga classes with the authentic confidence that comes from practice and experience.

Whether you plan to teach or deepen your own understanding of the practice, this training will give you a strong foundation in sequencing, alignment, cueing, and philosophy, while embracing a practical and inclusive approach to yoga.

Dates & Location

When

- 9 x weekends from December 2025 - May 2026 (full schedule below)
- Only 1 holiday day required over the entire course

Where

East London

FieldWorks Dance | 274 Richmond Road, London England E8 3QW

Your Teachers

This training is led by Alan Ellman & Imi Wiseman, experienced London-based teachers with over 22 years of combined teaching experience across multiple yoga modalities.

Their background includes Ashtanga Vinyasa, Rocket, and modern movement disciplines, with advanced 300-hour training in Vinyasa and Rocket. Together, they have spent years refining their approach—challenging traditional methods to develop a teaching style that is grounded in movement science yet honours yoga's deeper roots.

They are avid learners, obsessed with how the body moves and are committed to making yoga a serious movement discipline, as well as observing the part of the practice that transcends the physical. Imi and Alan challenge the dogma of traditional yoga, looking for a physical and spiritual practice that fits with the modern world.

Alan and Imi are also the founders of RocketBeats, a vinyasa-based method focused on building both strength and mobility through intelligent sequencing. Their training programs have fostered a growing community of teachers across East London.

This is an excellent opportunity to learn from two teachers with strong technical knowledge, who love to teach teachers, but whose main focus still continues to be teaching weekly studio classes.

What You'll Learn

This training provides a strong foundation in vinyasa yoga, giving you the structure and flexibility to develop your own approach to teaching.

Anatomy & Alignment

- Essential movement principles and body mechanics
- How anatomy applies to asana practice
- Traditional alignment according to different lineages
- Adapting traditional alignment for different bodies
- Modifications for injured or pre/post-natal students

Sequencing & Cueing

- Structuring balanced, anatomically sound sequences for beginner and mixed level classes
- Cueing fundamentals
- Finding clear and precise cues for poses and transitions
- Sanskrit and Sanskrit terminology

Teaching Skills & Adjustments

- Creating a welcoming and inclusive class environment
- Finding your voice (pace, volume, tone)
- Gaining confidence in leading a room
- Understanding individual body differences
- Offering appropriate hands-on adjustments with consent

Yoga Philosophy, Ethics, Diversity & Inclusivity

- The history and evolution of yoga
- Key philosophical schools and lineages
- Adapting yoga philosophy for modern practice
- Ethics and inclusivity in teaching
- Encouraging diversity

Breathwork, Meditation & Beyond

- Fundamentals of breath mechanics and pranayama
- Understanding how breath affects the nervous system
- Ujjayi and other essential breathing practices
- Understanding moving meditations
- Guiding a simple seated meditation

The Business of Yoga

- Maintaining authenticity while developing a successful career
- Setting up and marketing your own classes
- Practical day to day admin
- Teaching in studios
- Balancing authenticity with career growth

Course Schedule

The course takes place over 6 months, with the schedule broken down into 9 weekends, starting December 2025, and finishing May 2026.

Each weekend is dedicated to a specific area of focus, allowing for deep learning and practical application.

<u>Date</u>	<u>Days</u>	<u>Focus</u>
Dec 6 - 8	Sat - Mon, 3 days	Introduction & Sun Salutations
Jan 10 - 11	Sat - Sun, 2 days	Sun Salutations
Jan 31 - Feb 1	Sat - Sun, 2 days	Standing Poses - Closed Hips
Feb 21 - 22	Sat - Sun, 2 days	Standing Poses - Open Hips
Mar 14 - 15	Sat - Sun, 2 days	Hips & Forward Folds
Apr 3 - 6	Fri - Mon, 4 days*	Twists, Core & Backbends
Apr 18 - 19	Sat - Sun, 2 days	Arm Balances, Inversions & Binds
May 2 - 4	Sat - Mon, 3 days*	Review + assessment preparation
May 23 - 25	Sat - Mon, 3 days*	Assessments

*bank holiday weekend

Practice & Observation

Over the 6 months of the course, trainees will be required to attend 20 yoga classes by a selection of approved teachers across a range of styles of yoga, in order to gain a deeper insight into different teaching approaches and yoga styles. Trainees will also be encouraged to maintain their regular practice.

