

Breathing Room Yoga
200hour Vinyasa Teacher Training
FAQ's

- What are the qualifications for applying?

It is recommended that you have at least one year of consistent yoga practice prior to applying. Experience with vinyasa yoga is recommended. We also strongly recommend that you take class at Breathing Room, particularly with Carissa, Lily or Ethan to get a sense of our style, the space, and to ask any questions you may have. If this is not possible, please let us know and we can arrange a phone call to answer questions and discuss the style of the training.

- Will we actually practice yoga for 8-9 hours straight?

No. Most of our time together is spent with a mix of lecture/study/small group work and asana practice. Breaks for meals, snacks and fresh air are built into the training.

- Where is training held?

Most of the training is held at Breathing Room Yoga in South Portland, Maine. Occasionally we will meet out of the studio into other local spaces. A full schedule with dates, times, topics and locations is given at the first day of training.

- Is this an Interdisciplinary Course?

While this course does include several elective hours learning various styles of yoga, including Yin, Restorative, Yoga Nidra, and Prenatal, the main focus of this course is learning and teaching the Krishnamacharya lineage of Vinyasa Flow Yoga. Experience in this style and a strong desire to teach this style of yoga is recommended for students embarking on this training course.

- What if I need to miss a class?

We understand that emergencies and illness can arise. We offer three hours of complimentary make-up time. Beyond that, any make up hours with Breathing Room teachers carry a mandatory fee of \$25/hour. If you miss time with a guest instructor, we will work together to have you meet with that teacher or another highly-trained teacher to cover the hours you missed.

- What is your refund policy?

Your deposit to secure your space is non-refundable. If you pay tuition and leave the training before it begins, we will refund your full amount, less the deposit of \$500. After training begins, tuition is non-refundable.

- What hours are required outside the weekend modules?

Approximately four hours/week of reading and journal reflection questions; approximately two hours/week of practice teaching; minimum two hours per week of self practice; leading two community classes at Breathing Room (late summer/fall 2014); assisting/observing two community classes at Breathing Room;

taking one Ashtanga Yoga class and one Iyengar Yoga class outside Breathing Room; creating and executing a two-hour Seva project (details given in training).

- What do I receive at the end/how do I register with Yoga Alliance?

You will receive a certificate upon successful completion of the program. This certificate allows you to apply for Registered Yoga Teacher (RYT) status with Yoga Alliance.

To graduate from the program, the following items must be complete: Perfect attendance (or hours made up) and active participation in all weekend modules; Documentation of practice teaching, daily self practice, Seva project, attendance at Ashtanga and Iyengar yoga classes, and documented attendance at required Breathing Room classes.

All reading assignments and required reflection questions.

Passing grade on written exam

Successful final practicum (mini-class presented to the training group and teachers), based on the following criteria:

1. Teaching skills (effective use of voice, demo, connection to students)
 2. Verbal and physical assists (appropriate and effective use)
 3. Language (verbal cues, clarity of instruction)
 4. Posture details (demonstrate understanding of proper alignment, key actions, benefits and contraindications of postures taught)
- Safety (In all areas, from providing accurate information to offering appropriate modifications, to attending to immediate needs of students in the classroom)

- What if I am not sure I want to actually teach yoga?

No problem. This training is a journey into a full study of yoga, so whether or not you want to teach, this is a great opportunity for you to deepen your practice and understanding of yoga. We do learn 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.

- What are the text books?

We will announce the books to the accepted trainees a few weeks before training begins. The books cost approximately \$100.

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

