



# Yoga Teacher Training Program F.A.Q.

## Most Frequently Asked Questions Regarding Our Teacher Training Program

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### What qualities do you need to become a yoga teacher...?

Being curious and enthusiastic about yoga is the first prerequisite. Qualities such as empathy, compassion, integrity, reliability, presence, open mindedness, determination, a bit of playfulness are hallmarks of a great teacher.

### How do I know if I am ready...?

If you have been practicing yoga relatively consistently, we encourage you to apply. Keep in mind that your sincere desire to learn and explore is the most important factor. Though you will practice some teaching techniques during the course, teaching yoga need not be your ultimate goal in order for you to take full advantage of the training.

### Do I have to be able to do advanced postures to become a teacher...?

NO. Instructors teach what they know – and if you don't know the pose (yet!), it won't be a pose you immediately teach as a new instructor. As you become more comfortable, confident, and knowledgeable as a teacher, eventually you may evolve to teaching more challenging asanas. However, the majority of students that are practicing yoga in the U.S. are NOT advanced yogis. As such, there is a greater need for quality beginning-level teachers than there are for advanced-level teachers. Our program allows you to obtain a deeper understanding of the system of yoga as well as learn how to teach the most common asanas (which are appropriate for beginning and intermediate level students).

More than likely, you have many qualities that would make you a good yoga teacher... and proficiency in advanced postures does **not** correlate to being an effective yoga instructor (*... if that were true, contortionists would be the best yogis!*)

### How much home study is involved...?

In addition to our meeting dates, the course includes a home study portion. However, student-teachers are given a **full year** from the start date of the program to turn in their homework. Some student-teachers find that their schedule allows them to do the homework alongside the program (preferred)... others complete the work after the program ends.

If you're motivated, you can actually get started early with some of the required reading (**not required**).

### Can I participate in the program if I'm unclear about wanting to teach...?

ABSOLUTELY, YES! While Fusion's Teacher Training Program is geared towards learning HOW to teach yoga safely and effectively, it may also be taken by those that simply want to learn more. Whether your intention is to deepen your personal practice or obtain the skills and knowledge to become an effective yoga instructor, Fusion's teacher training program is diverse and non-denominational, covering all aspects of Traditional Hatha Yoga. For those that want to teach, after successfully completing our program, you'll be eligible to register with Yoga Alliance as a Registered Yoga Teacher (RYT-200).

## **Are there make-up options if I have a vacation planned or get sick ...?**

YES. In order to receive your certificate of completion, you must complete 180 hours of contact hours with Lori. These hours are provided to you in the form of classroom hours. If you are unable to make a session, you will need to complete an equal number of contact hours to those that you missed. This may be done through on-going classes with Lori, workshop attendance (topic must be approved), additional observation hours, teaching assisting, or through a paid private session with Lori.

We ask that you dedicate yourself and commit (as best you can) to all the learning that is extended to you. If you have to miss a session, **make-up options are available**; however, you should understand that excessive tardiness or leaving early can jeopardize your participation and certification in this training program. Each trainee is responsible for assuring that all necessary paperwork is filled out and that all requirements for make-up are completed prior to the end of the training program.

## **I work and might occasionally be late – is that okay...?**

Ofentimes our training sessions include a yoga practice/class before we meet for actual training. As such, if you miss the practice portion, you can take any class with Lori to make-up your hours. We would want you to get to the training portion as soon as possible and minimize the times you're absent or late. *(Be sure to talk with Lori about this and/or include your work schedule hours along with your application form to verify that it will work with our program.)*

## **What are the prerequisites...?**

Although anyone has the potential to be a great yoga teacher, having a regular yoga practice and general familiarity and knowledge of yoga will greatly help and accelerate your learning on the teaching path. If you're planning on teaching, it's recommended that ....

- 1) you have a regular, consistent practice for a minimum of one year,
- 2) Have taken some classes with Lori (to make sure you're a good fit for each other), and
- 3) have a willingness and dedication to commit to self-study/home-study.

If you're simply wanting to learn more (and not teach), there are no prerequisites other than a willingness to learn.

## **How many participants are in the program...?**

The class size is intentionally kept small (*typically around 10*) so that Lori can provide quality attention, support, and mentorship to each student teacher. As such, space is limited and typically fills-up fast.

## **Why is your program longer than many others...?**

While there are some programs that train teachers in less time than ours, we feel that a longer program gives student-teachers an opportunity to integrate what they've learned. *(There is no substitute for having the time to put into practice what you are learning!)* This apprenticeship program will provide you with the opportunity to gain in-class teaching and assisting experience so that you become comfortable in a class setting.

Our program is structured in a way that allows student-teachers to complete their training while accommodating career and family commitments. (If needed, Lori works with student-teachers individually to bring them up-to-speed.)

## **Will I get a certificate of completion when I'm done with the program...?**

Certification is subject to Lori's approval based on your attendance, participation and attitude, completion of assignments, final exam results, as well as your readiness and ability to teach. *(Student teachers are able to retake the portions of the final exam if they don't score well.)* Once you've met all requirements, certificates of completion will be issued.

*(Please note that in the unlikely event that Lori doesn't feel you're ready to teach at the end of the program, she will continue to work with you until you are ready – without additional cost.)*

## What is Yoga Alliance..?

Yoga Alliance is the only nationally recognized organization that registers both individual yoga teachers and yoga teacher training programs who have complied with minimum educational standards established by the organization. Its mission is to lead the yoga community, set standards, foster integrity, provide resources, and uphold the teachings of yoga.

Our school is registered with Yoga Alliance. By completing our teacher training program, one is eligible to register with Yoga Alliance as a Registered Yoga Teacher (RYT). An RYT designation can enhance your credibility as a yoga professional.

## How much is the tuition...?

Our tuition is currently \$2,400 and can be paid by cash, check, or credit card (Visa, Mastercard, or Discover). A non-refundable application fee of \$50 is due upon acceptance to the program (leaving a balance due of \$2,350). **Significant discounts are available for "early bird" payments as well as "cash" payments.** For those that need it, a payment plan option is available.

## I might need a payment plan. What's involved...?

To be considered for the program and the payment plan, you'll need to pay the application fee of \$50 (see above) AND if accepted into the program, you will need to make a **minimum initial payment of \$500 before the program begins.** (Ideally, your initial payment is as much as you can afford up front.) The remaining balance is divided into monthly payments, although **the FULL tuition must be paid by the end of the program.**

Please note that no discounts (early-bird or cash) are available with our payment plan. (Payment plans must be approved by Lori before the program starts.)

## Besides the tuition, are their other costs involved...?

Tuition does **not** cover the cost of the books that are required reading. Most of the books, however, can be purchased used on Half.com or Amazon.com. (We have one copy of each book that is available for lending). All yoga classes that are a part of the program ARE included in the cost of the program. To encourage student-teachers to maintain an on-going practice while in the program, we offer student-teachers significant discounts on our regular class passes (approximately half price).

## I really want to... but I'm nervous!

Almost EVERYONE will say that they are nervous at first... but what they're really feeling is EXCITEMENT! Our program is paced so you learn gradually in order to integrate the various practices and information. And once you get started, you'll see that the program is structured in such a way to help you gain confidence as a new teacher. By the time you complete the training, Lori will make sure you have the ability to teach a yoga class on your own.

Be sure to turn your application form in AS SOON AS POSSIBLE.  
Because our program is only offered once a year and class size is limited,  
it's best to reserve your spot as soon as you can.

If you have questions that aren't addressed above,  
please contact Lori at (916) 600-6557.