

Breathing Room Yoga
200hour Vinyasa Teacher Training
FAQ's

- 1- Will we actually practice for 8-9 hours straight!?
 - a. No. Most of our time together is spent with a mix of lecture/study/small group work and asana practice.
- 2- What if I am not sure I want to actually teach yoga?
 - a. No problem. Many of our trainees have felt this way. This training is a journey into a full study of yoga, so whether or not you want to teach, this is a great learning opportunity for you. We do learn a lot of teaching technique, but we also cover many other topics, include subtle energy body, philosophy and history, mantra, pranayama, refining asana with alignment skills, and more.
- 3- I am on the fence/strongly considering this training. What do you recommend I do?
 - a. Embarking on a teacher training is a big decision! It's not only a transformational experience for you personally, but also is a large investment of your time and money. We definitely recommend you visit our space, take a couple (or more) classes with Carissa and other BR teachers – especially those that participate in leading the training AND those who have graduated from past TT's and are now teaching at our studio. Stay after class to ask anything about the TT – we're all happy to talk with you and want you to make the best decision for you personally.
- 4- What are the text books?
 - a. We will announce the books to the accepted trainees a few weeks before training begins.
- 5- How much do the books cost?
 - a. The books cost around \$100. Past trainees have ordered from local book sellers and from amazon.com
- 6- What is Carissa's background?
 - a. Carissa opened Breathing Room in 2011 with zero students and a hope and a prayer ☺ Since then the studio has grown exponentially. Our studio is a sweet community space known for authentic, inspiring well-trained teachers and reasonable class sizes. Carissa received her 200-hour training at Flow Yoga Center in Washington, DC, a renowned studio known for its excellence in teacher trainings and voted "Best Of" in DC many times. She has studied with several respected teachers, including Alison West (alignment intensive), Coral Brown (prana flow), Jill Abelson (philosophy and Jivamukti), Michael Plasha (history and philosophy), and Simon Park (prana flow and inversions) and continues her studies now. She completed a week-long vinyasa training with Seane Corn in 2012. Her classes balance yang and yin energy – build plenty of internal heat/tapas and then cool and allow time for inner exploration/svadyaya. Most classes include pranayama and brief meditation. Her philosophy for training new teachers stems from a belief in the power of each individual's personal voice. You will not be given a class script or postures script. You **will** be given plenty of wisdom and the power and space to call upon your own voice, and therefore your classes will have a unique authenticity and confidence that will carry you far.
- 7- Will we take breaks?
 - a. There will be breaks built into the schedule for snacks, fresh air, and meals. Most of our trainees bring food to eat throughout the day and during breaks. And, some trainees leave to visit a nearby deli to grab a salad, soup or sandwich.
- 8- What if I need to miss some days?
 - a. Because this is a 6 month intensive, missing days should be for emergency only. Make up time could be hard to coordinate, but we will do our best to work with you. Let us know in advance if you know of time you will need to miss and we'll see what we can do.

If you have other questions that were not addressed here, drop us a line! We're happy to meet or chat anytime: info@breathingroomME.com