



(2023-2024) 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 year 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 March 2023 and ends in February 2024

What days will we meet?

Training will begin March 4th and we will meet one Saturday & Sunday and one weekday a month. 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 will be your lead instructor, 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 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 is \$2800

Here are your payment options:

1. Pay in full by January 1, 2023 - \$2800 (Cash or Check)
2. Pay Deposit of \$800 by January 1, 2023. Remaining \$2,000 will be paid over a 12 month period through a contracted payment plan of *\$167 each month. Payment plan of \$167 will begin on March 1st and end in February 2024. *To make the amount even, the total will be \$2,004. In which case Alyssa will give you \$4 worth of items from the boutique or food/water.

What is included in the cost?

Our TT manual, a graduation tank-top/tee shirt, a 200 Hour Yoga Alliance certificate, and free yoga classes at Alma during the duration of the training.