

Nashville Yoga Co Teacher Training FAQs

Can I take training if I do not attend Nashville Yoga Co?

Trainees are required to attend two classes a day on both Saturday and Sunday during the in-person six weekends and, in addition to those, twelve (12) classes during the eight weeks of training for a total of **thirty-six classes (36)** at Nashville Yoga Co (NYCo). **These classes are all done in a hot room.** The heat can be a lot and it is important that an individual know their body is conditioned to the environment before committing to training.

How is this yoga program different than other 200-hour yoga teacher trainings?

Our mission is to provide a thorough, focused and dedicated training for all who attend. Although there is no way to know how many might be in your session, in order to provide the best care and dedication we can to each participant, we limit our training attendance.

I am not sure if I want to teach. Is this training appropriate for me to deepen my practice?

Many students who enroll in training are unsure if teaching is in their future. Training provides opportunity to experience a deeper relationship with your practice.

Is attendance for all sessions mandatory? What if I have to miss a class?

Yes, if you desire a Yoga Alliance certification certificate, then attendance is required. If there is an emergency during a session, discuss with the trainer for make-up requirements.

What materials are required for training?

We will provide each student a binder with much of the necessary training materials. Additionally, you will receive a list of any required purchases, along with recommended readings that will be helpful. Once registered, you will receive information on those.

What if I can't do advanced asanas?

Yoga is so much more than our physical practice. The desire to study and learn further is the best prerequisite.

How do I receive my certification?

After successfully completing all requirements, including full payment of tuition cost and successfully leading a yoga class, you will receive a certificate of completion and become a RYT-200 (registered yoga teacher at the 200-hour level).

Besides our weekend meetings are there any outside requirements?

You will be required to take classes during the week at Nashville Yoga Co and attend virtual classroom meetings. There will be homework and field trips.

Are there any discounts on classes/workshops or boutique items for trainees?

You will receive unlimited classes at Nashville Yoga Co for the duration of the training program. You also will receive special discounts on classes/workshops and boutique items during your training.

Is the training done in a hot room?

Training takes place off-site of the hot studio; however, many of the required classes are practiced in the heat at NYCo.

Training sounds cool, but can I do this without feeling overwhelmed?

We won't mislead you, the 200hr intensive yoga alliance certified teacher training is a fast-paced study over eight weeks. About half-way through it can feel like a Wednesday; but, after the hump the magic that can happen almost always leads to a deeper love of yoga. Plus, we are a fun group to study along with!

What if I can't finish every requirement in the eight weeks?

Not to worry, we follow the same basic structure for each of our trainings. If sessions are missed in an amount that is unable to make up, you can jump in another training time within a two-year period.

Have more questions? Email anytime: hi@nashvilleyogaco.com