

HOUSE OF ZEN TRAININGS

KRĪDĀBHYĀSA • LĪLĀ • SVĀDHYĀYA

200YTT 300YTT



PORTUGAL MARCH 2026
SRI LANKA NOV 5TH - 27 2026
PORTUGAL APRIL 2027
PORTUGAL OCTOBER 2027

IN PERSON 200HR
30 HR CREATIVE SEQUENCING
50 HR ALIGNMENT & ADJUSTMENTS

YOGA TEACHER TRAININGS



YOGA ALLIANCE

MODULES 200HR YTT

OVERVIEW -

- History of yoga
- Anatomy & Biomechanics
- Hatha, Ashtanga, Vinyasa
- Meditation, Chants & Mudras
- Philosophy
- Pranayama
- Ethics of yoga
- Ayurveda
- Sanskrit
- Chakras, Nadis and subtle energies
- Techniques of teaching
- How to run a successful yoga business

THE DETAILED LIST

Anatomy

Skeletal System: Bones, joints, spinal anatomy, common misalignments.

The Appendicular Skeleton -Movement & Stability

The Axial Skeleton -Core support and protects organs

Types of bones Feet, hands , shoulder girdle, Shoulder and spinal health(decompression, stabilisation, mobilisation- poses, understandings, sequences and conscious placements)

Pelvis inc pelvic tilts

Anatomy and function, key movement terms,

Biomechanics in yoga, safe movement, personal awareness

The spine Vertebrae structure, spinal curves, standing postures, understanding spinal issues- disc herniations etc, poses for and to avoid spinal issues by injury. Spinal safety, spinal movements, Modifications, language, safe cue's and DR recommendations.

Types of joints, joint stabilisation in yoga

Muscular System - types of muscles, functions in yoga, key terms, strengthening vs lengthening for yoga, broken down by lower body, upper body, pelvic and core.

Respiratory system, Cardiovascular system, Digestive system, Nervous system & regulation, Endocrine system , Energetic system anatomy, pranayama

Anatomical Contradictions, Yoga Proprioception Drills, Common Misalignments & Adaptations, Stretching, fascia, balancing , healthy movement patterns

Chakras, Nadis



MODULES

Koshas- How to navigate the Koshas

Vayu's, minor pranas and the pranic body

Bandhas inc application of bandhas in asana, Bandha drills and opportunities to discuss explore bandhas for experienced practitioners

Pranayama- history, techniques , 17 pranayama's and pranic drills

Types of yoga- Theory of bhakti etc, practise of hatha, ashtanga& vinyasa

Drishti's -The 9 Drishti's and application in asana

Meditation and mindfulness, history of meditation , types of meditation - mindfulness, meta, mala beads, group meditation, moving mediation, walking meditation, vipassana insight- but we will not sit for 10 days, tatrek , yoga nidra, how to prepare for meditation.

Yoga nidra, in depth how to receive and how to teach

Study of yoga sutras, vedanta, history and evolution of yoga, four vedas, -shruti and smriti, upavedas, bhagavad gita , hatha pradipika and teaching our legacy ethically

Limbs of yoga- 7 limbs vs 8 limbs lineage ,

Niyama's yamas,

Turning inwards,

Stories of poses

Shat karmas and Kriyas

Ayurveda , history, doshas, imbalances , treatments .

Mantras, Study of over 8 mantras inc ashtanga mantras, gayatri and om

Mudras over 15 mudras & the relation to the elements,

Philosophy, duality , karma, three gunas, intentions, masculine and feminine energies, Aum, maya, 108 , Marma points ,

Sanskrit lessons

Asana categories , asana groups for sequencing, peak poses, ladder flows, counterposes, contradictions,

Students learning styles- hyperbolic, kinaesthetic, auditory, visual, social and solitary, technical students

Muscular vs organic energy

Themes in classes, Grounding and centering, Closing class

Sequences sun salutations, moon salutations, ashtanga primary series

The art of adjustments, verbal adjustments , self adjustments, and numerous safe hands on adjustments

Teacher guidelines- for injuries, pre class check in's, consent class planning inc time structure, preparing the room , pre checklist , Sequencing structures, safe environments, class management, use of props, teaching styles teaching on and off the mat, finding your tone of voice, inclusive language ,

The Zen teaching method

Alignment principles

Meditation scripts for you to use after graduation.

Cheat sheets Descriptive words, cue sheets for body parts, emotions, alignment, energetics and by learner style, how to layer cues

Legal obligations of teaching,

Running your own business how to successfully market , and budget your business, social media presence and insights, workshop ideas,

Templates to reach out for corporate gigs

Alumni mentorship and study groups post graduation and eternal student recommendations and support

Teaching opportunities, post graduation teaching gigs

Yoga cvs and cover letters, Teaching online, student intake forms,

Ethics of teaching



IS HOUSE OF ZEN FOR ME?



