

21 Questions to ask BEFORE joining any Yoga Teacher Certification Program



Hi! I'm Sarah...

I am a Traditional Usui Reiki Master Teacher, a Holistic Life Coach and Certified Yoga Teacher E-RYT 500.

*I have been practicing Yoga for over **20 years**, and teaching for over **10 years**. So Yep! I know. **It's a jungle out there!** Been there. Done That.*

*This is why I created this comprehensive 21 Question guide to help you decide **which is the right Yoga Certification program for you!***

*This guide will help **save you time and money**, and ensure you know what to look for in a **great** Yoga Teacher Certification program. Each answer can make a **BIG difference** in the quality of your experience.*

Welcome to the REAL Path of Light & Love,

Sarah Ceo

*Traditional Usui Reiki Master Teacher
Holistic Life Coach & Yoga Teacher*

Who will be YOUR Teacher?

Q1. *Who is the "Lead Teacher"?*

Q2. *How much of the training will they actually teach?*

Q3. *Is there any other lead teachers? How many? How much of the training will they lead?*

*Look for an experienced, professional teacher who is **willing to support you every step of the way**. He/she should lead at least 75% of the training.*

Having too many 'experts' in one program leads to incoherent information.

I personally lead 100% of your training.



How many Training Hours?

Q4. *What is the total amount of hours?*

Q5. *How many **LIVE in-person** hours with your teacher?*

Q6. *How many hours of home-study and practice?*

*Learning Yoga is not like traditional school. You must **spend time with your teacher** in order to truly walk The REAL Path of Light & Love.*

Self-guided pre-recorded courses might give you the information you need, but **not** the transformation you need.

I personally lead ALL 48 sessions of your LIVE Online program.



What is the Group size?

Q7. *How many other Trainees will be in my group?*

Q8. *Do we train in a **private group** or mix with public group classes.*

*Look for a small groups that **do NOT count attendance to public classes** as part of your training hours.*

You must be able to ask questions as you go through the training. This is only possible in small PRIVATE teacher trainee only groups.

Based on my 20 years of experience. I believe the absolute maximum for any group training should be no more than 12 students.

I personally only take a **MAXIMUM of 6 students per year to ensure you get individual attention.*

*Yes, you get free access to all public classes but this is **optional** and not part of your training hours.*



What type of Yoga will you learn?

Q9. What is the **foundational** Lineage of Yoga you will be learning?

Q10. Will you also learn about other Yoga lineages and traditions?

Look for an experienced teacher that understands the **TRADITIONAL Lineages of Yoga in their pure form** and can empower you teach Yoga the right way.

The foundation of my program is **Classical Hatha Yoga**. But I have studied eight (8) different traditional lineages; and I will share this knowledge with you as well so you have a holistic and complete view.

My goal is to empower you to teach with confidence honoring the practice of **Yoga as it was meant to be**.



What exactly will you learn?

Q11. Do you get a Syllabus **before** the program starts?

Q12. Do you get a complete Manual at the beginning of the training?

You should have a clear and detailed understanding of the topics that will be covered during the training.

*Yoga is a broad subject. **The syllabus should be comprehensive** and give you a true picture of the depth of this **Sacred practice**.*

At a MINIMUM, the syllabus and manual should include:

- *Understanding and practice of Yoga poses*
- *Detailed alignment and modifications for EACH pose*
- *Anatomy, Physiology and Bio-mechanics*
- *Yoga History, Philosophy, Lifestyle*
- *Understanding of different Yoga Traditions*
- *Teaching Methodology and Practicum*
- *Business Mastery and Ethics*
- *The Subtle Energy Body and chakras*
- *Pranayama and Meditation*



How often do you attend class ?

Q13. *How consistently do you attend classes and over what period of time?*

Q14. *How long is each session and what is the format for each session?*

Be careful of "immersions" that promise a quick and easy way to get certified. There are **NO Shortcuts** in the REAL path of Love & Light. True, sustainable transformation takes time.

Each session should include **practice & lecture** and it should not be more than 6 hours. After about 3-4 hours, students get tired and sessions are no longer productive.

I choose to keep sessions short (3.5 hours) and spread the program over **12-months** to give you **time to** digest the information you learn, and **Walk the Path for REAL** so you **BECOME** the best Teacher you can be.



What is the structure of the program?

Q15. *How much of this program is focused on the **physical practice** of Yoga?*

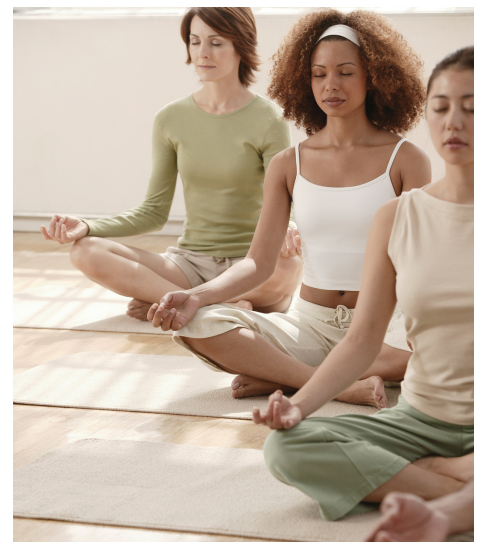
Q16. *How much on the **Philosophy and Lifestyle**?*

Q17. *How much on the **business and practical** aspects of teaching?*

Look for a comprehensive, holistic and practical approach.

Practice without understanding will only get you so far. **Understanding without practice** will only get you so far.

*In our program, we explore each of these **3 areas for 16 weeks** to ensure you gain the skills necessary to lead **inspiring classes with confidence**, build a successful career practice, and **expand in Love & Light** as you **inspire others to do the same.***



Will you receive Personal support?

Q18. Will you receive coaching and **guidance** on how to practice what you learn to your **personal daily life**?

Q19. Will you receive guidance and mentoring on how to **create a successful career** teaching Yoga?

Q20. What are the **requirements** to receive a Certificate?

Q21. Is this program "registered" with Yoga Alliance?

**For 2021, my program IS registered with Yoga Alliance.*

Above all... having a loving and supportive Teacher will be the **MOST** valuable part of your Yoga Teacher training experience.

This is my promise to you:

**"You will feel supported
EVERY sep of the way!"**

Love & Light,
Sarah



12- Month LIVE Online Interactive Yoga Teacher Certification Program

2021 Training starts **March 20!**

Your registration includes:

- **Complete 12-Month** Yoga Teacher Certification Program
- **48 Saturday** 3.5-hour training sessions
- **ALL sessions are LIVE with Sarah** and include practice & lectures
- Complete access to **ALL class and workshop recordings**
- Complete **200-RYT Certification** registered with Yoga Alliance
- **Full Support** to make sure you reach your highest potential!
- Access to **ALL** weekly Yoga classes **starting the moment you sign-up!** and during all 12-months of training. Start this Enlightening journey Today!

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