



## **(2022-2023) 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 5 month period and once graduated, will be provided with a certificate of completion. This certificate allows you to teach at yoga studios, gyms, 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, workshops, homework, Karma Yogi programs, and class observations.

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

Training begins in September and ends in January.

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

Training will begin September 2nd and we will meet every Friday, Saturday & Sunday from there, with the exception of holidays. Please see attached schedule for exact dates. Please note that dates are subject to change.

### **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 anatomy, Yamas & Niyamas, The Gita, the Chakras, sanskrit, meditation, and much more.

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

The Yamas & The Niyamas by Deborah Adele  
Yoga Anatomy (1&2) by Leslie Kaminoff  
The Bhagavad Gita - Any Author

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

Alyssa & Ishia will be your lead instructors, however, to keep the importance of community strong, Alyssa invites the teachers of Alma and her own teachers/mentors 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/Ishia and the 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.

### **What happens if I fail?**

We will do everything in our 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?**

Before COVID, Alma offered all of their graduates the opportunity to teach their "New Teacher Feature" class on Sundays. All graduates who wished to participate were placed on a rotating schedule. Our hope is to add this class back after graduation if there are enough graduates interested in teaching.

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

Yes

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

The cost of the training ranges from \$3000-\$3800

Here are your payment options:

1. Pay in full by March 31, 2022 - \$3,000 (Cash Only)
2. Pay Deposit of \$500 by March 31, 2022. Remaining \$3,000 will be charged to a cc on file on or about August 1st, 2022.
3. Pay Deposit of \$800 by August 1, 2022. Remaining \$3,000 will be paid over a 6 month period through a contracted payment plan of \$500 each month. Payment plan will begin in September and end in February 2023.

### **What is included in the cost?**

The TT manual, a graduation tank-top/tee shirt, and \*6 months of unlimited yoga at Alma after graduation.

\* The 6 months free yoga program activates on the sale date of your deposit or payment in full.