



be a positive soul model

FREQUENTLY ASKED QUESTIONS

1. When will I find out if I have been accepted into the program?

After you submitted your completed teacher training application and payment you will then be contacted by us notifying you of your acceptance.

2. How much yoga experience is necessary to do the program?

The Yoga4Soul program recommends that applicants have at least one year of consistent yoga practice. Keep in mind this program is not only for aspiring teachers but also for people who want to deepen their practice.

3. What if I miss a day in the teacher training?

In order to obtain a diploma you must attend 100% of the teacher training program. This fulfills the Yoga Alliance's requirements. However, we understand that you may not be able to foresee every conflict; therefore we have devised the following procedures if you must miss a class.

If you miss 1-2 weekends or a weekday:

You may still complete the program with your class provided that you schedule a private session with an assistant trainer at some point during the 12 weeks of the program. A two hour private session equates to one weekend. The cost of a private session is \$100 per hour. The maximum of private make-up sessions is two.

If you miss 3 weekends or a weekday:

You will not be able to complete the program with your class and you will need to make up the classes in a subsequent training. You may choose to make up the first weekends you miss with a private session during your training but for the additional weekend you will need to take it in a subsequent training. The fee for

retaking up to 3 weekends in the subsequent weekend training is \$150/weekend.

If you miss 4+ weekends or weekdays:

You will need to retake the program at a discounted price and be subject to whether or not space is available in the next training.

4. How many students are enrolled in the program?

We typically have 8-12 students in our trainings.

5. Are books and materials included in the price of the training?

The suggested reading requirements are not provided. You will have to purchase your suggested reading on your own. However the Yoga4Soul manual will be distributed in hand out format during your training.

6. Will I be qualified to teach yoga once I complete the 200-Hour Teacher Training Program?

Yes! Upon successful completion of all the requirements of the teacher training program - which include contact hours, homework, CPR certification, written and practical exam, you will then receive your letter of completion and diploma stating that you have accomplished the 200-Hour Yoga4Soul teacher training program. At this point you will register your name with the Yoga Alliance (www.yogaalliance.org) at the 200 RYT/registered yoga teacher level. Graduates of the 200-hour program usually begin teaching in yoga studios, gyms, and eventually acquire private clientele.

7. What is Yoga Alliance?

The Yoga Alliance is an organization that was started in 1999. The Yoga Alliance's intention is to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios across the country are requiring their teachers to register with the Yoga Alliance. The Yoga Alliance registration is not a legal requirement for teaching yoga. Currently there are no legal certification requirements to be a yoga teacher.