

# 300-hr YTT Frequently Asked Questions

## 1. How long is the training program?

The entire program is 12 months long, beginning January 2019 and ending December 2019. Each 100-hr module is 4 months long. The first module runs from January to April; the second module runs from May to August; and the third module runs from September to December. Each module includes 5 weekends of in-person training.

## 2. What is the schedule?

### Module 1:

Jan. 12, 26-27

Feb. 16-17

Mar. 9-10, 23

Apr. 13-14

### Module 2:

May 4, 18-19

Jun. 22-23

Jul. 13-14

Aug. 10-11, 24

### Module 3:

Sep. 7, 28-29

Oct. 19-20

Nov. 2, 16-17

Dec. 14-15

**Saturdays:** 8am-5pm

**Sundays:** 8am-5pm

## 3. 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.

## 4. Who can apply for the training?

Any teacher with a 200-hr Certification from a Yoga School. Applicants are expected to provide proof of their certification either in the form of being registered with the Yoga Alliance as a 200-hr instructor or providing a Certificate of Completion from their School.

## 5. Do I have to take all three modules?

No; participants can choose to take however many modules he or she likes.

## 6. What if I want to register at the 500-hr level with Yoga Alliance?

Participants who wish to register with the Yoga Alliance at the 500-hr level must successfully complete ALL three modules of training: 200-hr + 300-hr = 500-hr. However, there is no deadline to complete these modules. As long as the training is being offered, a student could take as long as he or she wanted to complete all three modules. Please see the Yoga Alliance for more details around registration requirements at the 500-hr level.

## 7. What constitutes successful completion of the module/s?

Participants who wish to receive a Certificate of Completion for individual modules must meet the following criteria:

1. Attendance at all training sessions as outlined in the schedule for that particular module
2. Attendance at 10 public yoga classes per module (outside of scheduled training)\*\*
3. Completion of any and all reading and "OM" work assignments given during that particular module

\*\*Destin Hot Yoga will supply participants with 10 FREE yoga classes per training module to help meet this requirement.

## 8. What happens if I am unable to attend a training session?

If a participant wishes to receive a Certificate of Completion for the training then exceptions to the number of “contact hours” completed cannot be made. Accordingly, trainees are responsible for making up any missed hours of contact with the Lead Instructor per the guidelines below.

**9. How do I make up contact hours?**

Contact hours can be made up by scheduling time in person with the Lead Instructor (at the hourly rate and convenience of said instructor); attending similar workshops online or in person with the Guest Instructor (at the hourly rate/fee and convenience of said instructor), or completion of extra written and or oral assignments/“OM” work as given per the discretion of the Lead Instructor.

**10. What if I do not wish to receive a Certificate of Completion?**

If a trainee does not wish to receive a Certificate of Completion from the training program then missed hours of content are a non-issue. In this instance the participant 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 whole. This distinction would need to be made by the participant at the onset of the program.

**11. How much does the full training cost?**

All three modules can be purchased at the early bird rate of \$3900 through Dec. 14th, 2018. Payment must be made in full to receive this rate. A \$500 deposit is due upon application submission. After Dec. 14th the regular price of \$4200 will apply.

A payment plan is also offered at the \$4200 rate which consists of 4 quarterly payments of \$925. A \$500 deposit is due upon application submission. Payment in full must be received prior to receiving your Certificate of Completion.

**12. How much do the modules cost?**

Each module is priced at \$1500 with a \$300 deposit due upon application submission.

**13. What if I can't finish the program?**

No refunds will be given regardless of circumstance. Options to join subsequent year's programs can be explored if extenuating circumstances arise.

**14. Are there any pre-requisites for the training?**

Advanced training is for those yoga teachers who already hold a 200-hr certification from a Yoga School.

**15. 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.

**16. How much time outside of the actual training will be expected of me to devote to things like reading, practicing, “OM” work assignments, etc.?**

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