Mentorship & Support

Each trainee will be paired with a dedicated mentor (separate from Alan & Imi) for ongoing guidance and feedback throughout the course.

Learning Outcomes

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

- ✓ Teach anatomically sound vinyasa classes for beginner and intermediate students
 - ✓ Deliver sequences that make sense and feel good
 - ✓ Deliver clear, effective cues while maintaining your own voice and personality
 - ✓ Offer adjustments in a way that gives students a better understanding of what they might need in a pose
 - ✓ Lead basic breathwork and meditation practices
 - ✓ Teach classes that transcend the physical
 - ✓ Survive what might be the most rewarding but also the most frustrating job in the world.
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Course Fees & Payment

What's included

- ✓ Tuition
- ✓ Course manual and materials
- ✓ Mentorship

What's not included

- Meals
- Accommodation or travel costs (if needed for those coming from outside London)
- Practice outside of the 200hr weekends, including classes attended to fulfill the 'observation' requirements (see above)

Fees:

- £3500 | £3150 early bird price until **30th May**

Payment:

- Deposit: 30% up front
- Second payment: 30% in August (4 months before)
- Final payment: 40% in October (2 months before)

*Payment plans are available

Eligibility & Application

This training is open to anyone with at least two years of vinyasa yoga experience.

- ✓ No specific physical requirements—this is about learning, not performance
- ✓ Suitable for those who want to teach or deepen their personal practice, or haven't decided

How to Apply

1. Complete a short application to share your background and goals.
2. If accepted, you'll receive confirmation and information on booking your place and preparing for the training.

Apply [HERE](#) or through a link on the RBV200 TT webpage:

<https://www.rocketbeats.co.uk/teacher-trainings/rbv200>

Scholarship Opportunity

We are offering one full scholarship spot for this training.

How to Apply

1. Submit a standard training application and indicate your interest in the scholarship.
 2. If you are accepted to the training, you will receive instructions on how to apply for the scholarship.
 3. Applications will be accepted until 9 May, and the scholarship recipient will be announced by 16 May.
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Frequently Asked Questions

Is this training residential?

No, the course is held in East London on weekends to make it more accessible to the local community

Does this qualify me to teach RocketBeats?

No—this training focuses on vinyasa fundamentals, which serve as the foundation for many styles, including RocketBeats.

Is the course accredited?

No. While Alan & Imi have extensive accredited training backgrounds, they prioritise quality teaching over certification stamps.

Do I need to be able to do a handstand?

No. There are no physical prerequisites—this training is about learning how to teach, not mastering advanced poses.

Do I need to plan on becoming a teacher?

No. Many people join to deepen their own practice. However, if you do decide to teach, you will be well-prepared.

Will I be ready to teach after this?

Yes. You will gain real teaching experience during the course, equipping you to lead a class with confidence.

Is there an assessment?

Yes:

- A written anatomy test
- A teaching skills assessment (but no assessment of your personal practice)

Will I have to chant?

No.

Is there a set sequence?

No. This training teaches you how to create sequences rather than follow rigid templates

ATTENDANCE POLICY

Our program places a strong emphasis on consistent attendance and active participation. In order to receive your certification, it is essential to complete the course in its entirety, including both contact hours and written assignments.

What is the Attendance Policy?

This course consists of 200 contact hours. To qualify for certification, all students are required to attend the full course.

We understand that unforeseen circumstances may occasionally prevent attendance, and we are committed to supporting you in completing the course. However, time off for teaching classes, attending other courses, or non-essential personal reasons will not be considered valid grounds for missing any course content.

