

Choosing a Yoga Training School

If you are thinking of becoming a yoga teacher, the following guidelines will help you select a program that's right for you. It is always a good idea to attend a yoga class, workshop or intensive taught by each of the primary teachers of any program prior to committing. Your comfort level is important.

Yoga Alliance[®] Registered School designations are open to schools that have met YA curriculum standards at the 200 and 500 hour levels.

Know Yourself

Before researching schools, reflect on your personal yoga experience and educational needs. Knowing these ahead of time will help you find a program that will support your individual educational process, professional training and personal practice.

- What style of yoga would you like to study and teach?
- Is there a specific population with which you would like to work?
- What is your learning style? What size class would you prefer?
- Are there teachers you admire and respect with whom you would like to study?
- What kind of class schedule, home work, and program length does your lifestyle allow for: residential programs, weekly intensives, evenings, or weekends?
- In what educational setting are you most comfortable: ashram, studio, or home?
- If you choose a residential program, do you require a special diet? Could you live with a vegetarian or macro-biotic diet if it is required during your training?

Questions to Ask the School

- Is the program registered with Yoga Alliance[®]? An RYSsm designation is a symbol of experience, dedication and commitment on the part of your school, and is open to schools that have met YA curriculum standards at the 200 and 500 hour levels.
- How many yoga teacher training classes has the school graduated and how many have graduated under YA standards?
- What material is covered during the program and how is it presented?
- Who will be the primary teacher trainers? How much time will be spent with them? With other faculty?
- What are the backgrounds of the teacher trainers? Are they well-trained and experienced in the areas they teach?
- What are the competencies I will be expected to have to successfully complete the program?
- What is the assessment process? Is there a mentoring program in place?
- Does the school have a code of conduct/ethics for instructors? How is it enforced?
- Does the school have a "student bill of rights?"
- How much does the program cost and what is the payment policy?
- What is the refund policy if I do not complete the program? Will I get credit for hours attended if I must drop out early?
- Are all contracts signed by both the school and the student (make sure you get a copy)?
- Does the school or program comply with all applicable federal, state and local laws and regulations?
- Is the school bonded?

Enjoy your journey. Yoga Alliance[®] looks forward to welcoming you as a Registered Yoga Teacher!

