

# 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 Tam 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 Tam Yoga Therapy Instructor, fostering Talent – Compassion – Vision, and advancing a career in Complementary and Alternative Medicine (CAM).



## 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 Khí Tâm global system, including the UK and international locations.

## Accreditation



The Khí 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 (20 hours)</i>	<i>Anatomy &amp; Physiology (20 hours)</i>
<i>Techniques, Training &amp; Practice (140 hours)</i>	<i>Professionalism (10 hours)</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:**

- **Final 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 date

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

Duration	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) <b>Total: 18 days</b>	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



## Testimonial



"This course helped me guide children and colleagues at my kindergarten to sit and align properly — a small habit that prevents big health issues later."  
— Ms. Thai Thanh, Kindergarten Teacher, 200H Khi Tam Yoga Therapy Graduate



"This course didn't just teach me techniques — it trained me to become a mindful instructor. I've learned how to observe, listen, and customize practices for each individual. It's a foundation for long-term professional growth."  
— Hong Nhung, Yoga teacher, 200H Khi Tam Yoga Therapy Graduate

*Disclaimer: Testimonials have been edited for clarity and are based on real student experiences. Images are for illustrative purposes only.*



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 5PAeview, London, United Kingdom

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🌐 [www.khitamtherapyuk.com](http://www.khitamtherapyuk.com)

# 100-hour Khi Tam Hands-On Therapy Foundation Course

Part of the 1200-hour Khi Tam Diploma in Hands-On Therapy

This intensive program provides a foundational knowledge base and practical skills in Khi Tam Hands-On Therapy, a healing and healthcare approach rooted in Vietnamese body-energy principles. Participants will learn to apply Khi Tam principles in Hands-On Therapy, Facial Therapy, and Lymphatic Drainage Therapy. The training equips students with hands-on techniques to relieve pain, improve circulation, and support the body's natural healing capacity. In addition, the program helps learners build confidence in therapeutic communication, expand their professional toolkit, and explore career pathways in the growing field of Complementary and Alternative Medicine (CAM)



## Khi Tam Professional Development Pathway



### 7 Unique Values of the Course

- Applying the Khi Tam Therapy Method, accredited by CHP, which uniquely integrates natural and modern medicine
- Intensive hands-on training with signature techniques and specialized tools: facial therapy, lymphatic drainage therapy, and massage therapy
- Developing personalized therapeutic thinking with the ability to assess and create tailored treatment plans for each client
- Flexible learning pathway combining 24 hours of online study and 40 hours of in-person training with Master Sridevi Tố Hải – the Founder of Khi Tam
- Receive an international certificate and access the 1200-hour program aligned with BTEC Level 6 (UK) standards
- Global career opportunities in the field of Complementary and Alternative Medicine (CAM), with pathways to work in the UK and other developed countries
- A meaningful and humane profession offering stable income, flexible schedule, and suitability for all ages and genders

### Accreditation



The 100-hour Khi Tam Hands-on Therapy Specialist Training is recognised and accredited by CHP at the Foundation Level as a 1200-hour Hands-on 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:

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### Ms. Ken

- Specialized in 12 years of Massage Therapy
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- Currently living and teaching in London, UK

# 100-hour Khi Tam Hands-On Therapy Foundation Course

Part of the 1200-hour Khi Tam Diploma in Hands-On Therapy



## Programme Modules

Foundations of Khi Tam Theory (16 hours)	5 Bodies Professional Concept applied to Khi Tam Massage Therapy /Yoga Therapy (8 hours)
Khi Tam Massage Therapy (30 hours)	Khi Tam Facial Therapy (16 hours)
Khi Tam Lymphatic Drainage Therapy (20 hours)	Client Assessment & Treatment Planning (6 hours)

## Entry Requirements

- **Minimum Age:** 16 years old

## Delivery Method

The program includes a combination of **24 hours of online** learning, **40 hours of in-person** training, **8 hours of self-study**, and **26 hours of hands-on practice** at the Khi Tam Health Hub.

