



FAQ – YOGA TEACHER TRAINING

*** How much experience do I need to join the Yoga Teacher Training?**

Our Yoga Teacher Training is suitable for yoga practitioners from all levels of practice; beginners, intermediate and advanced. The course is structured in such a way that each person starts at the same point and works their way systematically and consistently to the end. We encourage students from all backgrounds with different levels of experience to join the course. We believe that a more experienced student can learn plenty from a less experienced student and vice versa. Having students with different levels of experience on the course ensures that the classroom environment is reflective of the type of students that will make up your class when you go on to teach. The most important point is that you are in a healthy condition and disciplined.

*** What style of yoga will I learn?**

We follow the classic Indian traditions of Hatha and Vinyasa Yoga. Yoga is a vast subject area with many traditions and styles, our course includes the study of Hatha, Raja, Bhakti, Jnana, Kriya and Karma Yoga. Our course is based on a systematic and progressive learning approach designed to get trainees teaching safely and effectively.

If you are interested in a fitness oriented TTC, please think twice before you sign in for our Yoga Teacher Training. We teach a traditional Indian Yoga, which includes Asana, Mantras, Meditation, Pranayama and other spiritual practices. These techniques are used to balance body and mind, and are essential. There are many different yoga styles, and it is important that you understand this point. If you decide to quit the course because you feel that our style of yoga does not suit you, we are not be able to give any refunds. The style of yoga we offer is clearly stated on our website and also in our primary email.

*** Will I have the opportunity to actually teach on the course?**

Under the supervision of our senior teachers, you will learn from the really beginning, how to structure and guide beginner and intermediate classes. We will increase in teaching skills little by little, this way you will gain knowledge and most importantly, self-confidence while teaching lessons in the course . You will lead a minimum of 3 teaching lessons.



*** Will I be qualified to teach when I graduate and at what level?**

Our aim is to ensure that our graduated trainees can lead high standard and professional beginner and intermediate classes with confidence, ease and safety. Most graduates without prior teaching experience, start teaching yoga immediately when they return home. Trainees who are 100% committed during the course and afterwards with their own practice have a very high success rate as teachers.

*** Is Gayatri School of Yoga registered by Yoga Alliance?**

Gayatri School of Yoga is registered by Yoga Alliance USA, as RYS 200 / Registered Yoga School. Our Course Director, Radhika Priya Krishan Kaur, and also all other teachers are registered as E-RYT 500 / Experienced Registered Yoga Teacher.

*** Can I sign in with Yoga Alliance after completing the training?**

After successful completion of the course, you are certified with the diploma of Yoga Teacher. With the certification you can then register with Yoga Alliance as RYT 200 / Registered Yoga Teacher. You can get insured with all major insurance companies for your career and get job opportunities worldwide.

*** I want to join the course to deepen my practice, is this okay?**

Many students join the course with this objective in mind and they invariably get as much out of the course as those who have enrolled with the main objective of becoming yoga teachers. However, as it is a teacher training course, the curriculum is geared towards teaching and all trainees are expected to achieve learning outcomes regardless of personal goals. Please keep in your mind that our TTC is not a retreat or a yoga holiday.

*** What happens if I miss a class?**

This is an intensive training and students must be prepared to invest in their education experience outside of class hours. Students are required to display a high level of commitment and discipline in relation to study, which ensures our standards. We are always available to assist students with extra tuition and study plans. To receive certification trainees must attend 100% of classes. Should you become ill during the course you will be required to see a doctor. For further information please see and download the Gayatri Policies.



*** How much homework will I have?**

You will have approximately 3 hours of homework every day. Our training is very intensive and there isn't a lot of time for anything other than studying, learning and yoga. For your own benefit, please don't confuse a Yoga Teacher Training with a Yoga Retreat. After the daily classes and on your day off, we need you to collaborate with self-study, preparation for your own classes as teachers and homework assignments. You will need discipline and the drive to work hard to gain the maximum benefits.