Finding the teacher training that is right for you goes far beyond the logistics of dates that fit your schedule & the price point that agrees with your bank balance. Your training is such a huge part of your journey, and one we take really seriously. We know House of Zen isn't for everyone, and we are really clear about that. It's unethical of us to simply say yes we are what you are looking for, simply because we want your financial investment. You will be spending approx 3 weeks living and breathing yoga with us, we want to make sure the vibe is right for you, so that you leave full of love and enthusiasm for yoga, along with your newly revealed knowledge & confidence.

WHAT YOU WILL FIND AT HOUSE OF ZEN.

- A playful bunch of teachers with an approachable vibe, we may joke around but we really care deeply about the subjects we teach, and the importance of honouring the lineage and rich history of yoga.
- Coffee is on the menu. I said what I said. It's wonderful that many schools ban caffeine and such, but its available here with no judgement. The food is largely vegetarian, but not strictly. We do easily and wonderfully cater for all requirements though.
- We have put years and years of knowledge, and days of planning into creating the training agenda , by modules and by days . You will have a mix of long short and regular days. Where possible long days are followed by a rest day, the short days are thoughtfully placed, and the days leading up to the final exam & graduation are restful short days. Butttt we do flex the days to follow the sun 😊 Off peak season weather in Portugal will see some days rainy & others sunbathing weather, It just makes sense to have training on the rainy days and rest when the sun is out.
- **THINGS YOU MIGHT FIND THAT AREN'T FOR YOU ...**
- A schedule that may flex, changes in modules by day or start times for sessions may happen, we will will always notify you where possible with as much notice but if you struggle with changes to a plan- this may not suit you.
- Sam the neighbours soft, friendly dog may visit the house in Portugal. He is gentle but does know dinner time, so will make appearances.
- If you are offended by human error or the occasional swear word. Us teachers are human and make mistakes (mostly me with left & right)



Gem x

Founder & Lead Teach at House Of Zen



TEACHERS

Each Teacher is carefully chosen, House of Zen requires teachers to have a skill that goes much further than the ability to deliver a great asana class. Teachers will vary for trainings, depending on their availability. If you feel very connected to a particular teachers bio , please reach out to confirm their attendance or to find ways to give you exposure to that teacher, outside of YTT hours.

TOMAS

Thomas is a Dutch psychological therapist with a foundation rooted in his own practice of Ashtanga yoga and Vipassana meditation. In recent years, after a dedicated decade of established Ashtanga practise, he journeyed into teaching, first leading Ashtanga classes, before becoming a 2025 graduate from House of Zen, where he found his love of exploring more free and creative Vinyasa flows.

He has a fascination with the workings of the mind, consciousness, and the path inward, supported by his research master's in brain and cognitive sciences, a Master's in healthcare psychology, and his own personal journey. Thomas brings a very gentle, supportive energy to the trainings, bringing his expertise in the nervous system, conciousness and subtle energies, and is well known for his beautiful, visually guided meditations and thoughtfulness.

In his free time, he's into sleeping in, reading, surfing, climbing, finding fun new ways to move his body, and occasionally breakdancing.



MAX

After 5 years of working at a corporate, 2 burn-outs & a lifetime of doing too much, Max decided to change his lifestyle. Since July 25, he is travelling in a van with full freedom & limited routine. Ironically it was his office that introduced him to yoga, since completing his training he fell in love with the depth it holds beyond the physical. He graduated House of Zen in 2025 & recently sat his first 10 day vipassana, he now leads sessions on mantras, meditation & asana practise. He brings many of his passions singing, meditation, chanting & breathwork in to his classes, he is a lively sociable guy & likes to start of his classes unconventionally, with some dancing to warm up the body and bring in some playfulness and fun

TEACHERS

Each Teacher is carefully chosen, House of Zen requires teachers to have a skill that goes much further than the ability to deliver a great asana class. Teachers will vary for trainings, depending on their availability. If you feel very connected to a particular teachers bio, please reach out to confirm their attendance or to find ways to give you exposure to that teacher, outside of YTT hours.

HOUSE OF ZEN



AMIJOT

A skilled sound ceremonialist, she incorporates her voice by singing sacred mantras, chanting and medicine songs alongside various instruments such as crystal singing bowls, Tibetan bowls, Native flute, shamanic drum, chimes etc.

Over the past three years, Ami, a devoted wandering Yogini, has journeyed solo through Asia, Europe, Central and South America, and undertaken sacred pilgrimages across Peru, India and Nepal. Along the way, she has immersed herself in diverse yogic, energy and sound healing traditions, studying under revered masters and deepening her practice. Her path has been one of profound spiritual exploration, and self-inquiry – bridging ancient wisdom from her roots in India with embodied presence.



