



FREQUENTLY ASKED QUESTIONS

- 1. Am I ready to become a yoga teacher?** The number one prerequisite for becoming a yoga teacher is *loving yoga*. We believe that if yoga has somehow transformed your life, *you are ready to teach it*.
- 2. Do I need to know how to do all the yoga postures?** No. Think of the yoga posture as something we do to *practice yoga*. The postures themselves are not the yoga. Yoga can be practiced gardening, playing music, washing dishes, etc.
- 3. Can I handle the intensity of the training?** The days are long and the work is plentiful, but trust that you can do this. We have trained hundreds of yoga teachers and are skilled at working with the energy of the group. It's always ok to modify as needed.
- 4. Do I have to teach to a set style or sequence?** We will use a vinyasa sequence to learn a set of teaching skills that will be applicable to any style. You will be very skilled at vinyasa but will see clearly how your newfound teaching skills will work in any style. You will know how to design and teach an effective vinyasa, restorative flow or yin based class.
- 5. I am shy and have trouble speaking in front of groups. Can I do this?** Believe it or not, we hear this A LOT from incoming teacher trainees. It might help to know that most people feel this way at the start of training. Our coaching is supportive, encouraging and

effective at helping you find your voice. By the end of the training, you might learn that you aren't so shy after all!

- 6. Can I attend training even if I don't want to be a teacher?** Absolutely! At every training we have people attend who simply want to learn more and advance their practice.
- 7. What credentials will I have at end of training?** If you have attended all training sessions, you will be a 200HR Free Life People certified yoga teacher. You will also qualify to register with Yoga Alliance as a RYT200. All of our programs are Yoga Alliance approved and registered.
- 8. Do I need a passport?** Yes, for all international programs. Be sure to check the expiration date. It's always a good idea to have it good for at least six months past your travel date.
- 9. Do I need a visa?** You will need a visa if traveling to Bali. You can obtain one at the Bali Airport "visa upon arrival." This visa is good for 30 days.
- 10. What does the training cost include?** For the trainings in Bali and Thailand, the price includes tuition, housing and three meals per day. Cost does not include airfare, airport transfers, body treatments, laundry service or extra snacks/drinks. For the Fort Worth trainings, the cost only includes tuition (unless you've been told otherwise).
- 11. Will I have the opportunity to ask questions about the business of yoga?** Yes! In our 200HR program, we will discuss everything from creating your resume, landing your first job, finding your special niche, opening a studio, teaching workshops and teaching at conferences and festivals.
- 12. Do your trainings qualify for Yoga Alliance registration?** Yes. Free Life People is an approved yoga alliance school.
- 13. Can I attend your 300 if I attended a 200 from a different school?** Yes!