

10 Things You Must Know Before Enrolling In A Yoga Teacher Training Course



This report is designed for yoga students who are considering taking the next step and becoming yoga teachers. This will help you understand what yoga trainings are like, and what you can expect as a yoga teacher.

I. Why can't I just take lots of classes and then start teaching?

The truth is, *practicing* yoga and *teaching* yoga are two completely different things. If you don't take a proper training course, you won't know how to safely and effectively lead a yoga class.

II. Why can't I just ask my instructor at my home studio to teach me?

Here's how it works. Teacher trainers are teachers who have taught a minimum of 1,000 classes, and have taken at least 500 hours worth of training courses themselves.

Your instructor at home might have this experience—but most likely not. Teaching might *look* simple, but don't be deceived. To do it well, you really need to be properly trained.

III. I've heard of weekend training courses... do I really need to study for a whole month?

There are many different lengths of training courses, and shorter courses can be great for adding to your knowledge or getting introduced to a new style of yoga. That said, a 200-hour certification is the international standard for beginner and

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intermediate yoga teachers, and a course of that length takes a minimum of 26 days to complete.

IV. What about food and accommodation? Some yoga trainings sound like children's summer camps!

The rumors you've heard are true! Some yoga teacher training courses only offer **dorm-style accommodations**—and some even have their students sleeping in tents! This can be fun at first, but four weeks is a long time, and if you don't have your own space, a private bathroom, and a quiet place to sleep, it can really make things more difficult than they need be.

Food is another important consideration. During training, you will be very busy and won't have time to worry about your next meal.

I know one student who did a teacher training in Los Angeles, and there was nothing but fast food restaurants surrounding the training facility. Students either ate junk food or else spend an hour or more each day shopping and preparing healthy food for themselves!

Everyone has certain foods that they need to feel healthy and strong, and the best training courses provide a wide range of healthy food options AND are located near shops and restaurants so you can find extra things to meet your particular needs.

V. What about after the training. Will anyone be there to help me find a job?

A good way to judge a teacher training is to ask the instructor how many of the graduates actually go on to become teachers. You'll be surprised at how low most of the numbers are!

From a good course, around half of the trainees will go on to teach. The other half are usually either not interested in teaching (they just wanted to learn more about yoga) or already have other jobs that take up their time.

A good course also offers assistance to graduates to help them find jobs. Usually, this is done via email and telephone. One of the teaching staff will give you honest recommendations for improving your resume, gaining experience, and finding jobs.

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VI. I can do some postures really well, but others are still hard from me—can I teach?

If you took twenty of the most famous yoga teachers in the world and watched them practice, you'd be surprised to learn that their postures are far from perfect. Teaching yoga is not about doing perfect poses or advanced asanas. More importantly, you must be committed to and in love with the practice.

VII. There are so many courses offered... how do I know which to choose?

First, decide what style of yoga you want to teach. Then choose a course led by a teacher with a great reputation. You'll want to make sure that the course is accredited by the **Yoga Alliance**, the governing body for teacher training courses. Lastly, and most importantly, choose a course you're excited about. You want this to be fun!

VIII. Is it possible to fail?

Some courses basically "sell" certifications. If you pay the tuition, you graduate. Excellent trainings sometimes fail students. They do this not to be mean, but to ensure quality.

Usually, students who fail either break the rules (skip classes, go out partying) or simply refuse to participate. Someone who loves yoga and gives 100% effort will almost certainly pass.

IX. How much should it cost?

Training costs can vary, but for high quality courses, the tuition fees are fairly similar.

200-Hour Residential Courses (includes room & board)

Average Cost: \$5000-6000

200-Hour Non-Residential Courses (no room & board)

Average Cost: \$3500-4000

You can find courses that are very cheap, but these are usually a waste of time and money. A good course is an investment in your future that will pay for itself many times over, and people who attend "cheap trainings" usually end up having to take additional courses because they are not really ready to teach.

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And remember this: an expensive course doesn't necessarily mean it's a good course. Make sure the quality of the food, accommodation, and practice facility are up to your standards too.

One popular teacher training course currently conducts its classes inside an inflatable circus tent—so make sure to do your research!

X. How much does a yoga teacher make?

Your teaching salary will depend on the studio where you teach, the class size, and your level of experience. Starting teachers usually make between \$25-50 per class while senior teachers make two to three times that much.

