



## **Top Ten Frequently Asked Questions & Concerns about Joining a Yoga Teacher Training!**

### **1. Will I be advanced enough?**

It's not uncommon for people to think they have to be advanced to join a Teacher Training program. Although that may be true for many programs, this isn't the case at Awakened Life. We run our courses at "all levels" so people can participate and be appropriately challenged at any level. Whether you're a beginner or you've practiced for a while, our program will offer challenges and development opportunities at any stage in your yoga practice and career.

### **2. Do I have to pay the full tuition right when I register?**

To secure a space in any of our programs you only have to register and make the associated deposit. This will hold your space. You do not have to pay your full tuition right away. The first step is a deposit and getting you started and orientated. After that, we'll work with you to determine the payments you'll make. Most times people pay in two installments.

### **3. I can't do a headstand yet, is that okay?**

We don't require you to be able to do any inversion, or any particular pose, prior to coming to training. It's okay to be where you're at in your practice. You don't have to be an advanced practitioner or an inversions expert to come and learn, to deepen your practice, and learn to teach others!

### **4. I don't think I can afford it, it seems expensive!**

All our programs are all-inclusive or almost all-inclusive so it's important to remember that the price includes a lot! Understanding that it includes several weeks' worth of meals, ocean-side accommodations, training, and other perks can help put the program costs in perspective. "Tuition-only" programs offered by some other schools can be pretty expensive once you add everything up. With our tuition packages, you know exactly what everything will cost. We also bring a full faculty of teachers with us, at least 4, to make your experience rich and varied!

### **5. I do power yoga, is that what I'll learn?**

In our program, you'll be certified as a "Vinyasa" Yoga Teacher. Within that certification you will learn to teach Active Vinyasa (often referred to as Power Vinyasa), Slow Flow Vinyasa (a gentler, active style) and restorative yoga (a relaxing style). You'll also learn a few meditation practices and how to teach them, pranayama practices and how to teach them, and Yoga Nidra practices.

## **6. How will I pay for this training?**

There are several options for paying for a Teacher Training. Using a credit card and paying it back over time is a great option. If you don't have enough credit limit, you can call your credit card and see if they will raise your limit. Discussing this with family and borrowing money is also a great option. Some people can get a bank loan since this is education, too. Others do fundraising using social media. There are so many ways to get creative!

## **7. Are you certified with Yoga Alliance?**

Yes, our school is approved by Yoga Alliance to run 200HR and 300HR trainings for 500HR certification. You can check us out by going to Yoga Alliance and searching for our school by inputting: Awakened Life School of Yoga. Please no variations on the name or you won't find us!

## **8. I've never traveled abroad before, it's scary!**

We understand that for many people going to Bali or Costa Rica is a very new experience. Our school is professionally organized to help you every step of the way on all your preparations and logistics. You will have details and information to support you and help you ensure you get everything right. Then, when you show up at the airport, we'll be there to greet you! You won't have to search around in a foreign airport figuring out what to do. We are your support from the moment you inquire with us!

## **9. I'm not really interested in teaching, why would I come to a Teacher Training?**

People come to a Yoga Teacher Training for many different reasons. Some come to deepen their practice and knowledge of yoga, some come to retreat, reflect and restore a part of themselves, and others come with the intention to teach. Regardless of the initial intention, all leave with the skills and capabilities to teach! Then the choice is yours – to teach or not!

## **10. I'm worried I'm too young, too old, not fit enough, or something else!**

Whoever you are, however old or young you are, there is a place for you. As people, we almost all tend to think that somehow we won't fit it. That's just not the case at our programs. We've had people from all over the world, from every age group (from 18 to mid-60s), to varying fitness levels, to different languages, food requirements, all sizes, and shapes. You are good enough no matter who you are and you are welcome with us!

**We can't wait to meet you!**