



ABBHEY STUDIO®

Kundalini Yoga Style Teacher Training/Immersion into Kundalini Yoga January to December 2026 Accredited by Yoga Alliance Professionals UK

You will be most welcome to join us on our training/immersion, you can come as you are and develop your practice from there. Although prior to starting the training, you are invited to attend regular in person or online yoga classes (preferably Kundalini Yoga) and/or doing a home self practice. A forty day mantra meditation before commencement of training is advised but not essential and you will be given full information/assistance in this simple but powerful practice.

Clients/yogis that are not known to the training school will be asked to have an informal interview online or in person to clarify suitability etc. However this training is suitable for beginners as everyone works at their own pace, in their own time.

Training and assessment will be by myself - a qualified Yoga Alliance Professionals SYT.

A training workbook will be provided.

Course fees are £3,500 with a deposit of £500 to secure your space.

At the beginning of the course I will enrol you with Yoga Alliance Professionals UK as a student.

Term Time from January 2026 - 10am until 3pm, Ashburton, Devon, UK.

Dates: 5th January until 9th February (6 weeks)

23rd February until 30th March (6 weeks)

20th April until 18th May (5 weeks)

1st June until 13th July (7 weeks)

7th September until 19th October (7 weeks)

2nd November until 14th December (7 weeks)

Code of Conduct (this seems formal but it a necessity with registration requirements with Yoga Alliance Professionals) we are super friendly and not all all stuffy and serious, I can assure you.

- * All students are expected to start early for each session so that classes start exactly on time.
- * All students are responsible for their own time keeping, anyone missing classes will have to make up contact hours in their own time and arrange with the facilitators to make up this time in private sessions at an additional cost.
- * All students are expected to be aware of others around them and not disrupt the sessions. If students are late for session, please enter the room quietly without disrupting others.
- * All students are expected to dress in the appropriate clothes for yoga, white clothing is amazing for the practice and study of kundalini yoga but not essential.
- * All students are expected to behave in accordance with yogic principles ie no alcohol and adhere to these principles.
- * All students shall follow the health & safety advice given by the qualified instructor.
- * Any student feeling that the current posture they are performing is not comfortable or causing pain shall not attempt the perform the posture, and will discuss the matter with the instructor before attempting the posture again.
- * Any student suffering from any medical condition shall inform the instructor and follow the advice given.
- * All students are to ensure that safe and effective teaching is available to the public.
- * Acknowledge the limitations of skills, scope of practice and where appropriate refer students to seek alternative instruction, advice, treatment or direction.

Full name.....

Signed.....

Date.....

Refund Policy

If for any reason that you have to cancel or postpone your space then your individual circumstances will be taken into consideration.

Please return your application to slangilley@gmail.com with the deposit of £500 (non-refundable) to:

Abbey Studio 20-87-94, account 53374947.

We are a heart centred yoga community where you can learn, grow and flourish as a yoga teacher with our love and support.

Love & Blessings and congratulations on the beginning of your yoga journey

Sarah
07975511128
Abbey Studio
South Devon