*** Is there an exam at the end?**

Throughout the training period trainees are assessed for competency through written and practical assignments to ensure they are meeting the learning objectives of the training. This include:

- Theoretical Exam: A mix of all themes listed in the Syllabus.
- Practical Exam: Develop and teaching of a Beginner Hatha Yoga Class.
- Practical Exam: Develop and teaching of an Intermediate Vinyasa Yoga Class.
- Practical Exam: Asana and Pranayama.

*** Will I have free time?**

We have one day off per week. There are also appropriate breaks built in for meals and rest. Please keep in mind that most free time is spent on assignments, homework, group work and preparing for teaching practicums.

*** How many students are on the course?**

We accept a maximum of 14 students per course. Our students range in age from 18 to 70 and come from all over the world.

*** How do I secure my place on the yoga teacher training course?**

In order to reserve your place, we must receive the official confirmation of your deposit payment (the deposit is strictly non-refundable), as well as a completed application form.

*** Should I bring my own yoga mat?**

For hygiene reasons we recommend you to bring your own yoga mat. Anyway, we provide mats, pillows and blankets, in case you want to use our mats, bring a proper yogi towel for hygiene reason.



*** Is there internet access in the school?**

We have internet access available in the school. Please use the internet and phones as minimally as possible during your stay. Inform your relatives and friends that you are in a Yoga Teacher Training and put an auto-response on your email. Try to live life without having to view our phones every few minutes.

*** Is there a laundry service in the school?**

You can use the washing machine for 2,50 EUR per load.

*** Do you provide bed linen?**

We provide bed linen. Please wash them with your personal clothes when you use the washing machine.

*** What should I bring for the TTC?**

- Comfortable and warm clothes for yoga classes and the house
- Warm socks for the house
- Swimwear, beach towel and sun cream
- Towel and personal bathroom articles
- Personal medication and a cream for sore muscles
- Hermetic bottle (for water or tea to avoid accidents in the classroom)
- Ear plugs (just in case)
- If you use our yoga mats bring a real yogi towel (decathlon / amazon)
- Notebooks and pencils
- Something in white for the final ceremony and group photo

*** Can I use the school kitchen?**

As we all have different dietary habits feel free to use the school kitchen to prepare vegetarian meals, to your choice and taste. Normally, our trainees cook together, and have fun in the kitchen, but feel free to cook just for yourself if you prefer.



*** What is provided?**

We provide fruits, vegetables and all basic foods you need for breakfast, lunch and dinner. Feel free to bring your favorite snacks, nuts, teas, cookies, etc. There is a supermarket close to the school, where you can buy snacks, etc. We provide plenty of groceries, and actually there is no need to buy anything extra. Please note that the following products are not allowed in the school, as they are not included in the yogic diet: Meat, Fish, Seafood, Egg, Garlic, Onion, Coffee, Alcohol and Tobacco.

*** How do I reach the school?**

We have two airports in Tenerife:

- Airport Tenerife North (Los Rodeos) around 20 kilometers from Tejina.
- Airport Tenerife South (Reina Sofia) around 90 kilometers from Tejina.

If you book a flight via Madrid you can fly directly to Tenerife North. International flights arrive normally at the South Airport. If this is your case no worries, Tenerife is just an island and has good bus connections from the south to the north airport.

*** Do you offer an airport transfer?**

We do not offer an airport transfer. The Taxi from the Tenerife North Airport to the School will cost you no more than 20€.

If you arrive to the Tenerife South Airport you need to catch the direct Bus 343 to the North Airport and from there, a Taxi to the School in Tejina.

You can also catch the direct Bus 111 from the South Airport to Santa Cruz and from there Bus 20 to the North Airport. A Taxi from Santa Cruz to the school would cost you around 40€.

*** When do I need arrive / depart to and from the school?**

We have fixed arrival and departure dates. You will find the exact dates in your booking confirmation. Check-out on the departure day is at 12:00. In case you have some extra days, there are plenty of hotels and guesthouses in La Laguna.

We recommend La Laguna which has good bus connections to and from the North Airport, from where you can catch a Taxi to the school. Please avoid to stay at any hostels in close villages, as you will not get a taxi or bus to the school.