

# ISHTA YOGA 300HR FREQUENTLY ASKED QUESTIONS

## 2009-2010 PROGRAM PRESENTED by *thrive*yoga

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***We're glad you are considering the ISHTA 300-hour Advanced Teacher Training presented by Thrive Yoga! Whether you are an advanced student, a teacher, or wish to begin a career in yoga, we are confident our program offers an unparalleled opportunity to learn and grow YOUR yoga.***

***GREAT NEWS! In response to demand, we are now offering the program in two Modules for current and aspiring teachers and for advanced students! See the "Modules" information for more detail.***

### ***Q: What is the 300-Hour Program? What does the curriculum offer?***

**A:** Our 300-hour Advanced Teacher Training Program is for those students who have successfully completed a 200-hour program, wish to deepen their knowledge and are serious about a career in yoga teaching. The 300-hour Program consists of two major contact modules: **In-Training Hours** and the **Apprenticeship**, and one non-contact module: **Personal Teaching and Study**.

- The **In-Training Hours** include over 150 hours learning and practicing with your training group, studying detailed theory and hands-on teaching and application of advanced techniques in asana, pranayama and meditation. In addition to thorough techniques practice, the In-Training curriculum includes advanced study in injury management and therapeutic yoga; hands-on adjusting; the business and ethics of yoga teaching; and in-depth study of ISHTA specialty material such as Advanced Applications of Ayurveda to Asana and Meditation, Advanced Tantric philosophy and more.
- The **Apprenticeship** is a 7-month, 120-hour course consisting of: *Weekly class assisting*, an incredible opportunity to learn from and assist our senior teachers; *Mentor meetings*, small monthly groups to refine your skills in teaching advanced techniques and get personalized feedback and attention from mentors and peers; *Asana skills labs*, twice-monthly sessions to sharpen your eyes, ears, voice and hands in teaching asana and giving hands-on adjustments; *One-on-Ones*, where your skills in teaching individual students are developed; and *In-Class Privates* to fine-tune your abilities in hands-on assisting and personal adjustments.
- The **Personal Teaching and Study** module consists of your out-of-training study and preparation, including reading, homework, additional teaching practice, and completion of a required Research Project on an advanced topic of your choice, subject to mentor approval and ongoing mentor review. A minimum of 30 hours are required in this module; most committed students exceed this significantly!

### ***Q: What makes the ISHTA 300-hour Advanced Program unique?***

**A:** Our 300-hour curriculum, designed under Yogiraj Alan Finger's guidance, offers advanced techniques that are not taught elsewhere. Our further goal is to pass on not just these rarely-disseminated techniques, but also the special fusion of Tantric and modern sensibility that makes ISHTA teaching unique and remarkable. Advanced ISHTA training grounds the trainee in the ISHTA perspective which integrates all aspects of ancient yoga and modern living into a unique and seamless practice of technique, philosophy and joy.

### ***Q: I am already teaching / have already completed a 200-hr Training. Why do I need this program?***

**A:** We believe the art and science of yoga is a lifetime study. We never stop learning and there is always room to refine your teaching. In our experience, most 200-hour certified trainees are not yet fully prepared to teach as they have not yet learned or refined all their skills; and even experienced teachers are always looking for new insights, tools and techniques. The ISHTA program in particular offers a wealth of knowledge on ALL aspects of yoga that we truly feel is unique!

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**Q: Who may apply to the 300-hour program?**

**A:** The 300-hour program is a significant commitment of time and energy. Any serious student who has successfully completed a 200-hour Yoga-Alliance registered program and is committed to yoga as a career and/or way of life is encouraged to apply. Space in the program is limited and all applicants are subject to review and / or mentor approval.

**Q: I am a serious practitioner, but I am not able to do all advanced postures. Can I apply?**

**A:** Absolutely. Yoga is an individual practice and the path takes many physical forms. We expect and welcome different levels of physical ability. Your commitment to deepening your yoga is the true requirement.

**Q: I received my 200-hour certification from another school. Can I take the 300-hour ISHTA training without having completed the 200-hour program?**

**A:** Yes! We invite you to explore the path of ISHTA. Advanced trainees joining the program from an outside school are required to take our "Bridge" program, consisting of reading and written assignments and approximately 30 hours of audited lectures from the 200-hour program. (*Bridge students are assessed a \$499 administrative fee.*)

**Q: I love yoga, but I'm not interested in teaching as a career. Is the 300-hour program right for me?**

**A:** Yes! In response to popular demand, we have configured the training to offer the optimal experience to both teachers and committed advanced students. See the "Modules" description below.

