

VIYETT YOGA TEACHER TRAINING



FREQUENTLY ASKED QUESTIONS

Q. How much experience do I need to become a Yoga Teacher?

A. You require a minimum of one to two years general yoga experience together with some home practice.

Q. I am not super flexible, does that matter?

A. No, it is not a pre-requisite that you must be super flexible to teach yoga. Some people are limited by injuries they have sustained in the past and this does not prevent them from becoming effective Yoga Teachers.

Q. What kinds of job opportunities are there for Yoga Teachers?

A. There are a number of job opportunities available for Yoga Teachers. Graduates may opt for working in a yoga studio, gymnasiums, community houses, the workplace, health centers, health spas and retreats etc.

Q. How long do I need to train to become a qualified Yoga Teacher?

A. Yoga Australia (formally Yoga Teacher Association of Australia) requires a minimum of 350 hours of training conducted over a period of not less than one year in order to gain full membership into their organization.

Q. Who sets the guidelines for Yoga Teacher Training Courses in Australia?

A. "Yoga Australia" (formally Yoga Teacher Association of Australia)

Q. The course I am interested in enrolling in does not meet the criteria of Yoga Australia?

A. Yoga Australia requires a minimum of 350 hours of training conducted over a period of not less than one year so if you wish to gain full membership you will be required to enter into a mentorship program where you will continue to study under a qualified yoga teacher on a weekly basis until you can provide evidence that you have met this criteria. (Provisional Membership) please see the following link for more information on mentoring. www.yogaaustralia.org.au

Q. How many hours will I need to dedicate to my studies each week?

A. In addition to your training time you will need to spend approx 6 hours each week on homework assignments etc. The six hours mainly consists of reading materials and our students find it most enjoyable and easy to dedicate this time to study.



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Q. Can I become a member of Yoga Australia on completion the VIYETT course?

A. *Yes, providing you meet the criteria set out by Yoga Australia.*

Q. Will I be eligible to apply for insurance at the end of my course?

A. *Yes, all VIYETT trained teachers are eligible to purchase insurance upon successful completion of their chosen course and by taking out membership with Yoga Australia.*

Q. VIYETT offers a few different training options, how many days do I need to attend training?

A. *You only need to attend one training session per week.*

Q. If I am unable to attend my regular training session for some reason am I able to attend on another training day?

A. *Yes, we offer flexible training options and students are able to attend additional trainings if they miss their regular training session.*

Q. Is the VIYETT Yoga Teacher Training course difficult to study as I work full time?

A. *No, the VIYETT training courses are designed to make learning easy and enjoyable. Many of our students work or study full-time and are able to complete all the necessary work in the allocated timeframe.*

Q. What is The Aim of the Hatha Yoga Practitioner Certificate?

A. *The aim of the Hatha Yoga Practitioner course is to allow students of yoga to undertake the course and develop their knowledge and skill in all aspects of Yoga. Students undertaking this course will be eligible to work as a Teaching Assistant in a Yoga Center environmen*

Q. When I complete the VIYETT Diploma of Yoga Teaching how soon can I commence teaching yoga?

A. *When you complete the VIYETT Diploma of Yoga Teaching you can commence teaching immediately without having to enter into a mentoring agreement.*

Q. Explain the difference between the Diploma and the Advanced Diploma of Yoga Teaching (ADYT)?

A. *The Diploma of Yoga Teaching is a one year course which provides students with all of the necessary knowledge and skills to conduct professional yoga classes with the general public. The Advanced Diploma of Yoga Teaching is a two year course designed to enhance the knowledge and skills learned in the first year of training and broaden that experience through delving into the deeper realms of yoga. Many people who undertake the ADYT course feel the need to spread their goal of teaching yoga out over a longer period of time whilst developing a broader understanding of the more advanced teachings of yoga.*



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Q. If I complete the Diploma course can I upgrade my qualifications to the ADYT?

A. *Yes, many students at VIYETT thoroughly enjoy their studies and are very eager to continue on to the Advanced Diploma of Yoga Teaching. Students often comment on the great relationship they have with their teachers and staff and often feel sad that the course has come to an end. They often express the need to go on and learn more as they feel the course has filled a great void in their lives and they are very excited about having the opportunity to further their studies.*

Q. How many yoga classes do I need to do each week while I am training?

A. *We recommend at least two classes per week in the initial stages of the course and three classes per week towards the end of the course. Your training session will contribute to the number of classes you have attended each week.*

Q. Will my weekly Yoga Teacher Training session be considered as part of meeting this requirement?

A. *Yes.*

Q. Do I need to pay the full fee up front?

A. *No, we have a fee payment system in place which allows for flexible payment options.*

Q. What is the average age group of trainees?

A. *The average age of trainees ranges between 25 years to 55 years of age. We have produced some excellent teachers aged 50+.*

Q. I have school aged children that I need to care for during school holidays.

A. *At VIYETT our trainings coincide with the Victorian school timetable. So yes, parents can be at home with their children during these times and not miss out on any training sessions.*

Q. How is assessment carried out?

A. *Assessment is carried out every 10 weeks. Students study most subjects for a period of 10 weeks and then are assessed at the end of the ten weeks. There is no end of year final examinations as students work is assessed at various intervals throughout the year.*

Q. What are the attendance requirements?

A. *VIYETT requires a minimum of 80% attendance in each subject to be eligible for certification as a Yoga Teacher.*



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Q. Can I request RPL

A. Yes you can apply for “Recognition of Prior Learning “by providing evidence of units you have recently successfully completed.

Q. How do I go about enrolling in the VIYETT Yoga Teacher Training Course?

A. In the first instance complete the enrolment form and send it to us and then you will be notified about your course application status. You will then be asked to send in your deposit to secure your place on the course. Once your deposit has been received you are guaranteed a place in the next student intake.

CONCLUSION

What are some of the important things you should consider when deciding which course to undertake?

1. How many training hours are involved in the course and what is the duration of the course.
2. How much experience does the training organization have in training Yoga Teachers? i.e. How long have they been training Yoga Teachers and what are their qualifications?
3. Are the trainers certified at senior level? Yoga Australia recommends that trainers should have achieved a high level 2 certification to Level 3 certification teacher/trainer status to conduct Yoga Teacher Training courses. This equates to approximately 10 years of experience working full time as a yoga teacher.
4. Is the course approved by Yoga Australia? (For more information see the Yoga Australia Website).www.yogaaustralia.org.au
5. Does the course meet the minimum criteria for membership to Yoga Australia?
6. How many teachers are employed by the Yoga Teacher Training School and what areas do they specialize in?
7. Will I be able to purchase insurance upon completion of the course?
8. Will I need to do additional training to meet the requirements of Yoga Australia and what will this cost me?
9. Does the cost of the course quoted include everything I need or will I have to pay for additional extras such as text books, yoga equipment, yoga classes, first aid certificate, parking fees, etc. If there are additional extras how much is this going to add to the cost of my training?
10. Is the course flexible? (E.g. can I make up missed classes?)
11. Does the course have flexible payment arrangements?
12. Can I upgrade my course to a higher qualification?