KELSEY

Kelsey is an Alaska native from Juneau, now living in Portugal, whose journey with yoga began at the age of 15. Since moving to Portugal in 2016, she has been sharing her practice, evolving from yoga in the park to stand-up paddle yoga, and now teaching on the beach and at surf camps. Her passion for yoga and its many branches is matched by her dedication to learning, reflected in her 2022 master's degree in Ayurveda and Integrated Medicine. Kelsey's teaching and personal practice continue to grow, rooted in a deep respect for yoga's rich traditions.

Her passion for yoga and all its branches runs as deep as the tradition itself. She strives to integrate the wisdom of Ayurveda into her teachings, offering students a richer understanding of how to harmonize the body, mind, and spirit through daily practices and self-awareness. Kelsey delivers in-person sessions in Portugal YTT trainings.

TEACHERS

HOUSE OF ZEN



ANDY

A bottomless curiosity ignited at a very young age through an interest in philosophy eventually led Andy to Yoga in adulthood. Since he began his journey through Pranayama, Movement and Meditation the entire path he was on in life has completely transitioned, and continues to flow and change like we do on the mat; sometimes bringing obstacles and other times rewarding discoveries, revelations and gifts. Andy succumbed and softened, much like we must during asana, to the importance of selfless and honest servitude, found the strength and resolve to beat addiction, found peace in love and intimacy and re-established a harmony in the body mind and soul that has nourished and enriched his and everyone he touches lives by opening the doorway for him to guide others on a similar path. His authenticity shines through, allowing you to reveal your own true teaching style. Influenced by Iyengar, Swami Sivananda, Sri Krishnamacharya, Gemma Cato, Ty Landrum, Daniel Rama De France, he has a deep interest in both classic scriptures and philosophy of Carl Jung and Alan Watts. His teachings are rooted in selfless service and genuine connection to yoga and the many limbs. He's also pretty skilled at inversions, arm balances and powerful verbal cues and adjustments. Andy Delivers his sessions online for us, with some pre YTT in-person UK sessions

LOURINHA PORTUGAL

AREA & VENUE

The Far End Surf House
Lourinha
Nearest airport Lisbon
Porto also an option

Lourinha is still an under the radar, lesser known surf town on the Silver Coast, our venue sits a couple km's down the road in a sleepy village called Nadrupe. Our venue offers a chill, nature-filled vibe with lots of space to spread out. Enjoy stunning starry nights, with frogs serenading and frequent distant dog barks in true Portugese style. Meals are all about community, served family-style, with lots of nourishing dishes to fuel you. While bathrooms are shared, there's plenty of space to unwind and soak in the peaceful surroundings. It's a spot loved by everyone who comes by. Just so you know, this is rustic county charm, so if you're expecting silence and butler service, this isn't the place for you!

THE FAR END SURF HOUSE

30 hour Creative Sequencing April 17th-24th 2027
Yoga & Surf Retreat May 16th - 21st 2027
Yoga Retreat May 22nd-26th 2027
200 hour YTT October 4th-28th 2027



HOUSE OF ZEN

Getting to the Far End Surf House

Rua Do Bolardo 4, Lourinha Portugal

Nearest Airport Lisbon

Journey Time: 50 minutes.

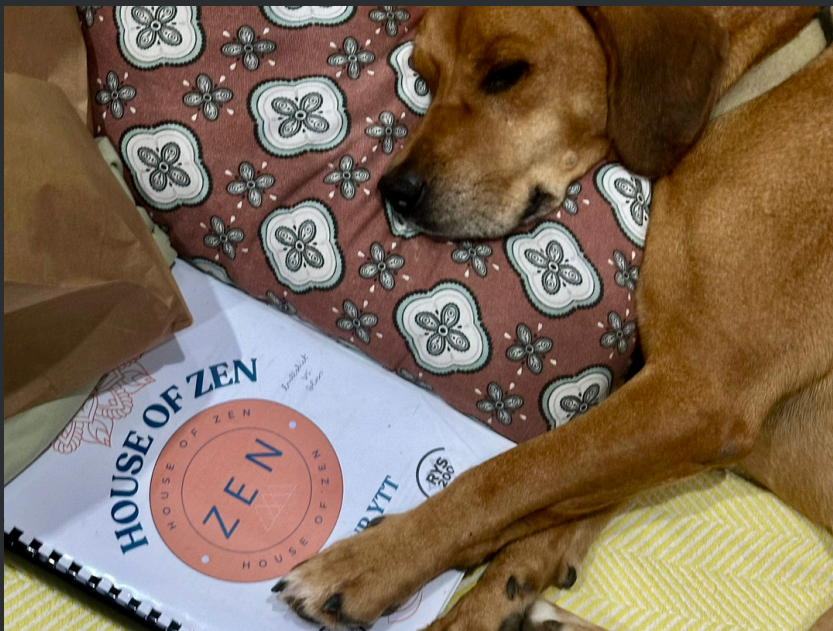
Bus Free pickup anytime from the main bus station in Lourinhã.

