



## YTTC Frequently Asked Questions

### **What level of Yoga practice do I need in order to participate in the course?**

There is no blanket rule on the level of yoga practice required. We will be holding interviews and will assess each potential student on an individual basis. The rule of thumb is a minimum of 2 years yoga practice, but again, it all depends on the individual

### **Am I qualified to teach after I have completed the course?**

Yes you are - on successful completion of the 200 hours and as long as you pass the assessments

### **Is the course suitable for someone who has previously trained in yoga?**

Absolutely, there is a huge variance in the quality and content on 200 hour YTTCs. You will likely be covering familiar territory, but the aim of the course is to present traditional yoga from a deeper and thorough perspective than many 200 hour trainings. It also serve as an active learning community for the 2 years of the course and beyond. Your development and insight as a teacher can only grow with each training course you take.

### **How many people will I be training alongside?**

The maximum in the class will be 16 people.  
During the training, you will be divided into smaller study and support groups and will work under the guidance of the course tutors and alongside your peers as well as independently.

### **Can I pause my training at any point during the course?**

You can choose to take Module 1 and 2 in any order. We encourage you to complete the course within the 2 years to sustain momentum, but this can be reviewed and adapted depending on your personal circumstances. The nature of the course requires you to complete the 200 hour training within the specific timeframe and dates outlined.

### **Is there flexibility on time and dates?**

In order to qualify, it is key to this training have practiced the 200 *supervised* hours. Therefore, the course requires 100% attendance. We are unable at this point to offer alternative training days. If you need to miss any sessions due to ill health or unforeseen emergency circumstances, private tuition with the course tutor can be arranged at additional cost of £60/hour with course tutors.

### **Can I train whilst I am pregnant?**

It is possible but not advised to train whilst pregnant as there are certain poses/techniques that may not be suitable or comfortable for you. Please discuss privately with the tutors.