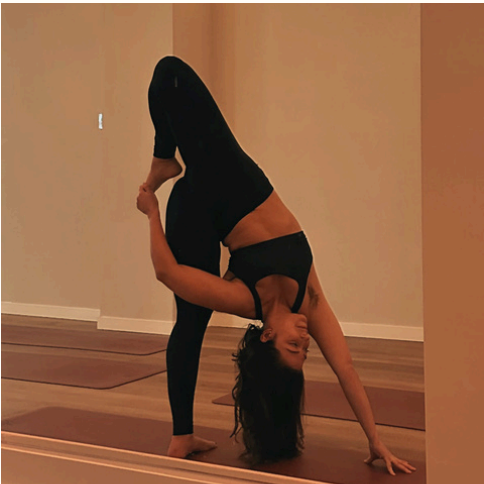


200H YTT

JANUARY – JUNE 2027 | MADRID, SPAIN

A JOURNEY TO YOURSELF.
TAUGHT ENTIRELY IN ENGLISH

yogasates^{house}





From Practice to Purpose!

At Yogalates House, we believe yoga is more than movement, it is a way of living, connecting, leading, and transforming.

The Yogalates House 200-Hour Yoga Teacher Training is designed to be a transformative six-month journey that goes far beyond learning how to teach yoga.

This training will guide you through the foundations of Hatha, Ashtanga, and Vinyasa Yoga while helping you develop confidence, self-awareness, and a deeper connection to yourself. Whether your dream is to teach or simply to deepen your personal practice, this experience will challenge, inspire, and expand you.

Expect to:

- Deepen your understanding of yoga beyond the physical practice
- Unlock your inner voice and build confidence guiding others
- Develop teaching skills and authentic leadership
- Strengthen your body, mind, and self-discipline
- Connect with a supportive, international community
- Feel transformed, empowered, and expanded

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WHAT YOU WILL LEARN

Techniques, Training & Practice

Explore the practical heart of yoga through:

- Asana
- Pranayama
- Meditation
- Subtle Body Practices
- Sequencing
- Teaching Methodology
- Hands-On Adjustments

Anatomy & Physiology

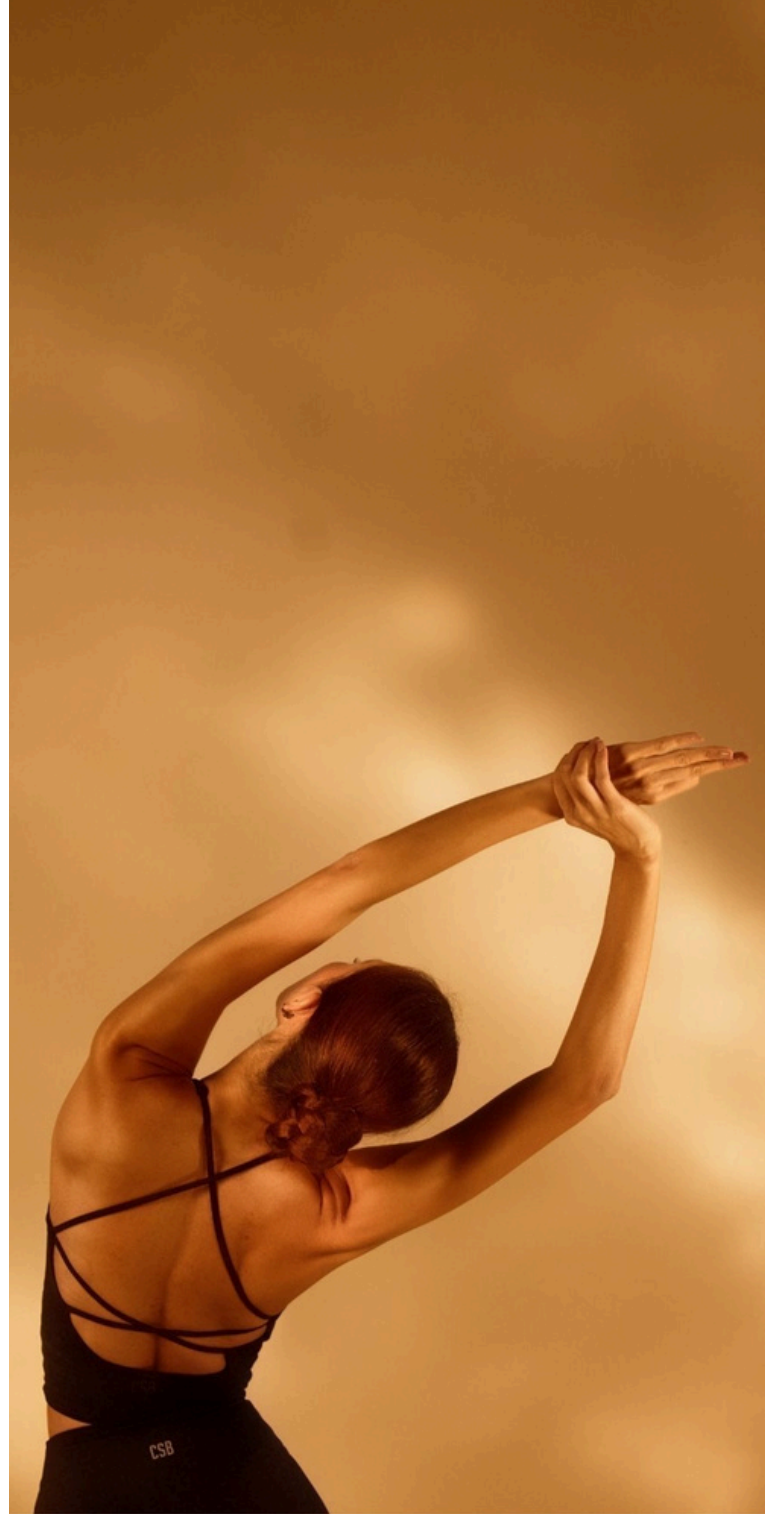
- Understand the body in movement and learn how to teach safely, intelligently, and effectively.

