

OPEN YOUR HEART • DISCOVER YOUR PASSION • LEARN TO SHARE IT

ANNA SUGARMAN YOGA

YOGA TEACHER TRAINING



200 HOURS

COMMUNITY • CREATIVITY

ASANA • MEDITATION

PRANAYAMA • PHILOSOPHY

FLOW STATE SCIENCE

SEQUENCING • INCLUSIVITY

METHODOLOGY • FUN

CRITICAL THINKING

PROPS • PRACTICE TEACHING

RECEIVING FEEDBACK

FUNCTIONAL ANATOMY

LEARNING HOW TO ADJUST

BUSINESS OF YOGA

TRANSFORMATION + MORE

ANNA SUGARMAN • SARAH WILLIAMS • RICHARD HUSSEINY

**YOGA IS A WAY OF MOVING,
HEALING, BEING, IN WHICH WE
LEARN TO LET GO OF TENSION AND
FACE CHALLENGE WITH GRACE.**

**WHEN WE FIND BALANCE - EASE
WITHIN EFFORT - OUR MIND, BODY
AND SOUL BECOME POWERFUL. WE
ARE ABLE TO MAKE SPACE IN OUR
LIVES FOR PEACE, INSPIRATION
AND STRENGTH - OUR BEST
SELVES, OUR NATURAL STATE.**

**OPTIMIZE YOUR LIFE, ON EVERY
LEVEL - FROM YOUR MINDSET AND
PHYSIQUE ALL THE WAY DOWN
TO YOUR NEUROLOGY.**

**YOGA TEACHER TRAINING
ISN'T JUST FOR THOSE INTERESTED
IN TEACHING - IT IS FOR ANYONE
SEEKING TO DISCOVER, DEEPEN OR
REDEFINE THEIR PRACTICE - THOSE
WHO WISH TO BE THEIR OWN
TEACHER, THOSE WHO DESIRE
CHANGE - ON AND OFF THE MAT.**



ELEVATE YOUR
PRACTICE AND
LEARN TO GUIDE
OTHERS THROUGH
CLASSES THAT
EDUCATE
INSPIRE AND
INFORM

WELCOME TO OUR TRIBE! ✨

Congratulations on choosing to pursue your dream, you courageous kindred spirit! Every journey begins with a single step and this course is a beautiful leap for those who desire to deepen their own practice, students ready to become teachers, and teachers seeking to expand their understanding of the science of yoga and evolve their teaching skills.

We will support you in discovering your own practice by helping define your truth, refine your unique yoga prescription and nurturing that - as we believe it's deep rooted passion which illuminates the joy that will maintain a strong self-practice and the ability and authenticity to share it with others.

Love, Anna + Rich + Sarah



TRANSFORM

your life and the lives of others



UNITE

This comprehensive course - built upon asana, philosophy and inquiry, functional anatomy, and teaching methodology - provides the tools to develop your commitment, curiosity, critical thinking, voice as a teacher, and capacity to instruct with compassion and integrity.

- **WHAT**

200 Hour Yoga Teacher Training
Yoga Alliance Accredited

- **WHERE**

Brighton, UK

- **WHEN**

In-Person Days 9:00am-5:00pm

- 10-11 October 2026
- 14-15 November 2026
- 12-13 December 2026
- 9-10 January 2027
- 6-7 February 2027
- 27-28 February 2027
- 20-23 March 2027

Livestream Calls 7:30-9:00pm

- Monthly, between live meetings

Online *All the time*

- 35+ hours of recorded tutorials, lectures, practices, guidance
- Interactive community + support

- **WHO**

Anna Sugarman
Sarah Williams
Richard Hussein

- **HOW MUCH**

£2850 per yogi

Details and opportunities inside



WHY

this course?

Our creative approach in offering the technical, inspirational and business aspects of yoga will prepare you to share your teachings – on and off the mat.

Access our online platform to complement your in-person learning, for the duration of the course and beyond – comprehensive pre-recorded tutorials, lectures, practices, guidance and interactive community in which to give and receive inspiration and support.

Begin teaching on day one! Receive guidance, support and feedback to help you teach clearly, confidently and safely.

Deepen your practice, expand existing rituals and create new ones.

Explore techniques to empower yourself and your students.

