

Guide to Teacher Training

Asheville Yoga Center serves as a leader guiding people to fully engage with their life through the practice of yoga.

Asheville
YOGA
Center



Greetings Yogis & Yoginis!



If you are reading this guide, it means that you are considering starting the incredible journey of yoga teacher training. Congratulations, and welcome to the first page of the next chapter in your life!

Despite what its name suggests, yoga teacher training is not exclusive to people who want to become certified yoga teachers. Instead, a yoga teacher training is suitable for any individual who yearns to learn more about the emotional, physical, and technical aspects of yoga.

In either scenario, you will find the answers you seek — and so much more — through a 200-hour teacher training.

The following pages are meant to help you navigate through the steps leading to teacher training so that you can feel calm and confident on your first day of class. As you read through this guide, you will find answers to some of the most common questions and concerns students have about teacher training, including:

- How to know if you're ready for teacher training,
- What are common fears and anxieties related to teacher training,
- How to select the right school, and
- How to make a living as a yoga instructor.

It is important to ask these and many more questions before you make the investment of your time and money into a teacher training program to ensure that it's the right fit for you. And once you've found that program, get excited: Yoga teacher training is an amazing transformational experience, and the journey of a lifetime.



Are You Ready?

If you feel curious about yoga teacher training — whether you have been practicing yoga for 6 months or 16 years — it is likely that you are ready to dive deeper. That said, it can be intimidating to take the next step toward a more informed, fulfilling yoga practice. Reflecting on the following questions can help you figure out if it's the right choice.



Do you want to experience life more fully?

One of the most beautiful aspects of yoga teacher training is the personal growth that you will achieve throughout the process. Through a yoga teacher training, you will learn to accept yourself — mind, body, and spirit — just as you are. The trainings provide you with the resources to identify what does not serve you, and focus on what does. Here's what you can expect from a teacher training. You will:

- Learn to be present.
- Experience incredible personal growth.
- Create lifelong bonds with your fellow students.
- Overcome fears and perceived shortcomings.
- Develop a strong love and appreciation for yourself.
- Learn to better manage stress.
- Sleep better.
- Be more relaxed when you're off the mat.
- Become more confident.
- Develop healthier habits.
- Find increased compassion toward others.
- Learn to communicate more effectively.



What do you hope to gain through a teacher training?

Are you seeking a deeper understanding of yourself, and your personal yoga practice?

Are you interested in becoming a yoga instructor at a specific studio?

Do you aspire to own your own yoga studio?

**If you answered “yes” to any of the questions above,
then teacher training is the right choice for you.**



I want to become a yoga instructor at a specific studio.

If this is your intention, then it is imperative that you complete a yoga teacher training. It is recommended that the studio be Yoga Alliance certified if you are interested in teaching in the United States. There is no better way than a teacher training to gain the skills needed to safely and effectively teach others, no matter how long you have practiced yoga. It can be prudent to enroll in the teacher training program of the studio you want to work at, if that studio offers such a training. If teacher training is not offered at the studio you aspire to work for, seek out a training that offers a curriculum in-line with that studio’s ethos. If this is the case, be sure to read the “How to choose the right school” section below carefully.



I want to open my own yoga studio.

If you are interested in opening a yoga studio in the United States, it is also imperative to earn your certification at a Yoga Alliance Registered Yoga School. Enrolling in a program of this nature will provide you the credentials, and the business savvy, to successfully become a studio owner if you are willing to put in the work. Look for an excellent teacher training program that will prepare you to confidently move forward and achieve this dream, with a strong understanding of what is needed to successfully develop, brand, and market your unique yoga center.



I want to take a teacher training to deepen my own practice.

A 200-hour teacher training may be the best way to get to know your body and enhance your personal yoga practice. By breaking down postures, identifying optimal alignment, and working with variations on each pose, you'll discover new corners of your body and experiences in your practice that you wouldn't necessarily tap into on your own. In addition to that, trying yoga in a new way gives you an opportunity to observe your mind's reaction to a new practice, and learn how to quiet your mind from there. By the end of the training course, you will find that your mind and body are revitalized and stronger than they were when you entered.



Do you have the time to commit to a teacher training?

Teacher trainings usually require you to do homework before, during, and after the course. Meaning, in addition to spending about 180 classroom hours in your program of choice, you will have outside assignments to round out the 200-hours. This can be challenging to find the time and energy to complete assignments when trying to live your regular day-to-day lifestyle. Therefore it is recommended that you investigate which format will best suit your schedule.



I want to complete the training all at once.

