

# Common Questions about Yoga Teacher Training

**What style of yoga will I be certified to teach?** *This is a Hatha teacher training course, which includes vinyasa and gentle yoga + includes tips to teaching Restorative, Prenatal, Children, Teen and Seniors Yoga.*

**How many hours is this course?** *200 Hours - 160 Live Training Hours + 40 Online Learning Hours on your own time.*

**How do I make up missed time?** *We strongly recommend that all live and online training hours are attended. We will be offering the training in person and on zoom.*

**Will I make money as a yoga teacher?** *We will thoroughly discuss the business of yoga in this training and opportunities for yoga teachers. Some teachers are inspired to share their knowledge through volunteering and community organizations, others create very successful businesses and teach full time.*

**Will I be ready to teach?** *Yes! Our graduates are confident, prepared and excited to teach.*

**Do I have to join the Yoga Alliance?** *Registration with Yoga Alliance is optional. You will graduate as a Certified Yoga Teacher from a Yoga Alliance Accredited School so you can register if you choose to. We will discuss the details (pros and cons) in the training.*

**Are there additional books and materials?** *Yes, in addition to your included manuals, each module has a required reading. These books do not have to be read prior to training. We reference the texts throughout the training and highly recommend you have them.*

**How much homework is there?** *This is a complete and comprehensive 200 hour teacher training program. Your total required time commitment to this training is 200 hours. You will graduate upon completion of all 200 hours.*

**What if I don't want to teach?** *Many people attend this training for self-discovery and to deepen their understanding of yoga. This program is a very rewarding journey and experience even if you don't teach. However, most people are inspired to share what they have learned in some capacity.*

**Will I get a certificate?** *Yes, upon completion of the program, you will receive a certificate that you can save and use to register with Yoga Alliance if you choose to and frame.*

**How much experience do I need to participate?** *While we recommend some yoga experience, we welcome everybody. If you are ready to learn, we are happy to teach you.*

**Got more questions?** Email [mandy@saltydogyogasurf.com](mailto:mandy@saltydogyogasurf.com)

