

300-Hour Advanced Teacher Training FAQ

What is the 300-Hour Program? What does the curriculum offer?

Our 300-Hour Advanced Teacher Training Program is for those students who have successfully completed a 200-Hour program, wish to deepen their knowledge, and are serious about a career in teaching yoga. The 300-Hour program consists of two major contact modules (In-Training Hours and Apprenticeship) and one non-contact module (Personal Teaching/Study).

- The In-Training Hours include approximately 180 hours of learning and practicing with your training group; thorough asana, posture, and spotting labs; and application of advanced techniques in asana, pranayama, and meditation. In addition, the In-Training curriculum includes advanced study in chakras and the glandular system, Ayurveda and asana, yoga and neurophysiology, Yoga Nidra, and more.
- The Apprenticeship is an eight-month, 120-hour course consisting of: weekly class assisting (an incredible opportunity to learn from and assist our senior teachers), mentor meetings (small monthly groups to refine your skills in teaching advanced techniques and get personalized feedback and attention from mentors and peers), One-on-Ones (where your skills in teaching individual students are developed), and In-Class Privates (to fine-tune your abilities in hands-on assisting and personal adjustments).
- The Personal Teaching and Study module consists of your out-of-training study and preparation, including reading, homework, additional techniques and teaching practice, and completion of a required research project on an advanced topic of your choice. While a minimum of 30 hours is required in this module, most committed students exceed this significantly!

What makes the ISHTA 300-Hour advanced program unique?

ISHTA teacher training is the gateway to become a modern yogi in an ancient lineage. Our 300-Hour program provides a contemporary, individualized, and integrated approach to the ancient science of yoga. Designed under the guidance of Yogiraj Alan Finger, the program offers many advanced techniques not taught elsewhere, especially in the areas of kriya, pranayama, and meditation. Advanced ISHTA training truly roots the teacher in the ISHTA perspective, guiding them to a seamless practice of technique, understanding, and joy.

I have already completed a 200-Hour Training. Why do I need this program?

We believe the art and science of yoga is a lifetime study. We never stop learning, and there is always room to refine your teaching. In our experience, most 200-Hour certified trainees are not yet fully prepared to teach as they have not yet learned or refined all their skills. Even experienced teachers are always looking for new insights, tools, and techniques. The ISHTA program in particular offers a wealth of knowledge on all aspects of yoga that we truly feel is unique!

Who may apply to the 300-Hour program?

The advanced program is a significant commitment of time and energy. Any serious student who has successfully completed a 200-Hour Yoga Alliance-registered program and is committed to yoga as a career and/or way of life is encouraged to apply. Space in the program is limited and all applicants are subject to review and/or mentor approval.

My 200-Hour certification is from another school. Can I take the 300-Hour ISHTA training?

Yes! We invite you to explore the path of ISHTA. Trainees who have not completed the ISHTA 200-Hour program must enroll in the ISHTA Bridge Program. Bridge students attend 26 hours of lectures in the 200-Hour Program, covering fundamental ISHTA material. Bridge enrollment is \$400 for those simultaneously submitting a deposit for 300-Hour training, and includes a full 200-Hour manual. Bridge Program tuition as a stand-alone training is \$800.

I am a serious practitioner, but am not able to do all advanced postures. Can I apply?

Absolutely. Yoga is an individual practice and the path takes many physical forms. We expect and welcome different levels of physical ability. Your commitment to deepening your yoga is the true requirement.

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Is attendance at all the sessions mandatory to receive ISHTA certification and to register with Yoga Alliance as a certified teacher? What if I have to miss a session?

Yes, 100% attendance is required to successfully complete your training. If you know in advance you will have to miss a session and you would like to receive certification, makeup options are available, though some do incur added cost. Exceptional emergency circumstances are evaluated on a case-by-case basis. Detailed makeup procedures are provided upon enrollment; ask us if you have questions.

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

Once you have successfully completed all requirements of the training (100% In-Training attendance or completed make-ups, 100% completion of Apprenticeship module, 100% completion and passing grade on Personal Study module requirements, successful evaluation on final practical exam), you will receive a graduation certificate and the necessary paperwork to register with Yoga Alliance. Please note that 100 hours of logged teaching time are required by Yoga Alliance in conjunction with your 300-Hour certificate in order to register at the 500-Hour level. More information about Yoga Alliance registration is available at www.yogaalliance.org.

Can I teach at ISHTA Yoga after completing the 300-Hour training?

While all trainees progress at their own rate given their experience and understanding, community classes may be offered to 300-hour trainees at the appropriate point during or after their Advanced Training, as determined by their mentors and Senior ISHTA Teachers. We do require all our teachers to be 500-Hour certified in ISHTA Yoga.

Are scholarships or work-study positions available?

One work-study position is available for each training program for a 50% tuition discount. 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 Microsoft Word and Excel. Those interested in the ITA (In-Training Assistant) position must have the schedule flexibility to include 2-5 hours per week in addition to the regular teacher training curriculum. To apply for the ITA work-study position, please email Amanda Brown separately (a manda@ishtayoga.com), and include a resume with all relevant office/administrative experience, as well as general hours of availability. Additionally, from time to time, other work-study options become available for partial tuition trades.

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

A \$500 non-refundable deposit is due upon acceptance. Remaining tuition is due no later than two weeks prior to the training start date. In extenuating circumstances, a payment plan may be arranged. Cancellations more than four weeks before the training start date receive a full tuition refund, less the \$500 deposit. Cancellations between two and four weeks before training start receive a 50% tuition refund, less the \$500 deposit. In the two weeks prior to the start of training or after training begins, no refunds are available.

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

Yes! 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 also included in your tuition.