**Q: What are the "Modules"?**

**A:** In response to demand, we are now offering the 300-hour program in two Modules:

**Module 1: Advanced Intensive Studies** (*Meets Fall-Winter 2009/10 in three intensive weekends*)

**Tailored to the advanced student** who has completed the ISHTA 200-hour training (or Bridge program) and wishes to deepen their study of **Advanced Techniques** (Advanced Pranayama, Meditation and Energetic Principles); **Philosophy** (Advanced Sanskrit, Tantra, Sutras and Pradipika); **Ayurveda** (Ayurveda II, Clinical Approaches, Ayurveda for Asana, Teaching to the Doshas) and **Physiology** (Advanced Injury Management, Chakra Anatomy, Yoga and Neurophysiology, ISHTA Therapeutics, Advanced Topics in Breath and Relaxation Response).

**Module 2: Professional Program** (*Meets in 2010 in seven intensive weekends plus ongoing Apprenticeship*)

**Tailored to the practitioner wishing to teach professionally** who has completed the ISHTA 200-hour training (or Bridge program), the Professional Program includes in-depth study of **Advanced Asana** (Advanced Poses and Sequences); **Hands-On Adjustments** (The Art of Spotting); **Energetic Techniques** (Teaching Advanced Pranayama and Meditation) and **Teaching** (The Yoga of Teaching, the Business of Yoga and Specialties), as well as our in-depth **Apprenticeship Program**, including long-term individual Mentorship, Class Assisting (demonstration and hands-on skills) and Research Project.

Both Modules include daily asana practice taught by Thrive and ISHTA senior teachers. **Note:** Successful completion of both Modules is required for 300-hour certification / 500-hour Yoga Alliance registration.

**Q: Is attendance in all the sessions mandatory to receive the ISHTA Certification and be able to register with Yoga Alliance as a certified teacher? What if I have to miss a session or I am sick?**

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**A:** Yes, 100% attendance is required to successfully complete your training. If you know in advance you will have to miss a session for any reason, and you would like to receive the Certification, you will need to make arrangements with the Training Coordinator to make up the missed sessions at your cost. (Exceptional emergency circumstances are evaluated on a case-by-case basis.) Detailed make-up procedures are provided upon enrollment; ask us if you have questions.

**Q: *How do I receive my certification and register with Yoga Alliance?***

**A:** Once you have successfully completed all requirements of the training (100% In-Training attendance or completed make-ups, 100% completion of Apprenticeship module, 100% completion and passing grade on Personal Study module requirements, successful evaluation on final practical exam), you will receive a graduation certificate and the necessary paperwork to register with Yoga Alliance. *Please note that 100 hours of logged teaching time are required by Yoga Alliance in conjunction with your 300-hour certificate in order to register at the 500-hour level.* More information about Yoga Alliance registration is available at [www.yogaalliance.org](http://www.yogaalliance.org).

**Q: *Can I teach at ISHTA Yoga after completing the 300-hour training?***

**A:** While all trainees progress at their own rate given their experience and understanding, student teacher classes are generally offered to 300-hour trainees at the appropriate point in their Advanced Training studies as determined by their mentors. We require all our teachers to be 500-hour certified in ISHTA Yoga. Full standard classes are generally offered based on mentor review after successful completion of the Advanced Program.

**Q: *Are scholarships or work-study positions available for the ISHTA Yoga Teacher Training?***

**A:** One work-study position is available for each training program for a 50% tuition exchange. This trainee serves as the In-Training Assistant (ITA) for his/her training program, performing vital organizational and administrative tasks such as tracking attendance, collecting and tracking homework, and various other duties as assigned. This student must be responsible, organized and have a strong competency in standard computer office programs. If you are interested in applying for the In-Training Assistant position, please make note of this on your application.

**Q: *Do trainees receive any discounts or specials? What about classes?***

**A:** Trainees receive 10% off all studio retail and workshops from the time tuition is paid in full until the close of the training session. Unlimited classes for the duration of your training period are also included in your tuition; if you have a pre-existing class series at Thrive, the series will “freeze” for the duration of the training.