Notification of Absence

If you anticipate missing any session(s), it is vital to notify one of the lead teachers as soon as possible. Please provide adequate notice and offer appropriate reasons for your absence. This will help us to work with you on a suitable plan to catch up on missed material.

Make-Up Sessions for Missed Training Hours

If you miss any training hours, you must arrange a make-up session either with one of the lead teachers or one of the mentors in order to cover the material you missed. You may also be required to complete additional assignments in order to demonstrate your understanding of missed content.

It is your responsibility to ensure that you stay on track with the program. You are required to attend a minimum of 160 contact hours to qualify for certification, meaning you may miss no more than 2 days of the course.

Before enrolling, please ensure that you can fully commit to all aspects of the program.

Lateness

Timeliness is an important part of the course and we encourage you to arrive early for each session. We appreciate that sometimes external factors get in the way but if you are late to a session, you may be required to make up for the lost time. Please be mindful of the start and end times of each session to ensure you do not miss essential content.

What Happens If I Can't Complete the Course Requirements?

If a student is unable to meet all the required hours or assignments by the scheduled graduation date, we will work with you to find a solution and help you complete the program.

Please note that, depending on the additional time and training needed to fulfill course requirements, extra fees may apply. We are dedicated to helping you succeed and will assist you in completing any outstanding requirements.

Payment Plan (3 Instalments)

To help you manage the cost, we offer a simple 3-part payment plan:

1. **First instalment - 40%** of the total fee, due at the time of booking. This secures your place and acts as your deposit.
2. **Second instalment - 30%**, due **4 months before** the training start date.
3. **Final instalment - 30%**, due **2 months before** the training start date.

All payments must be completed before the training begins in order to participate.

TT Cancellation Policy

Is it possible to cancel my TT booking before the course?

We understand that life happens, and sometimes plans need to change. If you need to cancel a teacher training (TT) booking made through RocketBeats, here's how we can help:

1. If You Can Find a Replacement (60+ Days Before Start Date):

If you're able to find someone to take your spot at least 2 months (60 days) before the training begins:

You can choose a refund of your deposit (minus a £75 administration fee), or

Transfer your payment (minus a £75 administration fee) to another RocketBeats event or teacher training within the next 18 months.

2. If You Need to Cancel Without a Replacement:

- ❖ More than 4 months before the training:

Your 30% deposit is non-refundable and non-transferrable.

The remaining 70% of your TT fee (minus a £75 admin fee) is refundable or transferrable to another TT within 18 months.

❖ Between 4 and 2 months before the training:

Your 30% deposit remains non-refundable and non-transferrable.

40% of your TT fee (minus a £75 admin fee) is refundable or transferrable.

❖ Less than 2 months before the training:

Unfortunately, no part of your TT fee is refundable or transferrable.

We truly appreciate your understanding and support. If you have any questions or need assistance with your booking, please don't hesitate to reach out.

Am I able to receive a refund after the course has begun?

Once the course has begun, you have committed to the course, unfortunately no refunds can be issued.

What if I'm travelling to the TT from outside of London and my travel is cancelled?

We do not refund costs related to cancelled transport, accommodation, or other external expenses. We recommend that you arrange suitable travel insurance for yourself if travelling from outside of London. Please also see our attendance policy which deals with situations where part of the course is missed.

What happens if the course is cancelled by RocketBeats?

In extremely rare cases, a course may be cancelled due to exceptional circumstances or low enrolment.

If this occurs, prior to the course starting, you will be offered a full refund in GBP or the option to transfer to another event. We are not liable for additional expenses (e.g., travel, accommodation, exchange rates) and once again we suggest that you take travel insurance to cover any such costs.

If the course is cancelled partway through :

- a) The remainder will be rescheduled; or
- b) A pro-rata refund will be offered based on sessions already delivered.

What happens if the course location is changed?

Course locations may change at the discretion of RocketBeats at any time. If the course location changes, a venue within close proximity of the original venue will be sourced.

Have questions? Get in touch—we're happy to help.