

200-hour Khi Tam Yoga Therapy Teacher Training

1200-hour Khi Tam Yoga Therapist Training – Certified by Yoga Alliance USA & CHP

The 200-Hour Khi Tam Yoga Therapy Instructor Program meets Yoga Alliance international standards, integrating traditional yoga, Khi Tâm principles, and modern medical knowledge. It provides in-depth training in anatomy, posture correction, therapeutic breathing, and specialized poses, while developing teaching skills and therapeutic thinking. This program builds a strong foundation for becoming a Khi Tâm Yoga Therapy Instructor, fostering Talent – Compassion – Vision, and advancing a career in Complementary and Alternative Medicine (CAM).



Khi Tam Professional Development Pathway



7 Unique Values of the Course

- ✓ Postural balance & correction with 100 hours of specialized training in the initial phase.
- ✓ Advanced posture analysis (worth £150) using modern technology, tracking progress before, during, and after the course.
- ✓ Foot pressure assessment & posture training (worth £100) to enable self-guided therapy based on visualized data.
- ✓ Access to the Muscle & Motion anatomy software and Sridevi App, supporting teaching & self-learning anytime, anywhere.
- ✓ Specialized therapeutic applications, assisting stroke and cancer patients, musculoskeletal rehabilitation, and 1-on-1 or community teaching.
- ✓ Participation in regular expert-led professional workshops on natural therapy, movement science, and nutrition.
- ✓ Internship & teaching opportunities within the Khi Tâm global system, including the UK and international locations.

Accreditation



The Khi Tâm Yoga Therapy Teacher Training is recognised and accredited by Yoga Alliance USA at the 200-hour level, and by CHP at the Foundation Level as a 1200-hour Yoga Therapist Diploma.

Teacher

Master Sridevi To Hai



Experience and Achievements:

- **20 years** of experience in the natural health care and therapy industry in Vietnam, and 4 years in the UK.
- Trained over **10,000 yoga instructors** both domestically and internationally.
- **3 years** managing a research project on the spine and cancer.
- President of Trái Tim Vàng Meditation and Yoga Joint Stock Company.
- Former director of Asia for the International Leadership Meditation Institute.
- Vice President of the Vietnam Yoga Federation and Head of the UNESCO Khí Tâm Meditation Club.
- **Founder of Khí Tâm International Therapy Academy.**

Degrees and Certifications:

- Doctor of Traditional Medicine (University of Medicine and Pharmacy, Ho Chi Minh City).
- Master's degree in Yoga Teacher Training, 500-hour Yoga Instructor
- Certificate - awarded by Yoga Alliance International Trust, India, 2009.
- Certificate in Natural Healing - awarded by Bengal Naturopathic Association, 2009.
- Currently pursuing a Master's degree in Osteopathy at the University College of Osteopathy, UK.

Ms. Hang Tran



- Certified Khi Tam Yoga Therapy Teacher – 500 hours
- Khi Tam Healing Coach – 100 hours
- Khi Tam Meditation Facilitator – 100 hours
- Certified in Chakra Healing – 50 hours
- B.A. in English Language
- Diploma in International Office Administration
- Currently a Communication Researcher at the University of Canberra, Australia

Ms. Ken



- Specialized in 12 years of Massage Therapy
- Junior Therapist at Khí Tâm Health Hub
- Currently pursuing a Master's Degree in Osteopathy at the University College of Osteopathy, UK
- Currently living and teaching in London, UK

Support Teacher



Mr. Tuan Dang

- Certified 500-hour Khi Tam Yoga Therapy Teacher
- Practicing Yoga for 20 years
- Specialized in 20-hour Chakra Science & 75-hour Postural Alignment Therapy
- B.A. in Journalism
- Currently living and teaching in Florida, USA



Ms. Hoang Hau

- Restorative Yoga Instructor (USA, 2023–Present)
- Certified 500-hour Khi Tam Yoga Therapy Teacher
- Specialized in 150-hour Hands-on Therapy, 50-hour Chakra Science, and 100-hour Meditation Teaching
- B.S. in Media/Graphic Design
- Currently living and teaching in North Carolina, USA



Mr. Truong Xuan

- Academic Coordinator – Khí Tâm Academy (2 years)
- Certified 200-hour Khi Tam Yoga Therapy Teacher
- Specialized in 20-hour Chakra Science & 150-hour Hands-on Therapy
- B.A. in Public Relations
- Currently living and teaching in Ho Chi Minh City, Vietnam

200-hour Khi Tam Yoga Therapy Teacher Training Course (autumn 2025)

– Certified by Yoga Alliance USA and CHP

Programme modules

<i>I am Khi Tam Yoga Therapy Instructor</i>	<i>Anatomy & Physiology</i>
<i>Techniques, Training & Practice</i>	<i>Professionalism</i>

Entry Requirements

Minimum age: 16

Delivery method

The program includes **45 hours** of online learning, **140 hours** of in-person training, and **15 hours** of self-study and exams.

