



200-Hour Teacher Training FAQ

What style of yoga is being taught?

The style of yoga taught is non-authoritative, Interdisciplinary Vinyasa. Hatha informed, and Vinyasa approached, this style of yoga is rooted in experiential learning, breath-synchronized movement, conscious rest, and approaches this ancient practice as a journey to the self with care and contemplation. Interdisciplinary Vinyasa emphasizes the balance of motion and stillness, curiosity and creativity, and lays the foundation to teach Vinyasa, Power, Gentle, as well as your own unique style of yoga.

Who is this training for?

This program is for all those seeking to find the most authentic version of themselves, expand their knowledge of yoga, deepen their practice, communicate better, and be equipped with the tools to teach yoga. This program encourages self-development and supports experiential learning.

Is this a Yoga Alliance certified school?

Yes. This school is a 200-Hour Yoga Alliance certified institution as well as a Continuing Education Provider (YA-CEP). Upon completion of the program and graduation, you will receive your certification and will be able to register with Yoga Alliance as a Registered Yoga Teacher (RYT).

Do I need to have to have an established yoga practice?

There are no prerequisites or requirements to be a part of this training other than a desire to study yoga. It is recommended that you cultivate a personal practice prior to the training as a means of preparation to support your upcoming journey.

I have physical limitations, can I participate?

Yes. We all have limitations in different ways. Yoga is accessible through modifications and care for almost all limitations. If you are experiencing something specific please communicate before registering by emailing Bridget@iLaYoga.com.

Are there days off during the teacher training?

As this program is an immersion, the days are concentrated with training sessions as well as space and time throughout each day to rest and integrate. There will one day off each week giving you time to explore or relax as you wish.

Will I be tested or evaluated in order to graduate?

Throughout the training we are available to answer any questions and provide feed forward and suggestions as you progress as a teacher. In addition to several required assignments throughout the course, you must complete your final practice teach to your peers in order to graduate, however your final practice teach will not be evaluated and there is no written exam.

What are the graduation requirements?

- Show up on time each day, willing to learn.
- Attend the minimum number of hours required by the Yoga Alliance.
- Complete all required assignments given throughout the training.
- Complete your final practice teach to your peers.
- Participate in setting and holding sacred space for the learning experience of everyone.

I do not want to teach yoga, is this program suitable for me?

Absolutely. We honor your reasons for embarking on this journey, and if self-study and deepening your practice is the why, or supplementing your current life/work with a yogic approach is the why, or simply wanting dedicated time in the jungle to study yoga is the why... it is all enough. You will however be required to participate in the teaching portion of the program in order to graduate.

Can I teach immediately after this course?

Yes. These 200-hours have been designed to provide you with the resources intended to be a foundation for teaching. Many will teach right away, others will take more time with the teachings, and some may not teach at all. Whatever your path, you will have the tools and the power to choose.

Who should I contact with questions or to register?

For curriculum + training specific questions, email Bridget@iLaYoga.com

For travel and accommodation questions or to register, email melanie@bodhitreeyogaresort.com.