

# Radiant Health Yoga 200 hour YTT FAQ

## **How can I prepare for the training program?**

By regularly attending classes at Radiant Health Yoga. Although you certainly may attend classes at other studios, it is preferable that the majority of your classes are at Radiant Health Yoga prior to and during the training program. This will help us assess your practice.

## **What if I can't make it to all the in-class hours?**

You are expected to attend all in class hours. If participants miss time during the YTT program, they are expected to make up the hours missed by either completing additional assignments or attending a one on one session(s) with a program instructor. A fee for either may be applied and will be discussed before hand. Participants must make up these missed hours and the content to receive their certificate of completion. We advise that you make these weekends a priority. Please speak with Katherine if you have a scheduling conflict.

## **Is a payment plan offered?**

Yes. Upon acceptance into the training program, you will be set up on a 3 installments payment plan. Your first payment is considered your down payment. Your last payment must be received by the start of the program.

## **What is the cancellation policy?**

The deposit is non-refundable. A full refund minus the deposit will be provided for any cancellations made prior to the start of the program. There are no refunds for any cancellations made once the program begins.

## **If I can't do "advanced poses," does that mean I'm not qualified to teach yoga?**

*"We can still respect the tradition of yoga while giving ourselves permission to walk away from linear shapes & movements .... shapes & movements that don't always serve the modern body."*  
- - Isidora Romantini.

What makes you a qualified teacher is what you hold in your heart. Your integrity and your dedication to helping others. It is your honesty about what you can and cannot offer your students. Not how many fancy poses you can conquer.

## **How many people will be in the training program?**

We have space for 10 students max.

## **Will I be qualified to teach yoga classes?**

Yes. Upon completion of this training program, you will be qualified to teach yoga classes. But do understand that this is just the beginning of your journey. It will take many years to become an experienced and knowledgeable teacher. At Radiant Health Yoga, we take yoga teacher training qualification seriously, which means that it's not a given you will receive your certification just for finishing the program.

### **Will I be guaranteed a teaching opportunity upon completion of this training program?**

Most people teach for the love of yoga, to share their passion and yes to supplement their current vocation. There is no guarantee of a teaching opportunity. We say this not to discourage would be teachers, but rather to be clear and up front about this. It can take some time to build your living as a yoga teacher.

### **What are the qualifications of the program facilitators?**

Katherine and Carlyne have been teaching since 2009 at Radiant Health Yoga with well over 4000 hours of teaching experience each. Katherine is E-CYT 500 Carlyne is E-CYT 300, and CPYT (*Certified Prenatal Yoga Teacher*) (*E-CYT means experienced yoga teachers, over 2000 hours of teaching*)

### **Why would I consider training with Radiant Health Yoga?**

You will gain from the experience of the facilitators to teach a multi level class, with multi disciplinary styles. You will also receive training for teaching Hot Yoga, which is considered a specialty training. Carlyne has been specifically trained in Prenatal Yoga and Bellies Inc. which translates into knowledgeable instruction for pelvic issues. A unique offering that only Radiant Health Yoga offers is 10 hours of in studio mentoring sessions. Gain hands on experience and develop a “critical eye” as you learn along side Katherine and Carlyne during their classes.

### **Is the Radiant Health Yoga Teacher Training a Yoga Alliance Certified Training?**

No. After researching this topic thoroughly and hearing many negative comments regarding the lack of accountability of the Yoga Alliance or the Canadian Yoga Alliance, we have decided to not join. The Yoga Alliance is simply a membership, a governing body that does NOT ensure quality studios or teachers. To fork over good money to have a designation of RYT (Registered Yoga Teacher) vs. CYT (Certified Yoga Teacher) does not make fiscal sense. As a point of information, both Katherine and Carlyne have always been CYT status only since their graduation in 2009.

*Being “certified” or “registered” is not the same as being a good teacher. Yoga Alliance states, “It is not Yoga Alliance’s role to ‘create great teachers’. We were established by the yoga community to set minimum standards for yoga teacher training programs. It is up to the schools that register with us to provide the training that enables their students to flourish, and it is the responsibility of individual RYTs to practice and study their way to greatness.”*

Here is an excerpt from Cecily Milne of Yoga Detour.

*“We have made the decision not to affiliate with Yoga Alliance. It is our belief that the Yoga Alliance organization is far too removed from what is actually happening on the ground, within the yoga community, to have any appreciation or understanding of what it truly means to be a successful, respected instructor.”*

You can read the full article here. <https://yogadetour.com/blog/2016/3/24/why-you-dont-need-a-certificate-from-yoga-alliance>