



## **Top Ten Frequently Asked Questions & Concerns about joining an Advanced Yoga Teacher Training!**

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

It's not uncommon for people to think you have to be very advanced to join an advanced Teacher Training program. Although that may be true for many programs, this isn't the case at Awakened Life's Trainings. We run our courses at "all levels" so people can participate and be appropriately challenged at many levels within the advanced course.

### **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. Super Saver Tuition packages have a faster payment schedule because of the significant discounts of the package. Details will be outlined once you register for any package.

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

We don't require that you can do any inversion, or any particular pose, prior to coming to an advanced training. It's okay to be where you are at in your practice, even at the advanced level. Like stated above, you don't have to be an advanced practitioner or an inversions expert to come and learn to deepen your practice and continue to 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 is inclusive of a lot! Understanding that meals, accommodations and other included perks over a few weeks can make this number feel more manageable and reasonable. We also bring a full faculty of teachers with us, at least 3 -4, to make your experience rich and varied! Remember, tuition only programs tend to add up to just about the same, and often times more. With our tuition packages, you know exactly what everything will cost.

### **5. What Yoga Style will I learn?**

In our advanced program you'll be certified as a "Vinyasa" Yoga Teacher. Within that advanced 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 (when offered).

## **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, 300HR trainings (for 500HR certification), Prenatal and Children's Yoga. You can check us out and see all our awesome reviews 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 a new place is a 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've been teaching a long time - will I be challenged?**

It's important to remember when taking an advanced +300HR it doesn't mean you'll be doing advanced poses all the time. There will be time spent reviewing the foundations of teaching that we all need to be very effective as yoga teachers. From there, we'll build on this foundation to begin to teach in an advanced way with more skill, confidence, knowledge and wisdom. Think of it like building a house. We first set the foundation and then build upon it. Even if you have your foundation already, you'll have the chance to refine and polish it further in all the ways that make not just a good yoga teacher, but a great yoga teacher

## **10. I haven't been teaching that long, will I be behind?**

This course accepts people from other 200HR schools, teaching styles and learning approaches, so it is designed to handle people where you are at in your teaching. Much like in questions #9, we build a foundation that we can all grow from to be solid and confident in our teaching. You'll have a chance to refine your skills, and then quickly build upon that in the advanced coursework. Our programs have people who have been teaching for a long time, and also those who have just finished an RYT 200. It's a great experience where we can all learn from one another! It's a supportive community for all of us!

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