For most people, teaching yoga is not a way to get rich, but it is an excellent way to earn a living, enjoy a flexible schedule, and receive full-time pay for part-time work. It's not easy—but it is an amazing job. When you teach what you love, it's a pleasure to go to work.

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UP-COMING COURSES



[Yin & Yang Teacher Training](#)

(200-Hour Yoga Alliance Certificate)

January 2011

Led by Simon Low



[Vinyasa Yoga Teacher Training](#)

(200-Hour Yoga Alliance Certificate)

March 2011

Led by Michel Besnard

[Hot Yoga Teacher Training](#)

(200-Hour Yoga Alliance Certificate)

June 2011

Led by John Anderson & Harreson Martell



[Hot Yoga Immersion](#)

(25-Hour Immersion Course in the Evolution of Hot Yoga)

June-July 2011

Led by Tomasz Goetel

**all levels welcome*

[500-Hour Yoga Teacher Training](#)

(500-Hour Yoga Alliance Certificate)

November/December 2011

Led by Michel Besnard and Team

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TOP 7 REASONS TO TEACH YOGA

- ✓ **Inspire students** & change lives
- ✓ Stay healthy & fit
- ✓ Work in a **positive environment**
- ✓ Travel & work anywhere in the world
- ✓ Enjoy a **flexible schedule**
- ✓ Have plenty of free time (work less hours)
- ✓ Receive a **good salary**



And guess what? Teaching what you love is one of the most rewarding career choices you can make! **Yoga Alliance Certified** teachers spend their days sharing the benefits of yoga with the world.

ABOUT ABSOLUTE YOGA

Absolute Yoga, one of the first studios to bring yoga to Asia, now boasts 10 locations throughout Thailand and Singapore, including their training center on Koh Samui.

"We take students and turn them into teachers," says Lucas Rockwood, Director of Training Programs. "But we also give people an amazing experience."

"It's the little things like our beautiful accommodation, delicious food, and jungle excursions that make students want to come back again and again. There are lots of choices when it comes to trainings, but we stand out because we offer an experience—not just a certificate."

Each year, Absolute Yoga conducts **Yoga Alliance certified teacher trainings** and continuing education workshops taught by the best teachers in Asia. For more information on training programs, please visit: <http://www.absoluteyogasamui.com>

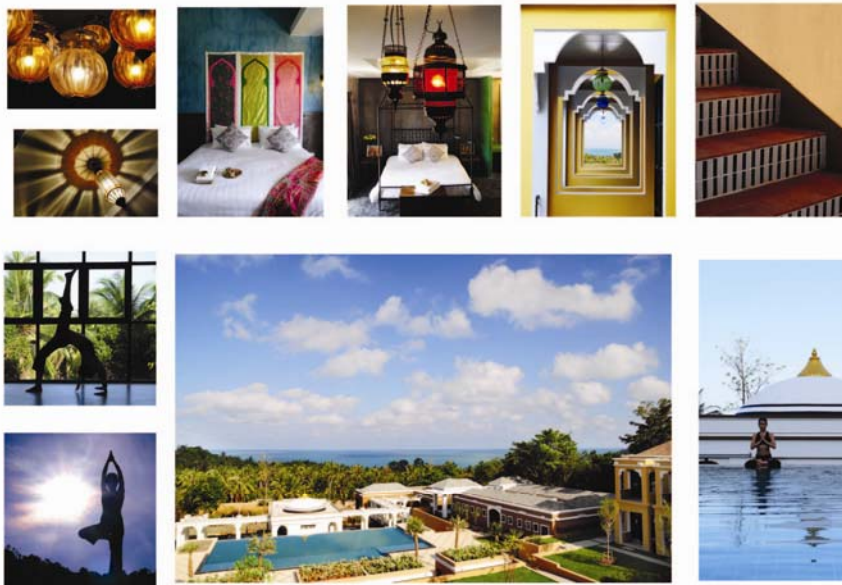
You can also email or call Lucas Rockwood, Director of Training Programs at lucas@absoluteyogasamui.com or +1.310.878.4829 (U.S.A. Number)

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The Love Kitchen, our organic, vegetarian restaurant serving divinely delicious cuisine
Detox & Spa Center with 9 private colon hydrotherapy rooms, 4 indoor massage rooms & outdoor massage sala
Absolute Yoga Center, our full-service yoga center with daily classes -- yoga mats, towels, block & straps provided

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