There are two bus companies that provide several bus rides every day from Lisbon to Lourinhã and Praia da Areia Branca, with a final stop in Peniche. Tickets are around 11 Euros **Free Parking** if you choose to drive, or rent a car out here

Uber/bolt/Taxi Uber & bolt is the cheaper than using airport taxis.

Expect to pay around 40/50 Euros from Lisbon airport. When you come through customs, turn left and turn towards Starbucks, the pick up points are just outside the doors to the left. Try to avoid ordering your ride too soon, as the meter will start running. It is usually only a few minutes wait time.

We try to organise car pools where possible, before events you will be added to a group chat, where flight times can be shared so we can help connect you with other guests travelling at the same time, to make the journey more fun, and keep ride fares low for you.



Who it's for

This is for anyone who is passionate about yoga and wants to deepen their practise. For those who simply want to embody the yogic path for their own personal journey, as well as those who aim to teach yoga. We focus on ensuring all that qualify with the desire to teach, are supported to be successful in business with graduate support groups & mentoring after the training .

How we do it

The 200 hour course, is built up of both practise and theory modules, inc observations, feedback, teachings, homework and peer lead sessions,. You will be provided with handouts, quizzes, access to teachers outside of classroom settings and a final exam, as well as structured break out sessions to put your knowledge to practise. A variety of teachers, and a multitude of teaching styles means we naturally accomodate the way you may best learn, we also welcome any additional learning support you may require. The course, the quizzes and the exams are not here to catch you out, but instead they are here to serve you and your quest for a deeper understanding. Towards the end of the training you will teach a 60 minute flow, and share your written plan, take a written exam, and will be tasked with an asana assessment. We want you you to be successful and safe as graduate teachers sharing yoga with the world, a qualification is awarded at the end of this training, to those who show up with honesty, an openness to learn, and a kind and respectful heart during the training, as well as passing the final exams and assessments. At Graduation you will be awarded with a certificate that allows you to register with a Yoga Alliance. We support and nurture all learning requirements. Please ensure you list all ways we can support you , on the pre intake form .



We teach you to find your authentic teaching style and voice, how to confidently deliver cue's with clarity using vocabulary that you feel aligned with, how to create and lead classes that show your charm, and fill your heart with joy ,whilst nurturing your students yoga journey. We are not here to create cookie cutter yoga teachers who do not feel aligned to the yoga they arrived loving.

The 30-hour course is open to anyone with a sincere interest in deepening their practice – you do not need to be a yoga teacher to attend. We warmly welcome dedicated practitioners, trainees, and teachers alike. However, if you wish to log these hours with Yoga Alliance as Continuing Education (CE) credits, you must already hold an active 200-hour (or higher) Yoga Alliance certification. Only qualified teachers can bank the hours for CE purposes. Please also note: These 30 hours do not count toward a 200-hour teacher training certification. They are designed as standalone advanced study or continuing education.

GEM & HOUSE OF ZEN

A TEACHER WHO KNOWS THEIR ANATOMY AND HISTORY INSIDE
OUT BUT ISN'T AFRAID TO SWEAT, LAUGH, OR BREAK THE RULES.

MEET GEM

I've been practising yoga for more than a decade, however truthfully the first few years don't count, I abused it, I treated it like a stretch class, I would check my emails in pigeon pose and ignore shavasana I was even kicked out of a class for being disruptive. And then I found the right teacher for me, and it rocked my world, It changed everything, finally I got it! Fast track to me taking a 200hr with house of om then ditching the corporate world to teach yoga. Since then I have attended further trainings with various lineages. Inc the Himalayan lineage from Vishnu Panigrahi who has spent decades in his quest for knowledge, with such teachers as Swami Veda Bharti , Swarmi Hari, swami Shankarandana and many others. I aim to be the teacher I needed back when I was abusing yoga, a teacher who shines a subtle light on the magic, in a way that makes you eager to authentically deepen your practise and understand that yoga is so so much more than just the asanas. My passion overflows from simply leading classes to a strong desire and deep rooted calling to share my knowledge with my students, as well as opening the door to the world of yoga beyond Zen Gem & House of Zen YTT's

The training we offer is multi style, all yoga is Hatha, we include Ashtanga but it is not the main subject, we focus heavily on Hatha & vinyasa, empowering & educating you to deliver thoughtfully crafted sequences, and restorative yoga for the gentle sessions to nourish the body with stillness.



Daily Schedule

A TYPICAL DAILY SCHEDULE AT HOUSE OF ZEN

Regular days run from 7am, with frequent breaks until 6pm . A long day would have a post dinner gentle session such as meditation or bedtime yoga, Short days finish at lunch time. We carefully structure the training schedule with thoughtful placements of rest days and short/long day allocations. Study sessions will be mostly teacher led but you will be able to choose a self study session if that's your preferred style.