Incorporate the elements of yoga into purposeful and inclusive sequencing.

Learn to read bodies and provide appropriate adjustments, modifications and use of props.

Discover your individual potential and unique voice as a teacher.

Flow state philosophy and breath work – ancient technology meets modern science.

Practical learn-and-try asana-relevant functional anatomy. Learn to balance stretch, strength and stability.

Realize the relevance of traditional yogic philosophy through inquiry-based study and discussion of classic practices and texts.

Create a safe, supportive classroom environment that welcomes students and builds a sense of community.

Unite with like-hearted souls in a welcoming community.

Find your niche, create your purpose and launch your yoga business!

ILLUMINATE ✨

ANNA **SUGARMAN** YOGA



CURRICULUM

200 hours of awesome

Teaching Methodology

- Asana labs specific to each module
- Methodology lectures and discussions
- Class planning and sequencing
- Seeing and reading bodies and modifications
- Observation and mixed-level teaching
- Safe and ethical adjusting

Self-Inquiry + Practices

- Led asana, meditation and pranayama
- Study and technical analysis of asanas, key alignment points, contraindications and benefits
- Principles of Vinyasa
- Cultivating and maintaining a self-practice
- Importance of restorative practices
- Savasana and the nervous system
- Mudras
- Bhandas
- Mantras

Anatomy + Physiology

- Anatomy relevant to asana and teaching yoga
- Energetic systems – Chakras
- Deconstruction of asanas and alignment focusing on the spine, major joints, appendages, common injuries and limitations, range of motion, planes of motion and safety
- Anatomy of breath
- Flow State science
- Neurochemistry behind presence
- Intro to Ayurveda

Philosophy

- Introduction to yoga philosophy and texts (*The Eight Limbs, Yoga Sutras, Bhagavad Gita and more*)
- How to incorporate philosophical concepts into daily life and teaching
- Lineages, styles of yoga, the history of modern postural yoga
- Basic Sanskrit (pronunciation, etymology)
- Creating and cultivating a nourishing, self-reflective practice, just for you

Ethics & Careers

- Create your own teaching manifesto
- Launching a career in yoga (*Bio Writing, Social Media 101, Business, Marketing*)
- Continuing Education
- Exploring the student/teacher relationship

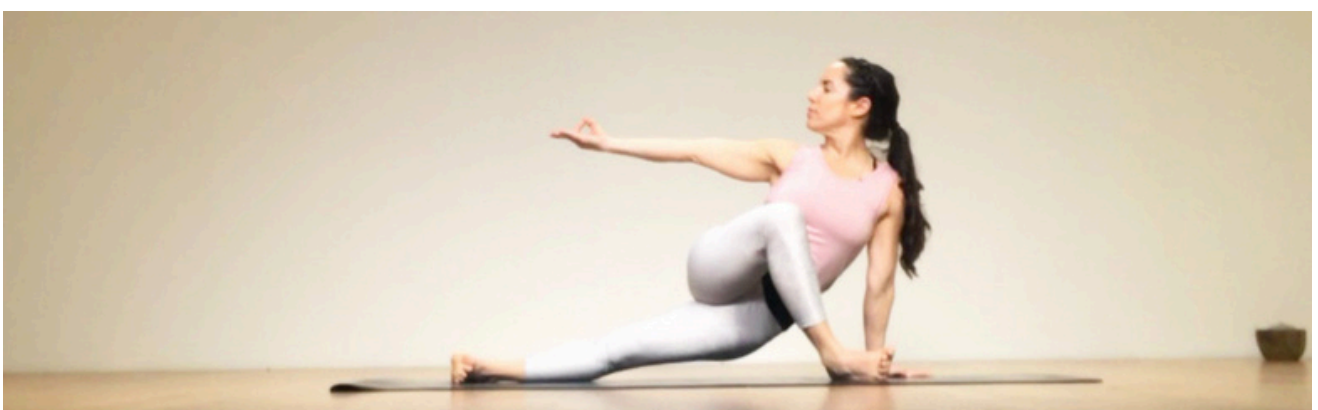
Practicum

- Begin teaching on day one
- Practice teaching sequences which will culminate in a 60 minute class – you will be prepared to teach confidently

Non-Contact Study + Practice

- 35 hours of in-depth lectures and labs (asana, anatomy, philosophy, methodology) in our online platform
- Weekly livestream calls
- Reading, assignments, guided journaling
- Home practice
- Observations and assisting

Build your own practice – one that you love so much you can't help but maintain and cultivate the authenticity and passion to share it with others.