Yoga Humanities

- Dive into the rich history, philosophy, ethics, and traditions that form the foundation of yoga.

Professional Essentials

- Learn the practical skills needed to confidently step into the role of a teacher, including communication, class planning, and the business side of yoga.





OUR APPROACH

2 Months Hatha Yoga

Build strong foundations through alignment, breath awareness, and traditional yogic principles.

2 Months Ashtanga Yoga

Develop discipline, consistency, focus, and a deeper understanding of practice through the Ashtanga method.

2 Months Vinyasa Yoga

Learn to create intelligent, creative, and dynamic flows that connect breath and movement.

Restorative Yoga Throughout

Balance intensity with restorative practices that support nervous system regulation, recovery, and integration such as yoga nidra and yin yoga.

Our teaching method emphasizes not only theory but also practice and teaching. For that reason after each module there will be a short practical teaching exam to give you the chance to teach a mini class and get feedback from the teachers and classmates.

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MEET THE TEACHERS

Learn from an experienced and passionate team of teachers dedicated to supporting your growth throughout the journey.

Together, we bring diverse experience, unique perspectives, and a shared commitment to helping you become the most authentic version of yourself.

Marinelly



Marinelly is a Venezuelan-Italian yoga teacher with 20+ years of dedicated practice who brings heart and experience to every class. After a career building social impact programs and empowering diverse teams at leading international companies, she now guides yogis in cultivating strength and stillness through Vinyasa and Yoga Nidra. Her classes are thoughtful, rooted in Yoga Philosophy, and designed to help students grow—on and off the mat. When she's not teaching, Marinelly enjoys reading, cooking, time with family and friends, wine, and the turquoise waters of the Caribbean.

Laura's journey into Yoga began as a personal quest for meaning and well-being, a path that soon blossomed into a source of profound transformation and deep fulfillment. With each passing year, her commitment to the practice has grown stronger, guiding her to explore diverse styles and travel across countries, until she finally immersed herself in the heart of yoga during her first trip and Hatha Yoga training in India under the guidance of Sri Surinder Sight. Since then, she has continued to nurture her growth through the practice of Ashtanga Yoga with Fidel Fontaine, as well as Biomechanics and Meditation with Pedro Arce. Celebrated for her uplifting and dynamic teaching style, Laura weaves together tradition and modernity in her classes, inviting her students to experience the many benefits and the deeply transformative power of yoga.