7-9 Asana , Pranayama & Meditation

9-10 breakfast

10-1 Anatomy, Philosophy, Ethics

1-2 lunch

2-4 Afternoon Academics, Teaching Methodology

4-6 Asana lab, Group study, Q & A sessions



WORDS OF LOVE

Gem is an amazing teacher, honest, patient and fun. She really knows how to hold space for everybody. The location is really cool and the food is pretty good. You can surf or go to the beach on days off. I had a great time here and learned a lot, zero regrets.

Hi Gem, I just wanted to say thank you for everything. I had an amazing time. I'm really happy I ended up doing the training with you, I wouldn't have had it any other way. You're an awesome teacher and person. I feel I learned a so much from you and I will try and honour your teachings by doing my best to hold a inclusive space for all bodies. Thanks for putting the fun back into yoga for me! And for being so patient and understanding.

I feel a deep transformation within me when I compare who I was a month ago – leaving my job and boarding that plane to Portugal – to who I am now.

What was once just a timid dream, limited by a fear of not feeling legitimate, has turned into a true conviction. Thank you so much for your teachings, for your values, and for creating such a beautiful energy and sense of trust between the participants and the teachers. It allowed us to truly meet each other and grow.

I now know what my deepest truth is, and I feel so much gratitude, because you – all of you – have helped shape it and left your imprint on it.

I will think of you with love and pride when I teach my yoga classes. It will be an extension of all of you.

This experience brought together ppl from different parts of the world with such a different backgrounds and united us to a YTT family. Amazing life changing experience. One of the best decisions I made and definitely set an expectation bar for future retreats and trainings very high. Loved every moment of this experience. Gem and other teachers are so knowledgeable and delivered training with high standard. Very inspiring people ❤️

My whole experience was just brilliant. I love practicing yoga and had no doubt that we would be doing a fair bit of it but the fountain of knowledge that gem has put together and the way it's broken down and presented made it much more fun then I ever expected. I was a little nervous of the academic side of things but the way it was taught made it fun and exciting and left me wanting to learn more and more. I highly recommend gems YTT you will not be disappointed. Also set in the fun and vibrant surf house in Portugal...what more could you want? Forever grateful



HOUSE OF ZEN

Nothing short of exceptional, completing 200hrs of YTT with Gem in Lourinhã, Portugal, has given me so much more than a certification. Through the 25 day programme, I was able to deepen my appreciation for the human body; listen and understand the cues my body gives in poses, learn more about the anatomy of our muscular and skeletal structure, and gain insight about the importance of an embodied practice for students which was my main aim of taking up this training.

Gem has created a wholesome curriculum that truly has been more supportive, encouraging, and empowering than any other educational courses I have taken.

Mentally and emotionally, I feel I have walked away with more knowledge, intentionality, and connection to myself and yoga than I can articulate hence I cannot recommend this training enough!

(Most courses will naturally be overwhelming with alot of study material & quizzes but Gem paced it really well with hardly any pressure given)

I knew we would be learning and practicing yoga but the way we delved into so much history and the root of yoga and its meaning blew my mind. My YTT manual will forever be my bible.

I recently completed my 200-hour Yoga Teacher Training in Portugal with House of Zen / Gem Cato, and had a very positive experience. One of the highlights was the setting – a spacious garden with many orange trees, which created a calm and grounding atmosphere. Our main teacher, Gem, was very knowledgeable and brought a warm, positive energy to the sessions. She was approachable, supportive, and kept the learning environment both engaging and enjoyable. I also appreciated the balanced teaching approach. It was clearly communicated that, as yoga teachers, we are not doctors or physiotherapists, while traditional yogic knowledge was thoughtfully combined with modern scientific perspectives. The small group size of seven people made the training feel personal and allowed for individual attention throughout. My dietary needs were also well accommodated. Overall, I'm glad I chose this training and would recommend it to anyone looking for a smaller, well-structured YTT experience.

The training was much more than asanas and anatomy. It helped to understand how yoga actually connects body and mind. All the teachers present in the training were a pool of knowledge, honest and open about their journeys, very kind and supportive to each one of the students. I loved every bit of the training – from 7 am yoga flows, to yoga under the stars. The collective energy of the teachers and students was so beautiful, my heart is full and happy. :)

THE ACCOMMODATIONS

THE FAR END SURF HOUSE
LOURINHA, PORTUGAL



PORTUGAL

GLAMPING PODS

PRIVATE DOUBLES

DORM ROOM

TWIN ROOMS

Our venue in Portugal offers a variety of rooms- varying from the Dorm room which has 2 sets of bunk beds and front patio access, to twin rooms or a private if you need your own space. In warmer months we also have the glamping pods with private or twin availability .

The Venue has a pool, slackline, Volleyball pitch, dart board, pingpong table, skateboards, and a balance board for playtime. It has a large multi layered garden that stretches far beyond what is captured in this photo, with plenty of hiding spots for your downtime.