LOVE

PREREQUISITES REQUIREMENTS

and certification

Previously – A minimum of two years of dedicated practice, prior to attending this YTT, is required to be considered for certification. Please inquire if you have questions regarding your unique experience – we're happy to discuss.

Poses – You are not required to do certain/advanced postures. Ever.

Presence – This rigorous training is for critical thinkers who are prepared to truly commit to learning the practices of yoga. Attendance of and participation in each course module is compulsory. Absences must be made up via additional projects in order to complete all hours required.

Prosperity – Graduation is dependent upon satisfactory completion of all elements of the course (exceptional attendance, assignments, assessment and practice). Upon successful completion, 200 Hour certification (RYT 200) will be issued by Anna Sugarman School of Yoga, Yoga Alliance USA accredited (globally recognized).

Props – Students are required to bring a mat, strap, two bricks, bolster and blanket to each in-person meeting.

Platform – Completion of online modules (pre-recorded lectures, tutorials, practices, etc) coherent with our live learning is required, along with inputting personal practices to our collective online log.

Practice – Expect to commit a minimum number of hours per week to your self-practice – alone, with our videos or others', in studios, etc – according to your goals and schedule. We'll help you strategize!

Projects – Mini-sequences, bits and brilliance to support assimilating new knowledge into wisdom will be assigned en route! This journey is full of awesome and opportunity – how much time you dedicate is up to you. We'll prescribe a maximum of two hours per week homework, reading or study additional to your practice.

LIBERATE

ANNA SUGARMAN YOGA

TEACHERS

the honor is all ours

RESONATE



ANNA SUGARMAN

International yoga teacher and teacher trainer, over 200 of Anna's graduates are currently sharing yoga worldwide. Anna has studied with renowned teachers around the globe, all of whom have shaped her own practice and teaching approach. Her dharma is sharing her passion for spiritual balance, playful motion and holistic wellbeing – and she devotes herself to exploring this, as a student and a teacher. Integrating challenging sequences and intelligent transitions with creativity, enthusiasm and joy, it's said that Anna plays yoga.



RICHARD HUSSEINY

For over 15 years, Richard worked as a strength and conditioning coach in high-performance sport, with some of the best organizations and athletes in the world. He supported teams in preparation for two Summer Olympic games, London 2012 and Rio 2016, and worked with the GB Park and Pipe squad for the 2018 Winter Olympics in Pyeong Chang. Richard's mother's diagnosis of terminal cancer sparked within him a momentous shift in perspective, self-discovery, consciousness and desire to learn what life really means. Now he guides individuals and groups on the path of personal mastery and speaks at events globally. He is passionate about the science of breath and flow state, and supporting others through life change.



SARAH WILLIAMS

Sarah is a senior teacher for Yoga Alliance Professionals and is an E-RYT 500hr Continuing Education provider for Yoga Alliance. Sarah has studied and practiced Vinyasa yoga extensively with her primary teacher Jason Crandell who she regularly assists in his Advanced Teacher trainings. She is also hugely informed by her studies in somatic inquiry, Restorative Yoga (Relax and Renew©) and Yoga Nidra (iRest© and ParaYoga). Sarah's humor-infused style of teaching guides her students to discover and cultivate their own wisdom, unique to their body and personal inquiry.

ANNA SUGARMAN YOGA

PRACTICE

and support

We are passionate about our practices and we intend to inspire you to create and maintain a strong self-practice too – one that works for you.

It is our honor to support you in discovering your own practice, finding your individual voice, and exploring how to passionately, authentically share it.

Access our online platform for the duration of the course and beyond. Weekly livestream calls to guide your whole journey. Unlimited email support. Unite with small groups – to receive and give inspiration. Build community and lasting, loyal friendships.

Clear objectives, feedback and guidance will fuel your soul as you become a brilliant teacher – for yourself and your students.

