



# POWERLIFEYOGA

## 200-HOUR POWER YOGA TRAINING FAQ's

Ready to deepen your practice but want to know more? Here are some questions we get most often.

### **Do I need to have a lot of experience in yoga to enroll in yoga teacher training?**

All we advise is that you have an active yoga practice and that you are looking to deepen it. Whether your practice started a couple months ago or ten years ago, all we ask is that you come with an open heart and a willingness to learn.

### **Are books, manuals and other homework materials included in the price of training?**

Yes! Your student manual, books, and all required readings are included in your enrollment fee. We distribute all of it on the first night of training.

### **About how many hours outside of teacher training classes will I need to spend working in order to gain my 200-hour certification?**

You will spend about 20 hours outside of the studio on assigned homework. You are also required to take 25 classes, complete 5 class observations at Power Life Yoga, and participate in a community event with your OMie group in order to earn your 200-hour certification.

### **What's an OMie group?**

An OMie group is a small group in which you will be placed on the first night of training. One teacher training coach will be assigned as your OMie lead. We believe OMie groups are not only a great way for you to get to know your fellow trainees, but also they give you an appointed coach who can answer your questions and help guide you along your teacher training journey.

### **What if I don't know if I want to be a teacher?**

You don't have to be sure! Our program is designed to deepen your practice, whether you want to actually teach yoga or not. During training we cover a wide range of topics, including the history and methodology of yoga, asana breakdowns, and practice teaching. Take things day by day, and who knows? You may just surprise yourself!

### **What if I have to miss a day or two of training?**

Our coaches will work with you to create a plan to make up all hours missed, so long as you do not need to miss a significant amount of days during training.

### **What if I don't finish everything required of me within the ten weeks of training?**

Totally fine! You will be awarded your certificate upon completion of all requirements outlined at the beginning of training. Whether that takes you 10 weeks or one year. Everyone works at his or her own pace. Sometimes the ten week timeline just doesn't work for you. Don't let the ten week period scare you away from taking training if you're ready to take this step.

### **What style of yoga is Power Life Yoga's teacher training based?**

Power Life Yoga's training is based in Power Yoga and the foundations set forth by Baron Baptiste. During training you will also have opportunities to explore other styles of yoga to give you a broader understanding of yoga.

### **What is required to become a teacher at Power Life Yoga?**

To become a teacher at Power Life Yoga, first you must complete our 200-hour training in full. After this is completed, we have an "Extensions" program offered to those that feel they want to teach at Power Life which requires an application and teaching audition. Extensions is an additional five sessions after the completion of our 200-hour program. All teacher acceptances into Extensions are based on need and performance.

### **Am I too busy to do 200-hour teacher training?**

Short answer: probably not. We offer a training schedule spread over ten weeks that is held on evenings and Saturdays in order to accommodate most schedules. While 200 hours is a lot of time, it is a choice and commitment you make when you enroll knowing how much you will gain from the experience. However, if you feel as though right now is an excessively busy time in your life for a particular reason, maybe sign up for the next session. Sometimes the perfect time is now, and the only thing keeping you from jumping in is you.