



10 POINT CHECKLIST

Choose The Right
Yoga Teacher Training
Course for You



IT PAYS TO DO YOUR THINKING AND RESEARCH UPFRONT SO YOU DON'T WASTE YOUR TIME OR MONEY. IT WILL ALSO ENSURE YOU GET THE MOST AMAZING TRAINING EXPERIENCE YOU CAN.

1. KNOW WHY YOU WANT TO DO IT

"WHY" is one of the most useful questions you can ask yourself in almost anything you do.

Asking yourself "WHY do I want this?" or "WHY am I doing this?" gets to the heart of your real motivations and what you want to leave behind or move towards.

Maybe you feel frustrated or like you're not growing so you want to MOVE AWAY from feeling stuck and MOVE TOWARDS growth?

Or, perhaps you're motivated to MOVE TOWARDS doing something you feel more passionate about? Maybe you want to do something which fulfills you, or where you feel you're making a difference?

Your "Why" is personal, so get real with yourself and dig deep for what your heart knows will make you happy and light you up.

2. KNOW WHAT YOU WANT FROM YOUR TRAINING

Knowing your “WHY” will help identify your “WHAT’s”.

For example: Let’s say you have a burning desire to teach yoga and earn money from doing it. Then you need a course that will train you to teach as well as give you yoga knowledge.

So WHAT you need is a professional yoga teacher training course, that will give you teaching skills as well as amazing technical knowledge.

In this step create your personal checklist of WHAT you want your ideal course to give you. Remember to include tangibles (like learning about postures), as well as intangibles (such as gaining confidence or a deeper connection with yourself).

Go for it and list your ideal criteria and yoga desires down on paper!

3. DO YOUR RESEARCH

Now you know your WHY and WHAT’s, it’s time to get researching. Your aim is to find a program that ticks all the boxes in your checklist.

Don’t be too easy on training schools, if they don’t give you a comprehensive idea of what their courses include, they probably won’t give you a comprehensive training. The money you’re looking to spend is a significant investment in yourself, so make sure the school is working for it.



4. CHECK THEIR GRADUATES ACTUALLY TEACH

The proof of the training pudding is in the skills of its graduates. Does the school have graduates who teach, and if so, where? Find them, check them out and ask them about their training experience.

5. CHECK YOU'LL GET REAL TEACHING EXPERIENCE

A yoga teacher training program is supposed to train you to TEACH yoga, right?

Believe it or not, many don't.

If you want to teach, find out what kind of teaching practice you'll get and how often. Will you get feedback and coaching on your teaching? Will you get to teach paying customers? And very importantly, does the course leader actually teach yoga - can they train you from a place of genuine experience?



6. COURSE ACREDITATION

Here's the real deal: a course accreditation is important because many of your future employers will want it. So from this perspective the Yoga Alliance US (International) 200Hr accreditation is the one to look for because it's the one that's most recognized internationally and will give you global teaching flexibility.

But - here's the yoga industry's dirty little secret - these accreditation organisations do very little (i.e. nothing) to actively monitor the quality of the school. Consequently, there're huge variations in the nature and emphasis of courses, and their quality.

The bottom line: the accreditation can be important and it means you'll be able to carry it when you graduate, if you choose to pay accreditation fees. But, what's more important is you thoroughly check the school out and satisfy yourself that they tick the boxes on your personal checklist.



7. NUMBER OF CONTACT HOURS

An important test of value is to check how many contact hours you'll get versus the 200 hours you're paying for. Contact hours are those that you spend in direct contact with your facilitator/s.

Many programs include your homework, reading or online course time in the 200 hours.

Frankly we think that sucks! Why should you be paying a premium price to read a book at home?

8. CHECK THEIR REP

A good program will leave its participants gushing with praise so (1) check the course information and website is full of testimonials (2) That these testimonials actually tell you something.

It's easy to get testimonials that tell you the program was great. But really good ones impact lives and people will be happy to share the changes that it made to them. So look for depth and detail in the testimonials, as well as quantity.

9. SUPPORT

Your teacher training journey starts with your first thoughts on doing a program, through your research process, the course itself, and then beyond graduation.

Check out what support is given at all stages and whether there are further opportunities for education, connection and even teaching. Good schools will have people to give you help and advice and will offer more than just the 200Hr program.



10. CHECK THEIR APPLICATION PROCESS

Good quality schools are concerned with creating a good quality experience and protecting their reputation, which means they won't want the course to be pulled by people who aren't ready or right for the training.

The application process should make sure you're right for each other. So, it's in your interests to jump through a few hoops to get on the course.

Check out our blog at WWW.TEACHLLIV.YOGA for lots more tips and advice on choosing your yoga teacher training school.

If you want some specific guidance email support@teachlliv.yoga

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