

FAQ's

What is this 300-hour teacher training all about?

While many people sign up for a 200 hour yoga teacher training to learn how to teach, or to simply dive deeper into yoga, this 300 hour professional program is designed for yoga teachers looking to refine and develop their craft. Through the 12 different modules, you will assess Where You Are, decide Where You Want to Go, and plan How You're Going to Get There. Because a sustainable, rewarding, and enriching career in yoga IS possible, and we are committed to helping you get there.

What makes this training different from other 300 hour teacher trainings on the market?

You may have noticed a flood of advanced trainings hitting the market recently. Many of them are designed to quickly 'check the box' of an advanced certification in order to be able to stay compliant with Yoga Alliance's updated lead facilitator training standards going into effect in 2022. Our program will do far more than just 'check the box.' We have spent over a year developing the content, materials, and delivery to ensure that our participants truly grow in their profession. It is fully interactive, live, and engaging.

Can an online/virtual training capture the magic of an in-person experience?

We are happy to report, YES! When we converted our incredible 200 hour in-studio training to a virtual format in response to the COVID-19 pandemic in early 2020, we worked with educational designers to ensure that we could produce the same incredible teachers using an online medium for instruction. Having delivered the program several times online now, we can say with confidence participants experience the same breakthroughs, insights, and growth as those that do an in-person program. The 300 hour program has been designed taking all of the learnings from over 1500 LIVE virtual training hours that have taken place in 2020 alone (so far!)

Is this a training approved by Yoga Alliance? Even the virtual program?

The 300 hour training program is currently going through the approval process by Yoga Alliance, and we are fully confident that we will receive full certification. We will not stop until we do so. YogaSix is a Registered Yoga School with Yoga Alliance. Reviews for our program can be found [here](#).

Are there any prerequisites to do the program?

You have to have graduated from a 200 hour teacher training program.

Do I have to have done my 200 hour through YogaSix? Do I have to currently teach at a YogaSix location to do the program?

Nope and nope! We welcome in teachers from a variety of backgrounds, as long as they are committed to growth, reflection, and being in the conversation.

FAQ's

Does completion of this program guarantee me employment?

As confident as we are in our ability to support your growth and skillset, we cannot guarantee employment.

Will I be able to teach at studios that are not YogaSix studios?

Absolutely! Our 200hr Yoga Teacher Training is recognized by Yoga Alliance and will certify you as a teacher of Vinyasa Yoga. Our program is well respected within the yoga community and teachers from our program are sought after. Our graduates have gone on to teach at countless yoga studios, gyms, resorts, as well as work with corporate & private clients.

What if I miss a session? Am I able to make it up at a later date?

Group learning is one of the many gifts that a training offers. While it is impossible to recreate a moment in time or a session that is missed, we understand that life happens, and sometimes unforeseen circumstances come up. Each student can miss 15 hours, or one weekend, of the 300 hour yoga training program. These missed hours must be rescheduled, included in the cost of the program. If more than one weekend of training is missed, the student must schedule make-up sessions at a rate of \$50 per hour to graduate from the program. Students must contact the program director before the weekend which they will be missing. No more than 30 hours in total can be missed across the program.

Do I have to be an advanced teacher to take the training?

No, though some experience teaching outside of your initial teacher training will be extremely beneficial. After all, you will have something to reflect upon. The training is about diving deeper into the study and practice of yoga, as well as the skills needed to be an amazing teacher. If you are still unsure, please reach out to the YogaSix Director of Education, Kelly Turner at Kelly@YogaSix.com to talk further.

I am not sure I want to teach. Is this still worth doing?

Maybe not... this program is all about professional development, so we will focus on things that will make you a better teacher. Will you learn skills that will help you on and off your yoga mat? Absolutely. But we are committed to developing our participants in their career.

Do the 300 hours of training happen within all the weekends and immersions?

The program is broken down into requirements by Yoga Alliance. Each program is made up of approximately 280 live hours including lectures, asana labs and practice with the lead trainers. The remainder of the hours are accumulated by home study and projects.

Are payment plans available?

Yes! You can either pay in full for \$4000, or split the tuition into a monthly payment plans. There is a \$200 payment plan processing fee, so the total cost of the program would then shift to \$4200.

FAQ's

What's included with my tuition?

Six months of Y6 GO on-demand streaming is included with your tuition. You will also receive a comprehensive trainee manual, and access to the online learning platform. Upon graduation of the program, you will be invited to a 6 month monthly coaching call with the Director of Education at YogaSix and special guest speakers.

What's not included with my tuition?

There are several required texts that are required for home study assignments. Additionally, it is recommended that you secure two yoga blocks, one bolster, and one yoga strap for the training as well. If an in-studio membership is designed, discounted rates are available.

Is there a deposit? What is the refund policy?

Because space is limited, we do consider the first \$1,000 paid to be your initial deposit. If you cancel fifteen (15) days or more before the start of the program, you will forfeit \$500 of the deposit and the remaining balance paid will be refunded. If you cancel 1-14 days before the start of the program, you will forfeit \$1,000 of the deposit and the remaining balance will be refunded. No refunds are available once the program begins, and future scheduled payments must be completed.

Will I regret taking the leap and signing up?

No, you won't. We can't wait to support you in your journey.

I have more questions... who can I talk to?

Send YogaSix's Director of Education an email at Kelly@YogaSix.com, and she can answer any additional questions you might have! You can also book a 15 minute exploratory session with Kelly [here](#).