A variety of spaces for classes and asana practise to take place, both inside and out. Sessions take place on the rooftop sun terrace, the inside meditation room, the garden space out on the grass, or inside the temperature regulated house in the upper lounge area. A new large covered yoga deck is currently under construction at the top of the orchard. We change classroom space throughout the day, to avoid environment fatigue. Weather is never guaranteed in Portugal but sessions will be outdoors regularly, we always make an effort to ensure shaded area's are provided, and teachers will frequently check with the group, to ensure location suitability before each session, but please bring hats, and something to cover your shoulders.

Meals will be taken outdoors on the patio, or cooler days we dine indoors- it's a cosy community vibe with family style dinners prepared to nourish our bodies.



PRIVATE DOUBLE

The Upstairs of the house has 3 double rooms that can also be twins, with a shared bathroom, and upstairs lounge area, where some lessons may take place. You also have direct access to the sun terrace.
Garden or pool view
 £3850
EARLY BIRD £3250 BOOK BEFORE 1ST SEPT 2026



TWIN ROOM

Double/ twin rooms have storage and wardrobe space, multiple outlets and shared bathroom .
Pool view
 £3000
EARLY BIRD £2800 BOOK BEFORE 1ST SEPT 2026



SANGRA - THE DORM
 £2800
EARLY BIRD £2500 BOOK BEFORE 1ST SEPT 2026

The Dorm room. 2 sets of Bunks and plenty of storage, this is pure sleepover vibes, you also have direct patio access and an outdoor sofa. Shared bathroom.

HOUSE OF ZEN PORTUGAL



THE PODS
 PRIVATE £2900
 TWIN £2200
EARLY BIRD £2500, £2000 BOOK BEFORE 1ST SEPT 2026

Off Season we only recomend the pods to those who regularly camp, heated blankets and electricity are provided, as it will be cold and the usual tent conditions. The tents are at the top of the hill, so light sleepers may prefer earbuds for the wind or Chatty Portugese doggos.

FAQ

HOUSE OF ZEN
IF YOU'RE THINKING IT,
SOMEONE HAS PROBABLY
ASKED THE QUESTION TOO



Will I be certified to teach yoga upon completion

For the 200hr Yes, As long as you show a solid understanding of the materials, and pass final exams and assessments, complete all sessions arriving on time, and with an open and respectful energy towards teachers and peers, you will graduate with a certificate that allows you to teach in gyms, studios, private and public spaces as well as obtain legal insurance etc., this is yoga alliance accredited if you choose to register after the training. You may retake the written exam if you score below the required pass mark of 70%. The 30hour course is continued education only.

Are there payment plans?

Yes, affordability is important to us, you can break up the cost into 4 manageable payments, reach out for more info

I have paid and now can't make it, can I get a refund

Please refer to the cancellation policy for specific details

Can I bring my partner who does not want to attend the course

Yes this is possible, they can share your room, and join the group for meals and downtime, there's plenty for your partner to do both on and off site, as long as they are respectful to other students and during sessions, their fee will reflect food and accommodation only

I can't make these dates, will there be more?

We currently have October, March & November YTT's confirmed, stay tuned for updates

I can't attend the full training, will I still be able to attend and graduate?

This is a potential, dependant upon which days will be missed, some sessions can be taken at a self study pace off site, some students attending this course are restricted to UK term dates, and will therefore do the first 2 weeks on site, with the remaining hours completed as a combination of self study, and catch up days in person and online with Gem, reach out for more information about how this may help you.

I need additional assistance with written exams, what do I do

Additional study support can be offered in many ways, please let us know how we can best help you

THE VIBE

We take learning seriously so that we can deliver it lightly. We change the classroom setting throughout the day, so we can work with the weather in a way that supports the group, as well as keeping the environment fresh and reducing fatigue.



Before the training you will be sent a questionnaire regarding dietary requirements, injuries, experiences and goals, you will also be asked about your learning style, this is taken into consideration during all sessions led, to ensure you get the most out of the training. The flexs may look like giving you notice on module specifics by day, so you can pre read, additional verbal support during or adding more physical drills and break outs etc. You will also be asked about any specific ways we can support any learning requirements- such as coloured paper , larger font , verbal tests etc.



Whats else should I know?

- You will be pretty busy with the intensive course , but if surfing is your thing, this is the place for you, you can take lessons locally or hire boards and wetsuits from the Surf house.
- Laundry facilities on site free to use
- Your room will be cleaned on a weekly basis and linens changed, towels and linens are included
- Shared bathrooms have hairdryers, shampoo. shower gel , conditioner and suncream available, or you can bring your own
- Meals are included, but you also have a fridge on site you can use, and access to the kitchen outside of times when the chef is preparing meals, it's lovely being looked after , but we find on longer trainings that some students often want to cook something for lunch that reminds them of home , you are welcome to use the facilites we ask you tidy up after yourself
- Sunsets here are a big deal, we like to go down to the beach after dinner once or twice a week

Creative sequencing 30hr continued training

April 17th-24th 2027 the far end surf house



Come and play with our 30 continued education course for creative sequencing. Learn how to thoughtfully craft sequences biomechanically, energetically and creatively , so you can stay creative without burning out, and how to deliver cues with clarity and your own tone of voice that helps you to find and connect to your tribe .



