

## 200hr Happy Yoga Teacher Training - Frequently Asked Questions

### 1. Is this course with Yoga Alliance/Yoga Australia?

We have never run any of our teacher training courses under Yoga Alliance or Yoga Australia. You do not need to be associated with either of these organizations to teach yoga professionally.

We are so lucky to have international yoga teacher Steve Ross, leading this training and sharing his 40 years of yoga experience. Steve, along with our other training facilitators, Hamford and Amelia, have carefully developed the course making it unique, educational and practical for all students. You will leave the training confident, inspired and ready to teach yoga.

### 2. Will I be able to teach yoga in studios after completing the course?

Of course! The majority of students who have trained with us have gone off to teach yoga professionally at various studios around Melbourne, Australia and the world. A few students have even opened their own studios after completing the 200hr training with us. However, you will need to purchase insurance and it is recommended that you complete a first aid course.

### 3. Can I get insurance?

Yes, after completing the 200hr training you will be able to purchase insurance as a yoga teacher. We recommend [Insurance House](#), which has great yearly policies for around \$170 - \$200.

### 4. How much yoga experience do I need to participate?

A regular practice is recommended as the course can be physically demanding but don't stress if you are not yet practicing advanced postures. Being able to stand on one hand or put your leg behind your head is not a pre-requisite for this training and we welcome all levels of yoga experience.

### 5. What style of yoga is taught in this training?

This training is in vinyasa flow/hatha yoga.

**6. What is Hip Hop Yoga?**

Hip Hop yoga is a style of yoga that we teach at Yoga 213. We play loud Hip Hop music during the vinyasa flow class. On this training we encourage students to incorporate music into their classes and a component of the training will be dedicated to music and happiness.

**7. Do I need to know any Hip Hop moves?**

Hip Hop yoga involves no dancing. But if you feel the urge to have a boogie during class that is totally fine as well!

**8. How much are the yoga textbooks?**

The cost of the yoga textbooks is around \$100. However, you will be able to purchase the books second hand for much cheaper. A full reading list will be released a few months before the training commences. The books that we choose will be useful throughout your whole yoga journey even beyond this training.

**9. How many hours are dedicated to homework & home practice?**

All work to be completed out side of the Melbourne and Bali contact hours (including homework and pre-reading) have been factored into the total 200hrs. A detailed schedule will be sent out to all students a few weeks before the training begins.

**10. Will I be able to work during the training?**

The first part of this training is part time so if you work a 9 – 5 job you will be able to keeping working for the first 6 weeks. Part two of the training is full time in Melbourne and part three is full time in Bali so you will need to take the final two weeks off work to complete the training.

If your questions were not answered above, please do not hesitate to email

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