

Frequently Asked Questions about

Sakhi Yoga Teacher Training:

1. How do I know if this yoga teacher training course is right for me?

This program is right for you if:

- a) You have a passion for yoga and a strong desire to enhance your knowledge and your practice.
- b) You want more balance, happiness and health in your life.
- c) You have a desire to share your yoga knowledge with others.
- d) You understand that yoga is more than a fitness option.
- e) You want to learn how to use yoga as therapy.

2. Do I have to want to become a yoga teacher in order to participate in the training?

Many people complete a teacher training purely to deepen their personal practice, and choose not to teach following the training. Sometimes, individuals who do not plan to teach change their minds after completing a yoga teacher training. Either way, how you use what you gain from the training is a matter of personal choice.

3. Do I have to be practicing yoga already to participate in this training?

Choosing to enroll in our yoga teacher training program requires commitment. Experience with yoga will be useful in making the decision to commit to the training. However, this program is designed to provide foundational skills for the practice and sharing of yoga, so previous yoga experience is not required, but is highly recommended.

4. I want to teach yoga. Do I need to be certified?

While certification is not required to teach in many places, certification assures a level of competence that a body of experienced, knowledgeable persons have determined is requisite. Having a certification can only serve to make you more prepared for teaching! Our application to be a Yoga Alliance registered yoga school has been accepted. Graduation from this training will make you eligible to register with Yoga Alliance, one of the foremost

certifying organizations in the country. For more information on registration benefits, please visit their [website](#).

5. What is the time commitment involved in this program?

This course is designed to initiate a positive shift in your life and promote personal evolution. A strong commitment to consistent study and practice will be required. There will be assignments that must be completed outside of training weekends. You're committing to the entire experience, not just a class! This will include, but may not be limited to, taking yoga classes, practice teaching classes, assisting teachers in classes, journaling, reading, writing, and conferring with the facilitators and/or assigned mentors.

6. Will there be additional costs associated with this course, aside from what I donate for the teacher training program?

Our mission is to make yoga teacher training available to everyone. We ask that applicants consider both the cost for comparable programs (comparable cost range is provided) and their individual financial ability in determining their donation for the program.

Apart from your donation to the teacher training program, there will be a few additional costs. Small items include a journal, a notebook for containing training materials, etc. You will also be responsible for acquiring the required texts and for covering the cost of food and lodging, if necessary, during the training weekends.

7. If I am not local to Columbia, may I take the training?

Yes! Traveling to a training course can be a great way to expand your practice. Often fellow students are willing to house you for the weekend. If you need information about lodging, please contact us.

8. When will I know if I've been accepted?

We accept applications through the designated application deadline, and then evaluate the number of applicants, readiness of potential trainees, and other factors to determine admission. Our goal is to include *all* individuals who are committed to deepening their knowledge and practice of yoga – however there are restrictions on space and resources, therefore it is possible we will not be able to accommodate all applicants. Once admission has been determined,

we will mail you a letter of acceptance. This should occur within two weeks of the application deadline.

9. What does sakhi mean?

Sakhi is a Sanskrit word for friend. Yoga brought Maxine and Pamela together as friends. It is our desire, through Sakhi Yoga, to teach others how to become a friend of the Self, a friend of the soul, a friend of the mind, a friend of the body and ultimately a friend to all living beings.

10. What is expected of me?

- a) **PRACTICE!** Your individual practice is paramount in developing the wisdom and health that comes with Yoga. You will be expected to practice asana for a minimum of 5 days per week, for at least 20 minutes, and to practice meditation for a minimum of 5 days per week for at least 10 minutes.
- b) **ATTENDANCE** at all weekend sessions is mandatory in order to graduate and receive a certificate of completion.
- c) Completion of all reading and writing assignments in a timely manner. No exceptions.
- d) Attendance in at least 20 classes during the 8 month program, with approved teachers (a list of teachers will be provided).
- e) Participation and attentiveness in all weekend sessions will enhance your experience and help you find your voice.

Further questions may be emailed to
pmeriwether@sc.rr.com or Maxine@infiniteYogaSC.com