



200-hour Sponsored Teacher Training Frequently Asked Questions

Are books and materials included in the price of the training?

Upon acceptance to the training you will be given a book/reading list for the training. These books are NOT covered in the cost of the training. All printed materials handed out during the training are included.

When will my unlimited yoga classes begin? What about my existing monthly auto pay?

As part of your program, you are eligible for unlimited yoga through our online streaming and library pass. Free yoga will begin on the program start date of the program. If you have an existing monthly series with us, it will be put on hold until the end of training. Teacher Training Unlimited Yoga ends the last day of the training and any existing monthly series will be re-activated. No refunds or extensions will be given on unlimited yoga classes.

When will I find out if I have been accepted to the program?

After you submit your completed Teacher Training Application, you will be contacted via email or phone within 2 weeks. If you are not accepted into the program, we will support you on the path that will help you prepare for a future teacher training.

Do I have enough yoga experience to participate in this program?

LivFree Power Yoga Teacher Training Program includes rigorous asana practices. Students should have a regular asana practice. If you are new to yoga this does not necessarily disqualify you from the program. Students should be looking to deepen their understanding of the practice and history of yoga, its postures, alignment and the ability to create and convey a comprehensive, safe class to others. If you LOVE yoga and what to share yoga with others, this is the program for you!

What if I miss a class?

To obtain a certificate of completion you must attend 100% of the classes to comply with Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict. If a conflict comes up please contact Holly . as soon as possible, to make arrangements to make up time that will be missed.

If you miss 6 or more days you will not be able to complete the program with your class, and will need to make up the classes in a subsequent training.

How much time should I expect to spend on homework?

Between 1-3 hours per day on written assignments, reading, and class observations. The homework is designed to support the material covered in class and help you integrate material that was presented into your own practice and teaching. If you are not planning on teaching after this course, you may choose not to complete all the homework assignments and take the course for non-credit. However, if you wish to receive your Certificate of Completion for the course, you must attend all the sessions and complete all the homework assignments.

What is Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios and fitness clubs across the country are requiring their teachers to be registered with Yoga Alliance, however, it is not a legal requirement for teaching yoga. Currently, there are no legal certification requirements to be a yoga teacher.

Will I be qualified to teach yoga once I complete the 200 Hour Teacher Training Program?

Yes! With the successful completion of all the requirements of the program, including contact hours, homework and final exam, you will receive your Certificate of Completion evidencing your training at the 200-hour level. You can then submit to Yoga Alliance for RYT-200 status. New graduates usually begin teaching in small studios, gyms or with private clientele (family/friends). Many teachers continue their education to further solidify their skills, knowledge and style as a yoga instructor.

In a karma exchange for this free teacher training you are required to give back, at no charge, 10 hours of yoga classes within your community. This is a collaboration of love. One in which we hope to close the gap of yoga for all. Your Karma Project must be approved by Annie Q. Be sure to submit it to her before you agree to donate the hours. You will be required to follow up with Annie Q with a letter from one or more of your participants, written to you, letting you know what they thought of the classes you taught them. This completion and follow up work is honor based. You will receive your certificate upon completion of the scheduled program.

Please submit acknowledgement and acceptance of above information with your application.

*I agree to all of the above (initial)_____



200-hour Sponsored Teacher Training Application

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Cell Phone _____ Email _____

Emergency Contact _____ Phone _____

This training is for BIPOC. For eligibility, please let us know your ethnicity:

Yoga Practice and Experience:

Is this your first training? If no, list prior training. _____

How often and how long have you been practicing Yoga?

Do you have any injuries or physical limitations or medical conditions? Please list

Who have been your most influential teachers and why?

Are you currently teaching yoga? If so, where and why style of yoga do you teach?

Why do you want to be a yoga teacher?

What does yoga mean to you?

Please list 10 concrete ways yoga has affected your life.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

In your opinion, what qualities embody a good yoga teacher? Why?

Why do you want to take The Yoga Shop's Teacher Training?

What are your expectations for this training?

What personal qualities or attributes do you feel you possess that will help you in teaching yoga and contribute to this training.

Tell us about your hobbies, interests and other exercise practices, community service, etc.

Is there anything else you would like us to know about you? Any other questions, concerns or comments?

Thank you for your time and honest, open answers. After you submit this completed application, you will be contacted via email or phone within twoweeks.



200-hour Teacher Training Payment Information

We offer two payment options as follow:

\$3000 Full Payment due at acceptance to the program; or,
\$3500, \$1000 due on acceptance to program, \$1500 due before training
begins and balance of \$1000 and 6.35% CT Tax due one month before
graduation.

There is no fee for this training.

I understand that I must fulfill all the requirements of The Yoga Shop Teacher Training Program, including in-class hours, mentorship, homework, quizzes and final exam. I will receive a certificate of completion for its 200-hour Teacher Training Program. Following completion I will submit my credentials for Yoga Alliance registration.

I understand that LivFree Power Yoga/The Yoga Shop reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or LivFree Power Yoga/The Yoga Shop's ethical guidelines. I understand that LivFree Power Yoga/The Yoga Shop Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply will result in legal action.

I have read and accept the above terms and requirements: Yes _____ No _____