



IN-PERSON & ONLINE Womens' Health Yoga Teacher Training



Fertility & Menstrual
Health Yoga

85hr Pregnancy Yoga

Advanced
Postnatal Yoga

Menopause Yoga

Pelvic Health CPD



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Teacher Training Special Report



Blended learning

The benefits of combining in-person and online teacher training. **By Sally Parkes**

Signing up for a yoga teacher training can feel like a big step for any student, and with so many schools offering training now, it can be challenging to logically way up the pros and cons of each one. For example, certain schools are certified by one governing body while others are registered with a different one, and then there's the differing levels of experience with the various teacher trainers, and the curriculums to learn about as well – there's certainly a lot to consider. And now in 2025, we also need to contemplate the way in which a training is delivered; online or in-person, or maybe a blend of both. When I think back to 2021 and the switch all yoga teachers and trainers had to make to online teaching, I can recall our apprehension, nerves and the general consensus that it would simply not work.

However, after several months of working like this, many of us began to see the huge benefits to working online. Aside from lowering the costs due to no travel demands, it also meant we could remain in our home environment while learning too. For my yoga school, which focuses largely on pregnancy and postnatal training, this was of immense benefit for my female students who were pregnant, or who had a new baby, as it meant they could be safe at home with their bumps and/or babies and feed when needed more easily too.

I do feel now though that there is a shift towards the desire to be in the physical presence of likeminded

people, to energetically share the same space as other yogis and yoginis. I am certainly enjoying the community feel that comes with this and it is wonderful to see students partnering up again to practice their teaching techniques and adjustments.

And so there appears to be a leaning towards learning in a more blended way within our yoga community; that is, part in-person, and part online. Having discussed this with my community, the growing popularity for this format is largely due to receiving 'the best of both worlds' as one student put it. That is, students can practice yoga in-person and create a connection more easily with their fellow students via open discussions and group work, and then also look forward to being at home but with the same community of fellow students to continue their learning.

Online learning is particularly helpful when guest teachers and speakers teach on the training as this allows for the lecture to be recorded for students to revisit later. This is of huge importance to those who are neurodivergent as one can revisit information several times in order to learn the content. Being able to take part in an online element of training also gives students technical knowledge for their businesses, empowering them to have a more thriving and successful teaching career going forwards.

Find out more about teacher training with Sally Parkes at: sallyparkesyoga.com or connect online @sallyparkesyogaschool