



200-hour Teacher Training Frequently Asked Questions

What if I don't want to teach yoga?

A desire to teach need not be your motivation for attending a 200 hour training. Many students just like you simply wish to immerse themselves in something they love. A training like this offers all attendees a unique opportunity to dive deeper into their practice. Of course, if you do want to teach, you'll be fully equipped to do so with confidence upon completion of the program.

Do I need to be an "advanced" practitioner? Are there any prerequisites?

You certainly do not need to be "advanced". A 200-hour training isn't about skill. As long as you have a strong desire to learn coupled with a willingness to make this commitment, you will be fine. We do, however, suggest that applicants to the program demonstrate an established, consistent practice.

What if I am pregnant? Injured? Have some other limitation?

Just as is the case in any of our classes, you will be encouraged to listen to your body/energy and make the appropriate adjustments. Modifications are always welcomed and supported. In fact, the more variety we have in terms of individual abilities, the more we all stand to gain in our understanding of working with different populations. With that being said, however, be sure you appreciate the size and scope of this commitment and are realistic with your expectations.

What lineage does your program follow?

Our program draws from a variety of different styles and lineages. In short, our 200-hour Teacher Training places careful emphasis on safe and sound alignment in all of the poses. In addition, we offer a well-rounded foundation in anatomy, philosophy, history, teaching methodology, pranayama, meditation, and ethics. Beyond the academic, however, we strive to be a collection of diverse souls, gifts, and vantage points that exist beyond the boundaries of a single label. We believe in the importance of inclusion and belonging, and it is our goal to nurture yogis and teachers who feel the same.

How will the training days be structured?

Our Extended Format 200-hour Teacher Training will take place over the course of 5 months. There will be trainings roughly every 2 to 3 weekends Jan - May. These weekends will involve Friday evening, Saturday afternoon, and a longer day on Sunday. In addition, we will meet Online the Wednesday evenings following the weekend of each training.

We feel that this Extended Format allows our attendees to progress at a reasonable

pace whereby they can digest and implement the information, meet all the requirements necessary for graduation, and still have plenty of time for family, work, and life outside of the Teacher Training commitment.

What can I expect to learn in this training?

During our time together, we will rotate through a variety of different topics and experiences. Included are the following subjects: the history of yoga, asana practices & labs, pranayama, meditation, anatomy & physiology, humanities, the Yoga Sutras, ethics, teaching methodology, cueing & sequencing, and professional development.

Will there be anything else required other than the training days?

Yes. You can expect homework (assigned reading, essay questions, sequence development, etc.). You will also be required to attend a number of classes outside of training as well as develop/maintain a personal home practice. We will ask that you keep a journal to both document your participation and reflect on your experience.

What is the required reading?

"The Yoga Sutras of Patanjali" - translation by Sri Swami Satchidananda

"The Heart of Yoga" - by T.K.V. Desikachar

"Yoga Toolbox for Teachers & Students" (4th edition) - Joseph LePage & Lilian Aboim

"The Key Muscles of Yoga" - Ray Long & Chris MacIvor

"The Inspired Yoga Teacher" - Gabrielle Harris

"Deep Listening" - Jillian Pransky

Will there be a final exam?

Most certainly. There will be a thorough written exam as well as a practical exam wherein students will lead a portion of a class to the rest of the group. We will review the answers to the final exam together plus hold a very special graduation celebration, too!

What kind of certificate will I obtain upon graduation?

Upon successful completion of all program requirements, you will receive a 200-hour Yoga Teacher Certificate from Yoga Academy of Vermont.

Does completion of this program qualify me to be a part of Yoga Alliance?

Yes! Once you successfully complete Yoga Academy of Vermont Teacher Training, you will be certified as a 200-hour Yoga Instructor.

What will happen in the event of inclement weather?

In the event we are unable to safely meet at the studio due to inclement weather or any other circumstance (foreseen or unforeseen) a make-up session(s) will be scheduled at a future date in order to recoup the lost hours.

What if I need to miss some hours for personal reasons?

Because this is a 200-hour teacher training, all students are required to complete 200 contact hours (among other things) in order to pass. In the event you need to miss some time, you have two options. First, you may attend the same session in the next subsequent training at no cost. Or, you may complete a comparable number of hours in private sessions with the Lead or Assistant Trainers. Please note that in both instances, you will not be able to graduate from the program until all the required 200 hours are completed satisfactorily.

What makes your training different?

At Yoga Academy of Vermont we offer a robust and comprehensive foundation from which students can launch a teaching career or simply deepen their practice. Beyond that, however, there is a special emphasis placed on nurturing students through the growth that inevitably happens during a journey like this. Throughout our training, we have woven in opportunities to celebrate our spirits — both individual and collective — via ceremony, reflection, and self-care. The Yoga Academy of Vermont training promises to deliver not just an academic up-leveling, but a deeply meaningful transformation for each student to blossom into his or her best self.

Are there payment plans available?

Payment plans are available on an individual basis. Every effort will be made to ensure that the schedule of payment is comfortable and fair, however, tuition must be paid in full prior to the program start date.

How do I apply?

If you wish to apply, please send your request to us at:

All interested parties will move through the following process:

1. Complete & submit these documents:
 - Yoga Academy of Vermont 200-hour Teacher Training Application
 - massage intake sheet
 - studio waiver
 - COVID waiver
2. Participate in interview with the Lead & Assistant Trainers.

Following the interview, the applicant will be informed whether their admission into the program has been accepted or denied. Upon acceptance and in order to successfully reserve their place in the training, the applicant will be required to:

- Complete & submit the Yoga Academy of Vermont Training Agreement.
- Pay a non-refundable registration fee of \$500, to count toward tuition.
- Establish a payment plan (if appropriate) for the remainder of the tuition.

Once the candidate has successfully completed all of the items listed above, then they are formally accepted into the program!

This seems scary...

Don't worry. It's completely natural to feel that way. When I went through my 200-hour teacher training, I had no idea how I would meet all of the expectations laid out before me! I can tell you from experience that somehow, you just do. You start with one step at a time and stay focused on the immediate task at hand. You continue that way and then one day in the not-so-distant future you look up and realize, "This is our last day and I did it!" It was true for me and it will be for you, too!