Daily schedules will be shared , detailing activities, times & locations, and teachers leading the sessions. Daily Q& A sessions, and group discussions to help integrate and delve deeper into theories where needed. There will also be self study sessions, with access to the teachers to pick up on anything you'd like more info or clarity on . Passing the course is not guaranteed, but all the teachers involved want you to succeed, we can adapt sessions and quizzes for any required support needed and regular feedback and support will be given. For those bound by reduced annual leave allowance and cannot commit to full days on site, you will be provided with off site training modules and given catch up training days back in the UK, to get you to your 200 hours

Personal info & requirements

Closer to the time Gem will send out a questionnaire to cover things like dietary requirements and preferences, additional support requirements, injuries and medications, as well as what you hope to get out of this training. This helps us to plan the best possible experience in all areas. If you are nervous or wish to discuss in the interim, reach out so we can ease your mind.

A group what's app chat, will also be created to organise airport car pools/collections , schedules, training notes and to share all our pics.

HOUSE OF ZEN



BOOK YOUR SPOT & PAYMENT PLAN

ARRANGE A VIDEO CALL

Jump on a call with Gem, for a chat or to do a vibe check, to see if the training aligns with you , or request access to a recording of Gem's yoga class to see if you feel connected to her teaching style .

The YTT trainings run under the name House of Zen, under Zen Gem Yoga



ZEN GEM YOGA

Cancellation policy

Refund Policy

Upon acceptance into the program, the applicant must pay a non refundable deposit of £500 to hold the applicant's place in the program. If the applicant cancels thirty (30) days or more before the start of the program, the applicant will forfeit £500 of the deposit and 25 % of the remaining balance will be refunded. If the applicant cancels 14-30 days before the start of the program, the applicant will forfeit £500 of the deposit and 5 % remaining balance will be refunded. The program tuition fees are non-refundable. If a student must withdraw from the program for special circumstances, the program may give a partial refund to the student in the exercise of its discretion. The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

Attendance Policy

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training. In the case of any emergency absences, please notify the program director immediately. If a student has planned absences that conflict with attendance in the program, please contact the program director to discuss options. Each student is responsible for scheduling make-up time with the program director. Students must pay an additional cost for private make-up sessions with a teacher. Each student is expected to be at each session 5 minutes before the start time in order to set up and so that the training may start on time. If the student is late more than 3 times, this will result in a deduction of 1 hour from their total contact hours. A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

Cancellation Policy – Travel Disruptions & Force Majeure

Travel disruptions: The training school is not responsible for any costs you may incur due to delays, cancellations, or changes made by airlines, trains, taxis, or other third parties. We recommend having comprehensive travel insurance in place.

Force majeure: If the programme is cancelled or changed due to events beyond anyone's reasonable control (such as natural disasters, political unrest, public health emergencies, or extreme weather), we will not be held liable. Our standard cancellation policy applies to programme fees, and we encourage you to rely on your own travel insurance for any related losses.

By booking, you confirm you have read and accept this policy.



Cancellation policy

For Retreats

In the event of retreat place cancellation by the customer:

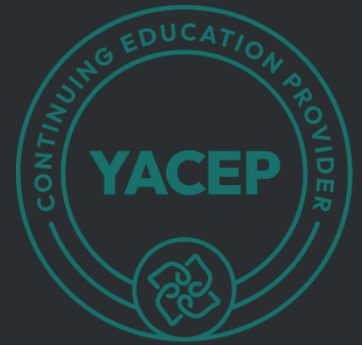
- a. Cancellation 8 weeks or less before due arrival date, 0% refund
- b. Cancellation 8 to 12 weeks before due arrival date, 25% refund, minus admin fee & deposit
- c. Cancellation 12 to 16 weeks before due arrival date, 25% refund or transferable to a friend or family member, minus admin fee & deposit
- d. Cancellation more than 16 weeks before due arrival date, 50% refund, minus deposit

We do not give any refunds or credits after the retreat starts. The program reserves the right to cancel any retreat before it begins. In that case any payments applicants have made will be refunded in full.



Creative Sequencing

30 hours continued education Yoga alliance training
Portugal The Far End Surf House, Lourinha
April 17th-24th 2027



Creative Sequencing .

This is a playful, movement led training - designed for qualified yoga teachers, but may be accessible to established students who enjoy a self led practise but would like to explore ways to link movement on the mat in an intelligent way that works energetically and biomechanically.