Assessment

Student will

complete test: 20 multiple-choice questions

- **Module tasks:** Reflection essay, spine test, 30-min teaching video, graduation essay, 12-hour teaching journal, career plan
- **1-hour meeting** with Assistant Trainers
- Posture assessments: Beginning, mid-term, and end of course

Teacher

Master Sridevi To Hai - The Founder of Khi Tam Therapy and the Academy's teaching faculty.

Course fee

£3,300 + VAT ((payment plan)

£3,100 + VAT (full payment – Early Bird until May 31, 2025)

£500 deposit to secure your spot (non-refundable)

All payments must be completed by **15 August, 2025**

Graduation & Progress

Students who successfully complete and pass all modules as per the program structure will be awarded the **Certificate in 200-hour Khi Tam Restorative Yoga Teacher Training Course** by Khi Tam Therapy Academy.



Career Option

- Independent Khi Tam Yoga Therapy Instructor
- 1-on-1 Personal Trainer at Khi Tam Health Hub
- Assistant Teacher/ Teacher at Khi Tam Academy

Course structure

- **Start date:** August 19, 2025
- **Online (45hrs):** 06:00 - 07:30 AM (Mon - Wed - Fri)
- **In-person (140hrs):** See schedule below

Duration	Module	Time
17-21/9/2025 (5 days) 11-12/10/2025 (2 days) 19-23/11/2025 (5 days) 6-7/12/2025 (2 days) 18-21/12/2025 (4 days) Total: 18 days	Module 3	8:00-17:00

Venue

Flat 1, Khi Tam Therapy Bennet Court,
1 Bellevue, London, United Kingdom, SW17 7EG

Course content

Khi Tam Yoga Therapist 1200hrs - Foundation Level: 4 Modules - 200 Hours



Module 1: I am Khi Tam Yoga Therapy Instructor (20 hours)

- Understand the Khí Tâm Yoga Therapy system, including its history, philosophy, methods, and applications
- Familiarize with professional tools, including study materials, practice equipment, techniques, standards, and branding
- Master the philosophical foundation of Yoga, integrating Yin-Yang, Five Koshas, and Ayurveda in therapy
- Practice professional ethics through principles, responsibilities, and codes of conduct
- Build a Yogi lifestyle with proper nutrition, daily habits, and emotional management

Module 2: Techniques, Training, and Practice (140 hours)

- Practice asanas with 28 therapeutic poses, 13 strength exercises, 4 supplementary exercises, and posture adjustment techniques
- Train in pranayama with 7 vital breathing techniques, guided practice, and therapeutic applications
- Strengthen core and overall fitness with specialized exercises tailored to different levels
- Practice meditation with fundamental techniques and therapeutic applications
- Develop teaching skills, including observation, posture adjustment, and lesson planning

Module 3: Anatomy & Physiology (20 hours)

- Understand the body's structure and the effects of Khí Tâm Yoga Therapy on organ systems
- Gain an overview of the musculoskeletal system, organ systems, and basic physiology
- Learn spinal anatomy, functions, common issues, and protective measures
- Apply kinesiology in Khí Tâm Therapy and analyze movement

Module 4: Professionalism (10 hours)

- Develop communication skills, active listening, and build trust with clients
- Create medical records, analyze health conditions, and design personalized therapy plans
- Manage classes, solve problems, build a personal brand, and grow a business
- Understand financial, legal, and marketing strategies for a professional career
- Plan career development, seize opportunities, and connect with supportive communities

SCAN HERE



Contact us to get
15-min consultation



MS. TO HAI
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KHI TAM HEALTH HUB

Branch 1: Flat 1, Khi Tam Therapy Bennet Court, 1 Bellevue, London, United Kingdom, SW17 7EG

Branch 2: Khi Tam Therapy, 91 Pathfield Road, London, United Kingdom, SW16 5PAvenue, London, United Kingdom



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