



Starting Your Journey

How to Know if You're Ready for
200-Hour Yoga Training

Asheville
YOGA
Center

Have you been thinking about yoga teacher training, but you're not sure if you're ready to take the next step? Don't worry, you're not alone! Yoga teacher training is a big time commitment, so you want to make sure you're wholly prepared for it before you decide to dive into this intensive training.

Teacher training is a life-changing and inspirational experience. You're surrounded by other students who are like-minded and have a deeply rooted passion and love for yoga. These are individuals who already have knowledge, wisdom and experience to share, and they want to continue on their quest to learn more. But



Established Individual Practice

Before enrolling in a teacher training program you should feel comfortable with your own level of practice. The most effective and encouraging yoga teachers are individuals who have an inspired personal practice. They have a connected relationship with the mat and that bond is an essential part of everyday life. They've felt the benefits and effects of yoga, and they use those experiences to help guide their students to be the best versions of



themselves. They're motivated, caring and compassionate individuals who want to share their love of yoga with others.



Just Going to Class Isn't Enough for You

Of course you love class and working on your practice daily, but something deep within your soul is telling you that there is more to be discovered. There's a piece of your heart that needs to be ignited and filled. You yearn to dive deeper and to learn more intensely.



Desire to Expand Your Knowledge

The most important factor to consider is your own desire to learn more about yoga. Is that passion and drive to learn burning inside of you? You have to want to push yourself, put in the hours studying and devote your time and energy to practicing yoga. Maybe you're interested in deep philosophical discussions or alignment and anatomy. Whatever the reason may be, you're excited to wear that student hat again.

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You Want a Deeper Connection with Yourself

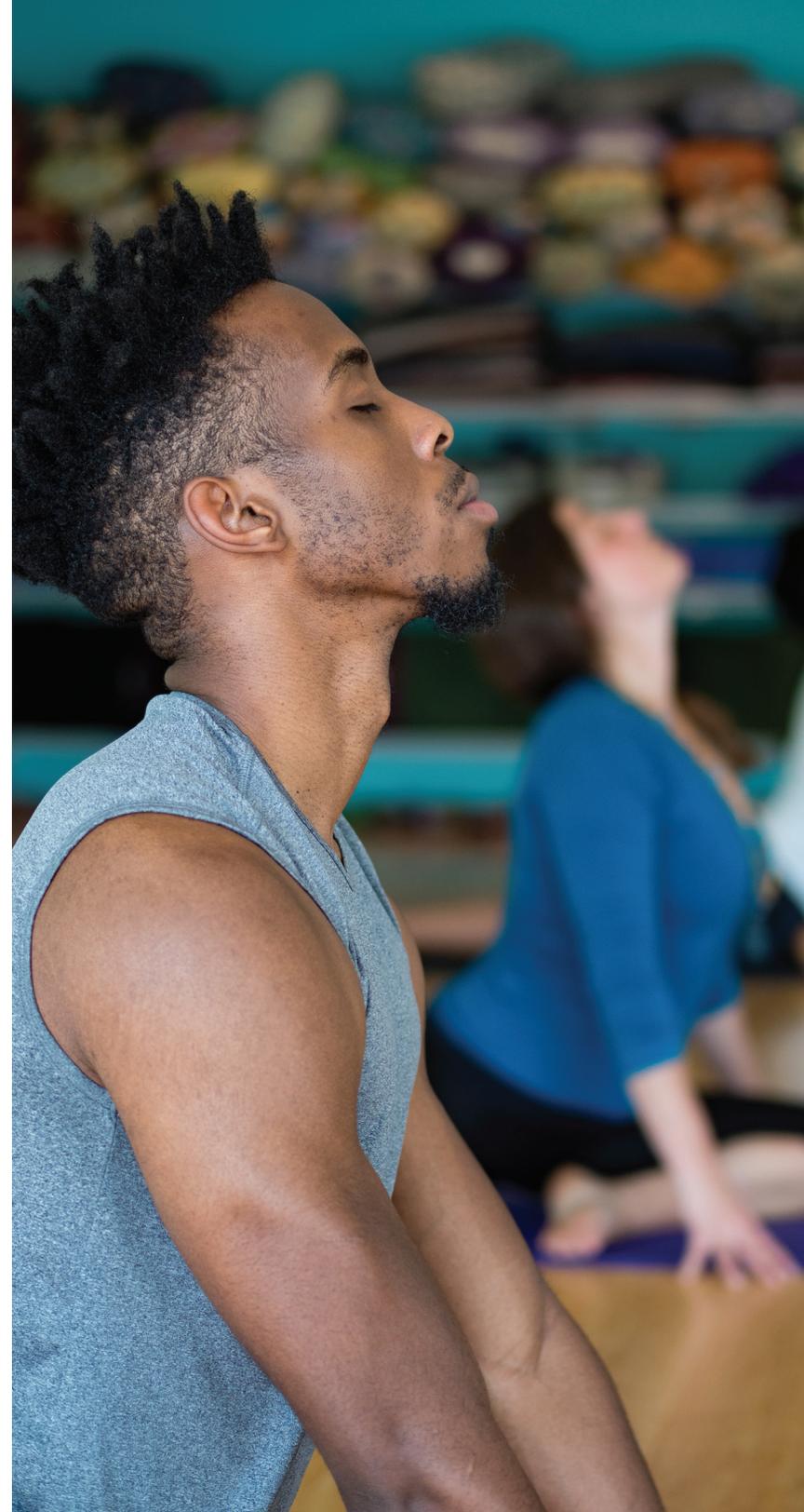
Yoga makes you feel alive! As you've developed your yoga practice, you've felt unified and connected with your true self. Becoming one with your mind, body and soul has driven you to further explore that relationship.