CULTIVATE



VENUE

Jing Institute | A stunning studio in the heart of Brighton's iconic lanes, just 10 minutes walk from the Brighton Train Station, amidst cafes, shops and of all sorts of magic. Most yogis commute. For the visitors, we suggest Air Bnb and are happy to recommend hotels.

SAMPLE SCHEDULE

9:00-9:30 am	Meditation + Pranayama	1:00-2:30 pm	Anatomy or Philosophy
9:30-11:30 am	Asana Practice	2:30-4:00 pm	Teaching Methodology
11:30-12:00 pm	Group Discussion	4:00-5:00 pm	Closing Practice
12:00-1:00 pm	Lunch	5:00 pm...	Self-Study, Reflection, Rest

Schedule may vary slightly pending activities and module focus.

✦ **CREATE**

INVESTMENT

£2850 | Includes all course classes, workshops, materials, certification upon successful completion. Excludes transportation, parking, meals, accommodation. [Book now.](#)

There are a small number of reduced cost spaces available - [reach out](#) to learn more.

Payment may be made in a single go or in three installments - required to reserve your spot. £500 is non-refundable. Please see [Terms & Conditions](#) for our full policy.



FAQ

and tidbits

REQUIRED READING

Nada. You have sufficient, if not substantial, yoga background to begin this part of your journey. Upon arrival, you will receive an all-inclusive manual of awesome, which we will go through together, in-depth. However, if you're seeking book recommendations, voila! Need more? Just ask!

- **Yoga Anatomy**, Leslie Kaminoff & Amy Matthews – One of our favorites! Riveting information and extraordinary illustrations.
- **Autobiography of a Yogi**, Paramahansa Yogananda – The quintessential legend, and major introduction of yoga to the West.
- **Yoga School Dropout**, Lucy Edge – Hilarious adventures and antics of a (very) modern day yogini, yet full of relevant info.
- **Asana Pranayama Mudra Bandha**, Swami Satyananda Saraswati – Great text used in traditional yoga teacher trainings.
- **Four Chapters on Freedom**, Swami Satyananada Saraswati – Excellent translation of the Yoga Sutras.
- **The Bhagavad Gita: A Walkthrough for Westerners**, Jack A. Hawley – One of many wonderful translations.
- **The Heart of Yoga**, T.K.V. Desikachar – A hardcore “how to.”
- **The Four Agreements**, Don Miguel Ruiz – A short read, long on practical wisdom.

We are not your mother – although we do give excellent hugs! To receive Yoga Alliance certification you must attend sufficient hours (which means most!). To retain your invitation to classes, punctuality is expected, as are the abilities to participate and contribute appropriately (illness and injury are considered differently than hangovers!).

All hours, in-person and online, are mandatory for certification. Should you need to miss a partial or full module, some online content will be available and an additional project will be required – you will be reliant upon the support of your fellow teachers-in-training and the discretion of your teachers. Details available upon booking.

Should lockdowns be enforced during planned live sessions, the module will be presented and completed online via a combination of pre-recorded content and live-stream classes. Refunds will not be issued (as per venue contracts and [Ts & Cs](#)).

Your open heart and...

- Yoga Clothes – Comfy, practical! And warm layers for meditation and savasana.
- Props – Mats provided (feel free to bring your own!), strap, 2 blocks, bolster, blanket.
- Odds + Ends – Journal, colored pens (if you're into that, like us), hot water bottle, pillow.
- Extras – Reusable water bottle and teacup, lunch, snacks, hugs (if you're into that, like us).

✦ **INTEGRATE**

ANNA SUGARMAN YOGA

ATTENDANCE

BRING

RULES

COVID



SEE YOU SOON!

Prior to our start, we'll provide a link to our online platform so you can prepare for the first module!

Shout out with any questions at all
anna@annasugarmanyoga.com

Let the countdown begin... We cannot wait to welcome you to Brighton for 200 hours of union, yoga and magic!

LOKAH SAMASTAH SUKHINO BHAVANTU

May all beings everywhere be happy and free,
and may the thoughts, words and actions of my own life
contribute in some way to that happiness and freedom for all.







**JOURNEY INTO YOUR SOUL.
HARNESS THE POWER OF BREATH.
ACCESS THE MAGIC OF FLOW STATE.**

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