

YTT 200-hr Frequently Asked Questions

1. How long is the training program?

9 months beginning Sept. 2018 - May 2019

2. What are the times?

Friday, 6pm-9pm; Saturday, 8am-4pm; Sunday, 8am-4pm

3. What happens if I have to miss a day, or an entire weekend?

Yoga Alliance requires 180 hours of “contact” to become eligible for the 200-hr RYT certification. If a trainee wishes to receive a Certificate of Completion from the training program then no exception can be made regarding contact hours. Accordingly, trainees are responsible for making up missed hours of contact directly with the instructor with whom they missed training and are subject to that instructor’s hourly rate of compensation and schedule. Missing a full weekend of training would account for 19 hours of missed contact. In an effort to be as accommodating on the wallet and as reasonable on the schedule to those trainees and instructors involved, we offer the Mahabhuta Yoga Festival in Pensacola, FL as a way to make up those contact hours. A trainee could then meet the contact hour requirements easily by attending the weekend festival and would only be responsible for making sure they get up to speed on the content and material they missed. This would still entail working with the instructor with whom they missed training, but would not result in rescheduling the full 19 hours.

If a trainee does not wish to receive a Certificate of Completion from the training program then the 180 hours of contact the Yoga Alliance requires to register would be a non-issue. For example, a trainee interested in only deepening their practice and never teaching, may wish to attend the training program but never become registered with the Yoga Alliance. In that instance the trainee would not be required to make up contact hours, but would simply be asked to stay current on material and content so as not to become a distraction to the group or hinder the progress of the group as a collective. This distinction would need to be made by the trainee at the onset of the program.

4. What if I get sick and have to miss?

the same rules apply regarding missed contact hours regardless of the circumstances surrounding the absence. see question #3 above

5. How much does the training cost?

\$3200 in full; payment plans are accepted quarterly in \$800 installments

6. What if I can't finish the program?

no refunds will be given regardless of circumstance; if extenuating circumstances do arise, then options to join the following year's program could be explored.

7. Are there any pre-requisites for the training?

a curious mind and an open heart :) yoga is a choice we make every time we choose to go inside and *learn* from our own experience. we welcome anyone with a true desire to learn and a deep intention to commit to the necessary work it entails.

8. What if I have physical limitations that might inhibit my participation in activities?

no worries! asana (or the physical postures) are only one component of many in the training. every person is unique (thank goodness) and physical limitations serve as learning

opportunities. Yoga is for everyone. Modifying and adapting postures to suit a person's accessibility and level of experience is a critical skill all teachers must learn. A participant faced with their own limitations has a unique opportunity to gain first hand knowledge and experience to help others facing similar issues.

9. How much time outside of the actual training will be expected of me to devote to things like reading, practicing, homework, etc.?

Trainees should expect to spend at least 2-3 hours a week on reading, homework assignments and practice outside of the training schedule.

10. Where will the training be held?

All training sessions will be held at Spice Health Studio located at 42 Business Centre Drive, Unit 209, Miramar Beach, FL 32550. Final practice teaches will be held at Destin Hot Yoga and will be open to the public.

11. What is expected of me to receive a Certificate of Completion from the training program?

Trainees will receive a Certificate of Completion after having met all of the 180 contact hour requirements and 20 non-contact hour requirements according to the current Yoga Alliance 200-hr Registration standards. This includes but is not limited to education in the following 5 categories: Techniques, Training, & Practice; Anatomy & Physiology; Teaching Methodology; Yoga Philosophy, Lifestyle & Ethics; and Practicum. Trainees will also be required to pass an oral and written final exam and successfully teach a 60-minute public yoga class.