

ISHTA YOGA

200hr Teacher Training Frequently Asked Questions

Q: What is ISHTA Yoga?

A: See “About ISHTA Yoga” on our [home page](#).

Q: What makes the ISHTA Yoga Teacher Training Program unique?

A: The lineage and teaching of ISHTA Yoga is a uniquely modern, individualized and integrated approach to the ancient science of yoga. While the body is studied and experienced in detail through in-depth daily practice, posture labs and studies of anatomy and asana, ISHTA provides a comprehensive foundation for *all* aspects of yoga, including thorough studies of the practice and teaching of subtle and causal body anatomies; pranayama and kriya; meditation; Tantric philosophy; and Ayurveda, the ancient Indian life science. The ISHTA-trained practitioner is able to approach and embrace yoga in all its forms, from mantra to vinyasa. In addition, our rich content, proven and Yoga Alliance-registered curriculum, exclusive training manuals and focused practice teaching ensure that every trainee has a personalized and enriching experience of their own yoga and the opportunity to teach, learn and explore. Finally, the ISHTA Teacher Training program was created and is taught in part by Yogiraj Alan Finger, one of the preeminent Western Tantric teachers of our time. Personal study with Alan and his senior teachers offers a wealth of yogic knowledge and experience that is profound and life-changing!

Q: Is the ISHTA Yoga Teacher Training Program appropriate for me if I want to deepen my practice but am not interested in becoming a yoga teacher?

A: Definitely. The ISHTA Yoga Teacher Training is a yoga immersion designed to deepen your own practice and your own understanding of yoga *first*. Many trainees enroll in the program without plans to teach. The in-depth experience of yoga will be life-changing for you regardless of your future intentions. We encourage all trainees to simply take this step on their journey and see where it leads them!

Q: I am new to yoga and am not able to do some advanced postures. Can I take this training?

A: Yes! While this training is not suitable for the brand-new yogi, we welcome all serious students with a minimum of 6 months of consistent practice. The Teacher Training Program is an inclusive program and since yoga is an individual practice, we expect and welcome different levels of physical ability. Your commitment and desire to deepen your understanding of yoga are what is most important!

Q: Does this training include Vinyasa Yoga?

A: Yes. The ISHTA Yoga Principles of Sequencing creates a well-rounded practice that will encourage you to explore the yoga that suits you and your students. You will learn the basic tools and correct application of asana, pranayama and meditation for creating a well-balanced practice that leads to a balanced life. Vinyasa is an extraordinary tool for the mind, body and spirit and is an essential component of these tools.

Q: Is attendance in all the sessions mandatory to receive the ISHTA Certification and to be able to register with Yoga Alliance as a certified teacher? What if I have to miss a session or if I am sick?

A: Yes, 100% attendance is required to successfully complete your training. If you know in advance you will have to miss a session for any reason, and you would like to receive the Certification, you will need to make arrangements with the Training Coordinator to make up the missed sessions at your cost. (Exceptional emergency circumstances are evaluated on a case-by-case basis.) Detailed make-up procedures are provided upon enrollment; ask us if you have questions.



200hr Teacher Training Frequently Asked Questions

Q: How do I receive my certification and register with Yoga Alliance?

A: Once you have successfully completed all requirements of the training (100% attendance or completed make-ups, 100% completion and passing grade on homework, passing mark on written final exam and passing evaluation on final practical exam), you will receive a graduation certificate and the necessary paperwork to register with Yoga Alliance. More information about Yoga Alliance registration is available on the Yoga Alliance website at www.yogaalliance.org.

Q: After the 200-hour ISHTA Yoga Training, how can I study ISHTA more deeply?

A: For the trainee who is serious about teaching as a career or wishes to further commit themselves to study and practice, we offer a 300-hour Professional Training. This is an advanced training for serious graduates of a 200-hour program only; class size is limited and all applicants are personally reviewed.

Many other specialty aspects of yoga are also available to the 200-hour graduate in addition to the ISHTA Yoga Teacher Training. We offer a range of intensives in many topics, from Pre- and Post-Natal Yoga and Restorative Yoga to Therapeutic Yoga and ISHTA specialties like Ayurvedic assessment, Yoga Nidra and Marma Therapy.

Q: Can I teach at ISHTA Yoga after completing the 200-hour training?

A: All trainees progress at their own rate given their experience and understanding. However, it is our strong belief that most trainees are not yet fully ready to teach after a 200-hour training. We require all our teachers to be 500-hour certified, meaning that they have completed the ISHTA 300-hour Professional Training after their 200-hour training program. It is very rare for a standard class or a reference for another studio to be provided to a trainee that has not yet achieved her 500-hour status. Student teacher classes are generally offered to 300-hour trainees at the appropriate point in their Professional Training studies.

Q: Are scholarships or work-study positions available for the ISHTA Yoga Teacher Training?

A: One work-study position is available for each training program for a 50% tuition exchange. This trainee serves as the In-Training Assistant (ITA) for his/her training program, performing vital organizational and administrative tasks such as tracking attendance, collecting and tracking homework, and various other duties as assigned. This student must be responsible, organized and have a strong competency in the major computer office programs. If you are interested in applying for the In-Training Assistant work study position, please make note of this on your application.

Q: What are the payment and refund policies for the ISHTA Teacher Training?

A: A \$500 non-refundable deposit is due upon acceptance of your place in the training. Remaining tuition is due by the 15th of the month prior to the training start date. Cancellations *more than two weeks* before the training start date receive a full tuition refund, less the \$500 deposit. Cancellations *less than two weeks* before training start receive a 50% tuition refund, less the \$500 deposit. After training begins, no refunds are available; however, you may become an Extension Student and complete your training in a later training session for a \$250 fee.

Tuition is due in full upon acceptance / by the 15th of the month prior to training start unless a payment plan is arranged. Payment plans incur a \$15/ installment processing fee.

Q: Do trainees receive any discounts or specials? What about classes?

A: Yes! Teacher trainees receive 10% off all studio retail and workshops from the time tuition is paid in full until the close of the training session. Unlimited classes for the duration of your training period are included in your tuition. (The 10% discount and class unlimited package for Intensive program students begins two weeks prior to training start and ends two weeks after training ends.)