Many studios across the country offer teacher training immersions that allow you to complete your certification in as little as three weeks. Teacher training immersions are perfect for individuals who have a large chunk of time to dedicate, and for those who want to eat, sleep, and breathe yoga during their journey to certification. Immersions allow you to escape from your everyday life — the stresses, the distractions, and the monotony — and experience life more fully through yoga. At the end of the three weeks you will leave with the skills to share your practice with others, or to experience your personal practice more deeply.



I want to complete the training on weekends.

Even if you have responsibilities and work commitments that occupy your weekdays, you can earn your teacher training certification in a relatively short period of time. Many studios offer teacher trainings that are completed over the course of 9 weekends to accommodate individuals with busy schedules. By selecting this route of teacher training, you allow yourself to immediately put what you learned in the training to practice in your everyday life, allowing you to fully digest and reflect on the current lesson before moving on to the next one.

These are great first steps in evaluating if teacher training will be the right fit for you. You can also talk to yoga teachers and see how their experiences were, as there are many ways to gather information while you shop for the best training out there.

If you still have reservations, read on to learn about some of the common fears associated with teacher trainings, and how to deal with them.



Common Fears About 200-Hour Teacher Training

It is so important to understand that fear is natural. In this case, it's a sign that you're doing something really brave, and that's a beautiful thing. Do not let fear keep you from your dreams, but instead allow it to take you out of your comfort zone and drive you to be the best that you can be.

If you are committed to expanding your personal yoga practice and you want to learn more about yoga, you are ready for a teacher training.



Next, you will find a list of the common fears associated with teacher training, and advice on how to effectively combat them so you can enter the program with confidence.



I'm afraid that I'm not advanced enough.

In section 1, you should have asked yourself some questions to help reassure you but the fact is this: **If you are committed to expanding your personal yoga practice and you want to learn more about yoga, you are ready for a teacher training.** You don't have to be a master who can effortlessly fly from crow pose into handstand to be ready for a yoga teacher training. As long as you are comfortable in your personal practice, and have been practicing yoga on your own for at least 6 months, you are ready. The purpose of a yoga teacher training is to learn, grow, and blossom into the best version of yourself, and your future teachers and fellow students are going to support you every step of the way. **I'm afraid that I'll pick the wrong studio.**

Enrolling in a teacher training program is a huge investment in both time and money, so it is completely understandable that you would worry about picking the wrong one. Later in this guide you will find a section dedicated entirely to helping you find the right studio, but a great place to start is reaching out to instructors in your area and asking them about their experience.



Some great questions to ask instructors you look up to:

- Where did they complete their 200-hour teacher training?
- What were the pros and cons of their training?
- Is there anything that they didn't learn that they wish they had?
- What was their favorite part of the program?
- How did the training affect their life, on and off the mat?



I'm afraid that I will fail as a teacher.

For those of you who aspire to become yoga instructors, this is a very real fear that nearly every aspiring yoga teacher has experienced at one point or another. Let that sink in: Every yoga teacher has been afraid of failing at some point. When you consider how many successful yoga teachers there are out there, you realize that this fear is just par for the course. But what is success? If you change just one person's life for the better, isn't it worth it? So take some time reflecting on your expectations. If you believe in yourself and you're willing to put in the work, you will not only succeed, but you'll find such deep reward in helping others.

Now that you have decided that you are ready, and you have put aside your fears, it is time to learn how to choose the right school for 200-hour teacher training.



How To Choose a Yoga Teacher Training Program

A teacher training will elevate your yoga practice, and your life, in ways you never thought possible — but only after you've found the right program for you. A quick internet search will reveal hundreds of thousands of yoga teacher training programs, but the decision on which to enroll in should not be taken lightly.

Just as yoga classes and instructors vary, so do teacher trainings. For that reason, it is important to find a teacher training program that resonates with your core values and your goals. Naturally you will want to find a program that is reasonably priced, but be sure to do your research on the quality of the education. Teacher training is a major investment of time and money, but the benefits you will receive from training with an established and successful studio will make your investment well worth it.

As you research yoga teacher trainings, consider the following:

- What are your goals? Is your primary objective to become a certified yoga instructor, or are you seeking a training to deepen your personal practice? How will the program help you achieve these goals?
- Is there a specific style of yoga you are drawn to? Is that the only style you want to learn and teach, or are you interested in more diverse practices?
- Do you want to travel or stay local? If you are looking to travel, be sure the curriculum and the instructors are as enticing as the location. The instruction you receive will always be superior to the physical location of your certification.



- What are your local choices?
- Where did your favorite teachers go to study?
- Do you prefer small groups? Does the school cap class size?
- What reading is required, and how much of the program is hands-on?
- What is your timeline, and does the program provide options to accommodate your schedule?
- What is the homework structure, and is it flexible to suit your timeline? Are there tests?



Before Selecting Your Teacher Training Program

Make sure it's YA certified.