- Understand how the body balances mobility and stability through movement.
- Revisit movement patterns, for intuitive sequencing and and how to recognise and remove clunky transitions
- Find playful somatic ways to create flows outwards
- How compensation patterns show up in class, and how to build creative sequences as a journey that feels aligned with your teaching style
- Teaching mixed level rooms without leaving others behind and feeling unsafe
- Deliver cues with clarity, in your authentic way, that allow time to weave philosophy into class as well as time for silence
- Blend anatomical knowledge with emotional and energetic awareness to create deeply impactful classes.
- How to comfortably flex a class plan to meet the energy of the class .
- Intelligent sequencing for the nervous system , to find unlock flow state
- How to prepare for peak poses without using the same sequence every time
- How to create classes for strength/mobility/energy/nervous system regulation or emotional grounding

How we will do it

Every morning starts with a 2 hour session before a nourishing breakfast.

Days will be spent exploring theory lessons on the biomechanics and movement patterns of the physical body. Revisiting the energetic anatomy of chakras, vayus and koshas.

Movement sessions throughout the day will be play based in pairs and groups- tapping into somatic awareness, working with proprioception drills, cueing from sensation not old scripts. Peer observations and feedback . Unpacking what makes a class memorable. How to plan to teach a class without a rigid plan. How to trust your own body to show you creative transitions. Partner mirroring and just a lot of fun and yoga play to be honest.

30 hour Creative Sequencing



April 17th–24th 2027

Portugal The Far End Surf House, Lourinha

By deepening our own connection to sensation, we have the opportunity to create new cues , tap into the collective energy , remove clunky transitioned and flows you don't feel connected to, and start creating experiences for you and your students. Sequences that embody your love of yoga with the opportunity to easily weave philosophy .

How to create a bank of go to flows, that feel original everytime .
How to flex the same sequence to match the energy of your students through pacing, themes, and energetic anatomy
Teaching mixed levels with ease

Creative Sequencing



Typical Daily schedule

7-9 Morning movement practise

9 Breakfast

10-1 Morning sessions- theory, group discussions, sequencing workshops

1-3 lunch & chill

3-5 Somatic sessions partner work, teach labs

5-6 Integration , lesson planning- constructing / deconstructing, group discussions

6.30 Dinner

Some nights may have a post dinner bedtime session, or sunset at the beach

Pre study

You will be asked to deliver a 60-90 minute yoga class to the group , whatever it is that you have been teaching lately ,this will be delivered during the morning session, with a peer debrief and observation so inspiration can be shared amongst the collective. This training includes pre read so that the week together is not so intense and allows for much needed downtime .

There is no exam or assessment to receive the certificate at the end of this training, only a requirement that you make every effort to arrive to sessions on time , and that you meet peers and teachers with openness and kindness.

This 30-hour course is open to anyone with a sincere interest in deepening their practice – you do **not** need to be a yoga teacher to attend. We warmly welcome dedicated practitioners, trainees, and teachers alike.

However, if you wish to log these hours with Yoga Alliance as **Continuing Education (CE) credits**, you must already hold an active 200-hour (or higher) Yoga Alliance certification. Only qualified teachers can bank the hours for CE purposes.

Please also note: These 30 hours do not count toward a 200-hour teacher training certification. They are designed as standalone advanced study or continuing education.

300 YTT

OVERVIEW-

The 300 hr YTT runs hybrid with 200hrs in Sri Lanka, and 100 hours off site, both self led & with teacher led follow up days in the UK. The sessions in Sri Lanka will run alongside the 200hr training, with separate sessions for the 300hr crew. Some sessions will be blended as a foundational review before you are taken to a separate classroom with a dedicated teacher to dive deeper into subjects. Asana practise is simply that, it is your morning dedicated movement with no need to take notes, these classes will be blended for maximum exposure to all teachers. You will receive a YA certificate upon completion of all sessions, and passing final exams and assessments and will be eligible to register with yoga alliance.

THE DETAILED LIST

As well as going deeper within the modules listed in the 200hr, we study Krishna consciousness of deep knowledge, Upanishads, Gheranda Samhita and sacred texts
Advanced techniques Such as Maha mudra, plavini pranayam, further applications of yamas & Niyamas,
Peer led 75-90 minute workshop teaching opportunities with observations & feedback
Advanced anatomy & Asana
Nervous system deep dive & yoga for burn out
Marma Points
Lymphatic system
Fascia workshop
Restorative props
Menstrual cycle yoga for all stages
Yoga for Menopause
Chair yoga
Yoga for sciatica/ disc hernias / bad backs
Emotional alchemy
Advanced asana's inc prep drills, partner drills, props & considerations
Adjustments & Alignment
Creative sequencing, complex transitions, powerful cueing, refining your authentic teaching voice, Sequencing for koshas
Business of yoga inc social media, how to prepare, lead and hold retreats & trainings and create communities
Chanting, mantras

