



## **(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.