



## **2018-2019 200 Hour Teacher Training FAQ**

### **What is a 200 Hour Yoga Teacher Training?**

This form of YTT is the first step in becoming a certified yoga instructor. It is a training where you will accumulate 200 hours over a 6 month period and once graduated, will be provided with a certificate of completion. This certificate allows you to teach at gyms, yoga schools, and more.

### **How are these 200 hours broken down?**

You will accumulate these 200 hours by attending the required TT sessions, attending at least 2 yoga classes each week (48 hours), workshops, homework, Karma Yogi programs, and class observations.

### **When does the training begin and how long does it run for?**

Training begins in November and ends in May (a total of 6 months)

### **What days will we meet?**

Training will begin on November 3rd. Although we don't know the exact dates yet, we know that we will meet one full weekend (Saturday and Sunday) and one Saturday each month. Sometimes we will meet two full weekends towards the end of the training to accommodate the final exam teaching schedule. The exact dates will be chosen based around holidays, the teacher's schedule, and other deciding factors and will be shared prior to the start of training.

### **What will we learn?**

By the end of this training you will have the knowledge and confidence to lead a 60-75 minute yoga class. You will not only learn the breakdown of common yoga poses (asanas) in several styles, but will also learn about the Yamas & Niyamas, The Gita, the Chakras, sanskrit, meditation, and more.

### **What are the required books?**

You Are A Badass by Jen Sincero  
The Yamas & The Niyamas by Deborah Adele  
Yoga Anatomy (1&2) by Leslie Kaminoff  
The Bhagavad Gita - Any Author

### **Who will teach us?**



Alyssa will be your lead instructor, however, to keep the importance of community strong, Alyssa invites the teachers of Alma and her teacher/mentor Jody to participate in the training by bringing their knowledge to the table. These instructors will join us during training hours.

**What will I have to do in order to graduate?**

Each trainee will be required to teach a well designed 60 minute class to Alyssa and their fellow trainees that incorporates several styles of yoga, a dharma talk, hands on assists, and a meditation/savasana. You will know immediately if you passed or failed. You will also be given a written exam towards the end of training that will combine questions from quizzes given throughout the training. If you fail the exam, you will be required to retake the exam before you teach your final class.

**What happens if I fail?**

Alyssa will do everything in her power to make sure this doesn't happen, but in the event that you fail, you will be given the option to retake the training at a 50% discount.

**Am I guaranteed employment after I graduate?**

Alma offers all of their graduates the opportunity to teach their "New Teacher Feature" class on Sundays. All graduates who wish to participate will be placed on a rotating schedule.

**Will we be certified through Yoga Alliance?**

Since not all yoga establishments require certifications through YA, Alyssa allows her trainees to vote on this.

**What is the cost of the training?**

The total is \$3,800.

Cash discount: \$3,000 CASH ONLY by September 8th

Early bird discount: \$3,500 by October 3rd (cash or credit)

Payment plan: \$800 deposit due by Oct 3rd with 6 monthly payments

(Payment plan negotiable. See Alyssa for details)

Please see the TT Agreement for details about refunds/cancellations.

**What is included in the cost?**

The TT manual, a graduation tank-top/tee shirt, and a free year of yoga at Alma.