## Assessment

Students will complete:

- **1 quiz + 1 written test**
- **3 practical video assessments** (Therapeutic Massage, Facial Therapy, Lymphatic Drainage Therapy)
- **26 hours of hands-on** practice with clients + therapy journal at Khi Tam Health Hub. (\*)

## Teacher

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

## Course Fee

**£2,900 + VAT** ( (payment plan)

**£2,700 + 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 & Progression

Students who successfully complete and pass all modules in the program will be awarded the **Certificate in Khi Tam Hands-on Therapy Foundation** by the Khi Tam Academy. Graduates will be qualified to practice three professional skills: **Khi Tam Massage Therapy, Khi Tam Facial Therapy, Khi Tam Lymphatic Drainage Therapy**



## Career Option

- Khi Tam Hands-On Basic Therapy Specialist
- Khi Tam Hands-On Therapy Specialist at Khi Tam Health Hub Teaching Assistant

## Course date

- **Start date:** August 18, 2025
- **Online (24hrs):** 10:00AM - 12:00PM (Mon - Wed - Fri)
- **In-person (40hrs):** See schedule below

Duration	Time
13-14/9/2025 (2 days) 18-19/10/2025 (2 days) 15/11/2025 (1 days) Total: 5 days	9:00-17:00

## Venue

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

(\*) Students unable to practice at the Hub must register for practice in their local area to meet the required standards.

# Module outline

Khi Tam Hands-On Therapy 1200h - Foundation Level: 6 Modules - 100 Hours

## Module 1: Foundations of Khi Tam Theory (16 hours)

- Introduction to the history, principles, and applications of Khi Tam Therapy
- Understanding the role, assessment, and balancing of Yin and Yang
- Basic knowledge of the muscular, skeletal, circulatory, nervous, and lymphatic systems
- Confidentiality and building professional relationships

## Module 2: 5 Bodies Professional Concept applied to Khi Tam Massage Therapy /Yoga Therapy (8 hours)

- Comprehensive development based on the 5 bodies: physical, energy, emotional, mental, and spiritual.
- Enhancing body balance: correct posture, flexibility, and endurance.
- Practice of 7 breathing techniques (pranayama): for balance and energy nourishment.
- Emotional intelligence development: recognizing and managing emotions in professional settings.

## Module 3: Khi Tam Massage Therapy (30 hours)

- Khi Tam therapeutic massage techniques: including kneading, friction, vibration, tapping, and applying Khi Tam principles.
- Identifying and stimulating pressure points: utilizing traditional massage tools.
- Practice standard massage protocols: 60-min and 90-min sessions tailored to client needs.
- 12 hours of practical training at Khi Tam Health Hub: receive expert feedback and maintain therapy logs to enhance skills.

## Module 4: Khi Tam Facial Therapy (16 hours)

- Khi Tam facial therapy techniques combining knowledge and practical application
- Facial anatomy and physiology including muscles bones and lymphatic system
- Practice techniques such as massage and lymphatic drainage to rejuvenate enhance skin tone and reduce stress
- Six hours of practical experience with clients at Khi Tam Health Hub under expert supervision

## Module 5: Khi Tam Lymphatic Drainage Therapy (20 hours)

- Khi Tam lymphatic drainage therapy techniques enhances immunity, detoxify the body, and reduce swelling
- Study lymphatic system anatomy and physiology, drainage mechanisms, benefits, and contraindications
- Practice gentle, rhythmic techniques integrating Khi Tam principles into advanced therapy
- Complete 8 hours of practical training with real clients at Khí TâM Health Hub under expert supervision and feedback

## Module 6: Client Assessment & Treatment Planning (6 hours)

- Intake and assessment skills including information gathering, posture evaluation, gait analysis, range of motion assessment, and identifying muscle tension and imbalances
- Recognize contraindications, ensure safety precautions, and develop personalized therapy plans based on client needs
- Establish realistic and effective therapy goals
- Train professional communication skills to build trust and foster strong client relationships.

## Testimonial



"The 100-hour course taught me how to use Khí TâM's specialized tools to release deep blockages, ease tension, and brighten the face. With just a few sessions, I was able to help loved ones relieve shoulder and back pain and sleep better. It's a powerful start to my healing journey."

— D.T.K.C, Graduate of 100H Khí TâM Hands-on Therapy



"After completing the course, I was invited to intern at Khí TâM Health Hub. It gave me the chance to work with real clients, build confidence, and develop a solid foundation for a career in natural therapy."

— M.T.H, Graduate of 100hr Khi Tam Hands-on Therapy Training

*Disclaimer: Testimonials have been edited for clarity and are based on real student experiences. Images are for illustrative purposes only.*

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SCAN HERE



Contact us to get  
15-min consultation



MS. TO HAI

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