Yoga gifts you with the ability to feel vulnerable, healed and inspired all at the same time. It pulls out emotions and feelings from the depths of your soul and brings them to the surface. Ultimately, you're ready and prepared to take an inner journey of discovery and self-reflection. If you're looking to connect to who you are and find your purpose and voice, then you are ready for teacher training.



You're Waiting for the Perfect Time

The time to start yoga teacher training begins when it feels right. If your heart is saying, "I need to do this now," listen to it! You'll only regret the things that you never accomplished but always wish you had.



You Have Goals for Attending Teacher Training

Take time to firmly establish what your goals are for yoga training. If you're focusing on yourself and your practice, determine how you will utilize your resources. Maybe it's scheduling one-on-one time with a certain instructor you bond with. Maybe your goals are to devote more time to meditation and eating healthier to cleanse your body during your training period. If you have aspirations to teach, is there a specific style that you're most interested in? Creating goals will help you get the most out of your experience and leave you feeling whole and ready to take on the next phase of your journey, whether that's teaching or not.



Learn from an Expert

Kimberley Puryear gives her advice on how to know you're ready for 200-Hour teacher training:

On a cold day in February of 2007, I found myself sitting on the floor in a circle of strangers at Asheville Yoga Center, just a humble one room studio back then. I remember feeling a host of emotions

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-Kimberly Puryear

at the time. I wish that I could say that excitement was at the top of the list, but honestly, I was terrified. As I looked around the circle, I wondered what the next three weeks had in store for me. Waves of uncertainty washed over me. The “what ifs” started creeping in. What if I can’t do it? What if everyone here knows more about yoga than me? What if they are physically stronger? More confident? I remember sitting there, shaking like a leaf with my heart in my throat. But somehow, deep down, I knew that I was supposed to be there. What happened over the next three weeks was truly life changing in ways I could never have imagined.

Fast forward twelve years. Now as a lead instructor in AYC’s 200-Hour Immersion Programs, I find myself once again sitting on the floor in a circle, this time in a beautiful new facility. Each month on opening day, I see the same look of anticipation and uncertainty from incoming students that I had all those years ago. I smile, knowing that over the next few weeks this group of humans will dive into all aspects of yoga and in doing so, embark on a journey of deep self-exploration and inquiry.

So how do you know if you are ready to undertake a 200-Hour teacher training program? It helps to think of teacher training as a starting point.



To use an analogy, it's sort of like building a house. We don't start from the roof and work down. We start from the ground and build our way up. The process starts with excavation, clearing away the rubble to create a firm and steady foundation. Yoga teacher training is just that - creating a stable foundation in which to build a strong and steady practice.

The excavation process, while necessary, can be intense. It brings us face to face with all of the things lurking beneath the surface, like our fears, judge-ments, and insecurities. If you are feeling the call to excavate, it helps to clarify your intentions. Sit quietly with each of these questions and allow your answers to become clear.

- *Why is this important to me?*
- *Am I ready and willing to immerse myself into daily practice and study?*
- *Am I ready and willing to know more about myself physically, energetically, and intellectually?*

Whether you choose an immersive program or one that's spread out over the course of many weeks or months, it helps to have a clear understanding about what your goals are in taking the training. There are benefits to both formats. At AYC, we offer two formats in which you can earn your teaching certification, a 3-week immersion and 9-weekend modular.





4 Week Immersion

An intensive training allows you to step out of your day-to-day life and habits, and spend four full weeks of living, learning, and practicing and sharing yoga as a part of a group. This should not be confused with a yoga “retreat.” Undeniably, four weeks in these beautiful Blue Ridge mountains is dreamy. But as the word “intensive” suggests, you should be prepared to enter a learning environment with full days spent immersed in training, study, and practice. Class sessions run 5 days a week from 8:00am until 5:00 pm with a one-hour lunch break.

These are foundational weeks. They lay the groundwork for the unfolding of understanding and mastery. Seeds will be planted that will come to fruition and nourish you much later on down the line. Trust that you’ll get what you need and be prepared to walk away from the experience with a toolbox loaded with applicable practices, a full heart, and a passion to practice and share what you’ve learned.





8 Weekend Modular

The eight-weekend format breaks up the content of the syllabus into eight scheduled weekend modules. Each weekend consists of a 5:00–9:00pm Friday evening session, and Saturday session from 8:00am–5:00pm and a Sunday session from 8:00am–5:00pm. This format allows you to continue working, tend to family, and still give yourself some time between training weekends to study, practice and digest the information you'll learn.

The training is designed to help you deepen your understanding of the practice and philo-sophy of yoga. You should be familiar and comfortable with the basic postu-res, breathing and meditative aspects of the practice before you start. AYC requires a minimum of six months of consistent practice in a live setting with a qualified teacher. Explore different classes, teachers and styles as you prepare. Teacher training at AYC was definitely one of best things I've ever done and has enriched my life in so many ways! I'm so glad I took the leap and look forward to taking this journey with you!





Dive into Your 200-Hour Teacher Training

If you've been thinking about registering for a teacher training program, and you have the time to complete it, do it! Time is precious, and if you waste it you might not be able to take this opportunity again. Don't waste years waiting!

Yoga teacher training will transform your life in ways that you can't yet imagine. The personal growth that you'll experience and the life-long friendships you'll make are priceless. This is your time to take to the mat and start your journey.

