

**1. Can I teach Yin Yoga after completing this Yin TT course, if I don't have a 200 hour yoga TT qualification?**

Australian standard requirement to teach yoga of any style is to complete a 200 hour yoga TT course. To teach at yoga studios and gyms owners will usually ask for 200 hour yoga TT certificate and insurance. However, you will be able to teach Yin Yoga to family members and friends privately without a 200 hour yoga TT certificate.

**2. What qualification will I receive upon completing this Yin TT course?**

You will receive a certificate to show you have completed 50 hours of Yin training, which can be used as your professional development hours. According to Paul Grilley who developed Yin Yoga you do not need a certificate to teach Yin Yoga (see [www.paulgrilley.com](http://www.paulgrilley.com)). There's no certification process required to teach Yin, as Yin Yoga is not a brand or trademark.

**3. Is this course Yoga Alliance or Yoga Australia certified?**

Yoga Alliance and Yoga Australia does not accredit/register Yoga courses under 200 hours. But you can use the 50 hours attained to add onto your continuing professional development hours that you have to full-fill each year to maintain your membership with Yoga Alliance or Yoga Australia.

**4. Do I have to be a qualified Yoga teacher to attend this Yin TT course?**

This course is open to everyone! Both yoga teachers and non- yoga teachers can participate as long as you have a keen and willing interest to learn more about Yin Yoga.

If your questions were not answered above, please do not hesitate to email [taylor@yoga213.com.au](mailto:taylor@yoga213.com.au)