Laura

Angela



Angela discovered Yoga and Pilates after seven years of ballet, and to her surprise, found a discipline that works with the body, not against it. Her classes are a blend of mindful movement, precise alignment, and a constant invitation to treat ourselves with kindness throughout the practice. Both yoga and Pilates can stir emotions and release energetic blockages. She is here to hold space for everything you experience, and you are here to allow yourself simply to be. Expand without judgment, come as you are.

MEET THE FOUNDERS



Tori & Karina

Hi, I'm Tori! I am so grateful to welcome you to Yogalates House, a dream in the making since 2015 when I discovered the magic of yoga for the first time in a therapeutic setting.

As a studio owner, my goal is for this space to feel like a home, with soul and community at its very core. As a teacher, I focus on guiding you to cultivate inner peace, self-love, and gratitude. In my classes you can expect a carefully curated playlist combined with a moving, meditative flow, designed to ground you into your body and bring you back into the present moment.

I'm especially excited to share with you my experience on the business of yoga.

We'll touch upon the ins and outs of opening a studio and creating your own method like yogalates and my passion project Techno Yoga.

Hi, I'm Karina, co-founder of Yogalates House, entrepreneur, and Pilates and Yoga Instructor passionate about movement and the powerful connection between body, mind, and soul.

I believe that conscious movement through yoga creates space for self-discovery, balance, and personal growth. My intention is to guide and support you as you deepen your practice, cultivate greater awareness, and strengthen your connection with yourself both on and off the mat.

As the co-founder of Yogalates House, I am also passionate about the business side of wellness. Having built a growing community and wellness brand, I love sharing my knowledge and experience in creating meaningful yoga businesses, cultivating strong communities, and turning passion into purpose-driven work.

I am excited to share what I have learned and support you on your journey.

Welcome Home

2027 DATES

January 2027 – June 2027

10 Immersive Weekends

Hatha Yoga

- January 30–31
- February 13–14
- February 27–28 – Practical Exam

Ashtanga Yoga

- March 13–14
- April 10–11
- April 24–25 – Practical Exam

Vinyasa Yoga

- May 8–9
- May 22–23
- June 5–6 – Practical Exam

Final Integration Weekend

- June 12–13
- Business of Yoga
- Final Written Exam
- Graduation & Closing

SAMPLE DAILY SCHEDULE

11:30 – 20:00
Saturday & Sunday

11:30 – 13:00

Dynamic Practice
Meditation / Breathwork

13:00 – 15:30

Short snack/coffee/tea break
Theory & Workshops

15:30 – 16:00

Lunch Break

16:00 – 18:30

Theory & Workshops
Short snack/coffee/tea break

18:30 – 20:00

Restorative Practice
Meditation / Breathwork / Yin Yoga / Yoga Nidra

INVESTMENT

SUPER EARLY BIRD* €1,850

Members 10% discount: €1,665

Founding Members 25% discount: €1,385

*Available until 31st July 2026 and paid in full

EARLY BIRD* €2,200

Members 10% discount: €2,025

Founding Members 25% discount: €1,685

* Available until 30th September 2026,

Option to pay in up to 4 installments with final installment before 31st December, 2026

Deposit to secure your spot (subtracted from total price): €495

REGULAR* €2,550

Members 10% discount: €2,295

Founding Members 25% discount: €1,915

* Available until 31st December 2026 (or until spots fill up)

option to pay in installments with final installment made before 31st December, 2026

Deposit to secure your spot (subtracted from total price): €495

all prices include IVA

IS THIS TRAINING FOR YOU?

This training is for you if you have been feeling called to go deeper in your yoga practice. and truly understand and connect with tradition and philosophy in addition to the physical poses. Whether you are curious about teaching or you are seeking personal growth in the practice, you are welcome here.

Six months.

One community.

A lifetime of transformation.

READY TO TAKE THE NEXT STEP?

Request your application form and phone interview by
contacting us via email, phone or instagram

email: hello@yogalates.house

whatsapp +34 644 136 122

instagram: [@yogalates.house](https://www.instagram.com/yogalates.house)

