



200hr Yoga Teacher Training Certification

FAQs

200-hours seems like a lot and I'm extremely busy. How will I be able to fit this into my schedule?

We understand busy schedules which is why participation in the live online instructor-lead classes are just one weekend per month. The curriculum is self paced and you can use the subsequent weeks in between classes for practice, assignment completion and required readings. You can even connect with a fellow student to become "Study Buddies"

I'm a beginner, can I still take this training?

Absolutely you can. This course is designed to meet you where you are. It is a great way to immerse yourself in the yoga practices. According to Malcolm Gladwell, in order to be an expert, you need 10,000 hours of practice which means it would take you at least 27 years to master a goal. What?!!!!

The good news is that this that theory has been debunked so many times.

Let's shift the way we think about it. Regardless of how you begin, the work you complete will have you ready to teach. With of all the material we cover in our curriculum, you will learn everything you need to know to both deepen your practice and teach as you feel called. As you participate in this 200-hour training, you will learn the techniques, alignment, methods, the rich history, philosophy, and teaching strategies.

It seems like a big financial investment. Is it worth it? How am I going to make the money back?

Yes it is an investment. Yes it is worth it. Here's the thing: You are investing in an education and investing in yourself. You are not just paying to learn about yoga. You are learning to navigate challenges and cultivate joy in your life which ripples out in a positive way to your friends and family. In addition, you will learn subject matter content like techniques, methods, history, philosophy and anatomy. Training for a 200hr curriculum is approximately \$12/hr, the cost of an average 1hr yoga class. See it as an investment in yourself. Installment payment plans are also available as needed. You may also apply for a scholarship to help offset the costs.

Do we have to purchase the books listed in the required readings? Are book prices included in the cost of tuition?

While you are required to complete reading assignments, and it's recommended to have copies accessible at your leisure, you are not required to purchase the books, you may acquire them based on what is best for you, via online versions, borrow copies from a friend or the library or purchase a hard copy from your favorite bookseller. Since you have the choice and option how you wish to access the required readings, fees for books are not included in the tuition pricing.

I'm not sure I want to teach, can I still take the course?

Absolutely! You will not required to teach after completion of the course. Many people who take the course for an immersion or to develop a deeper knowledge of yoga practices do so without any intention whatsoever of teaching. These same individuals sometimes find themselves either teacher to responding to a call or feeling to teach. Either way, you will be able to do so after completion of this course. This curriculum is a Yoga Alliance approved training. Registration with Yoga Alliance is optional.