If you're considering a yoga teacher training because you want to become a yoga instructor, it is highly recommended to take a training that is Yoga Alliance certified. Yoga Alliance sets standards and requirements for Registered Yoga Schools (RYS) and their curriculums for 200-Hour Teacher Training.

Initially, Yoga Alliance was simply a registry to find yoga teachers and schools certified through the YA certified curriculum. Nowadays, Yoga Alliance standards



and regulations are much more stringent. In addition, students are required to provide feedback on the school they completed their training at and schools are rated based on their quality.



Study the program's history.

As you research the various options for yoga teacher training, make sure to look into the history of the program. You should look for programs that are established, with at least 5 years of successful teacher training certification under their belts. Otherwise, you may find yourself at a studio that is too much of a newcomer and unable to fully prepare you for life after teacher training. It is also recommended to look for a program that has certified a substantial number of graduates — at least 300 is a good rule of thumb. More graduates mean more reviews of the studio, and the more people there are who you may be able to ask about their experience during the training.



Research the instructors.

Before you register for a teacher training program, try to get to know the teacher(s) you will be learning from to ensure that they are a match for you. You will be



spending a significant amount of time with your instructors, so it's good to get an idea of the personality or personalities of the teachers you are going to learn from. If possible, attend one of their classes or workshops to help you determine whether their teaching style is aligned with your personal goals. If not in the same town, then be sure to do your research online, and check for testimonials and reviews of the program and its teachers.



Find the right style of yoga.

Through your personal practice, you have probably found a style or styles of yoga that you gravitate toward. You may choose to stick to these styles of yoga, and find a teacher training program that aligns with your current practice, but you may also consider a program that will introduce you to new styles of yoga as well. Each teacher training program varies in this way. Some programs teach you "one" way, meaning you will be memorizing certain sequences and practicing one philosophy of yoga. Some schools have a variety of styles incorporated, encouraging you to adopt those that resonate with you, so you can graduate with a variety of "yoga tools" in your tool belt and a broad understanding of immeasurable vastness that is Yoga.





Find a location that suits you.

There are advantages to doing yoga training — especially an immersion — outside of your hometown. By removing yourself from your normal routine and daily distractions, you can truly focus on your studies. Then when you do have the day off, you can get out and clear your head or practice yoga in a beautiful, peaceful place. That said, it may be more cost-effective (and better suit your schedule) to attend a teacher training close to home. Choose the option that is best for you, and know that you will become the yoga instructor you have always wanted to be no matter what the physical location.



Can You Make a Living as a Yoga Instructor?

If you are planning to teach yoga after your 200-hour teacher training, it is natural to be concerned about the financial aspects of teaching yoga. The good news is that yoga is now a multi-billion dollar industry, and every day more and more potential students are trying yoga for the first time.



That said, it would be foolish to assume that a job is 100% guaranteed as soon as you finish teacher training. After all, you're going to be fresh out of school! No matter what profession you choose, it is necessary to put in the work and gain the experience to truly thrive. But don't let that discourage you. Making the decision to pursue your dreams and enroll in a 200-hour teacher training proves that you have the drive to succeed, and as you navigate through the course you will quickly realize that you also have the skills and the strength to achieve anything you put your mind to.

So, in a nutshell: Yes, you can absolutely make a career as a yoga instructor. You just have to be willing to work hard to achieve your dreams.



How much money do yoga instructors make?

There is no standard amount that yoga instructors make. As with any job, the wages vary based on your location and the establishment you are working for, but there is also no cap to what you can be making! Many yoga instructors go above and beyond teaching classes on a daily or weekly basis, but below is a general idea of what you can expect on a class-by-class basis:

By the class: \$15-\$50 per class

By the person: \$2-\$8 per person

Studio split: 70/30 to 60/40 split from class income

In a gym setting: Flat rate established by the facility

It is important to keep in mind the many ways that you can make a living once

"Making the decision to pursue your dreams and enroll in a 200-hour teacher training proves that you have the drive to succeed..."



you've earned your 200-hour teacher training certification. Once you've gained experience teaching classes, and perhaps continued your education with a 300-hour training, you can begin to host workshops, events, and trainings with higher price tags than a single class. Getting into social media and even offering online options are fabulous methods for success. You don't have to be famous to achieve financial independence through yoga, you just need to be willing to put in the work — and never stop learning or growing.



Start Your Journey

Hopefully you are feeling more confident about yoga teacher training now that you have reached the end of this guide.

Congratulations again on making this incredible decision to begin your personal journey to deepen your practice and expand your knowledge of yoga!

For more information on yoga teacher training programs or to view a sample curriculum, **please click here to visit the 200-Hour Teacher Training section on our website.**

