

## **200 Hour Yoga Teacher Training Frequently asked questions.**

### **What style of yoga is taught?**

We have two courses available. Slow Flow Vinyasa and Hatha. However, our ethos is non-dogmatic, and we encourage self-exploration throughout the course. We welcome applicants from all orientations of yoga.

### **How is the course material delivered?**

These hybrid teaching methods include: some pre-recorded tutorials, in person and online workshops, experiential classes, group projects, practice teaching and individual exercises. For quality and convenience, we aim to allow in depth learning through the mix of revisit able materials, and real time personal and group feedback. Materials will be provided throughout, except for three course books, which need to be purchased separately.

### **Is it possible to work full time alongside the training?**

Absolutely.

### **How much homework is there?**

After each module, study, practice, and written work are set. On average, past students have set aside 5 hours per week.

### **How much practice will I be expected to do?**

We recommend that you begin regular classes (2x per week). In addition, it is strongly recommended that you begin self-practice at home. We will provide suggestions for this along the way. As a requirement of the training students must attend a minimum 20 hours of taught classes, and near the end of the course, to assist a minimum of 10 hours of classes (social distancing dependent). We will discuss this in detail at the training.

### **What happens if I miss a module?**

Students must attend 90% of all LIVE or LIVE ONLINE training at the time it is delivered. If this is not possible, some leeway will be given should a prior competency have fulfilled the module requirements. All short zoom sessions will be available for 3 days and if for some reason a student cannot make the short session, they need to make up this time within 3 days.

The way you can catch up on all other content will depend on the type of session you missed.

For pre-recorded content, Anatomy and Physiology, some asana tutorials, and some Pranayama, you will be able to catch up via the recordings within the month that they are required.

If you miss a live component that cannot be made up with a recording, like the full day monthly workshops, you will need to agree on a catch up plan with your tutor. This may include attending an extra session with your tutor and these make-up sessions have a fee attached. Talk to us for further details.

### **How do I apply?**

We have a two-step application. The initial application is a means to decipher if you have the requirements to attend. Once admitted to the training, we will send out a more detailed application for us to provide the best course possible for your requirements. Everyone must fill in an application on google docs.

### **Can I set up a payment plan?**

Yes. We will require a non-refundable deposit of €1,000 up front and then monthly payments depending on the course you choose.

### **Are there any extra costs?**

Just the required texts and a travel health insurance for those travelling from abroad to take part in our Immersions.

### **Do you take on everyone who applies?**

No. We want to provide as high quality a training as possible without overburdening participants. Therefore, although we do not require a set standard of practice, we do require proficiency in common Yoga topics such as asana, breathwork, relaxation/meditation. We also require a basic standard of English.

We take a maximum of 35 new students onto each intake this includes a maximum of 2 interns/scholarship spaces. BUT our teacher student ratio is 1 to 16.

### **My hamstrings are super tight, and I can't do a headstand, can I still apply?**

Absolutely! Though we are looking for students who have an established, serious practice, we know and understand that all bodies are different.

### **I have an injury; can I still apply?**

In most cases, yes. But it is best to contact us during the application process to assess how your injury will impact on your participation in the course.

### **Am I too old to apply?**

No! We do not have an age limit. We were delighted to certify our 69year old Doctor Lisa in 2020.

### **How can I prepare for my course?**

Take some classes with teachers, we recommend. Think deeply about why you want to do the training. Consider what information you need from us to help you to decide whether you take up a place on the training, if offered.

### **What happens if I become pregnant?**

In the happy-event that you become pregnant, the teacher training administration and teachers undertake to be as flexible as possible and support you to work out the best way forward. We have a set of guidelines for students who have become pregnant to help them through the training and our aim is to ensure that you are given the necessary support. Our lovely graduate Amanda took her Yoga exam at 7 months.

### **What happens if I get injured?**

We try to be as flexible as possible and support you to work out the best way forward. Subject to a consultation with the teacher trainers and with the go ahead from a qualified medical practitioner, we will endeavour to adjust your practice to suit your condition or simply observe.

### **What happens if I want to leave the course?**

We to facilitate trainees who may be experiencing difficulties either with the training However, we understand that in some circumstances this is not possible, and students have no choice other than to leave the programme.

Unfortunately, if this is the case, we are unable certify. Your contract stipulates that all course fees for the remainder of the training are still due unless an exemption applies.

### **When can I start teaching yoga?**

We encourage students to start teaching friends and family as soon as their course tutors give them the go-ahead. Many students start organising and teaching public classes around a year into the training.

### **What qualifications do I get at the end of the training?**

On graduation you will receive the following certification:

- Teaching certificate endorsed by Yoga Alliance Professionals (UK) Associate Teacher – Level 1 status
- Teaching certificate endorsed by International Institute of Complementary Therapists

### **Where can I work after I have graduated?**

Our graduates work in yoga studios, gyms, church halls, community centres and online. Some set up corporate classes or volunteer. You will have the relevant experience, qualifications, and insurance to develop your teaching career in the way that works for you.

We will always be available to offer advice and mentorship in this regard.

Students may to decide to develop more specific skills in areas that are of particular interest to them: for example, pregnancy yoga, teaching yoga to children, restorative yoga, mindfulness and meditation or hot yoga.

There are opportunities for our best graduates to become Teaching Assistants on the TT programme.

**We are always available to answer any questions you might have. Please feel free to email us on [yogaandpilatesinmalaga@gmail.com](mailto:yogaandpilatesinmalaga@gmail.com)**