



FAQ – CLASSIC & HYBRID 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, even if you don't want to teach others. Our training is for all students which want to learn and deepen their knowledge.

We believe that a seasoned practitioner can learn plenty from a less experienced practitioner 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 mental condition and disciplined.

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

We follow the classic Indian traditions of Hatha and Vinyasa Yoga which include; Sivananda and Satyananda Yoga, Yin and Iyengar Yoga, and Vinyasa Flow Yoga.

Yoga is a vast subject area with many traditions and styles, our course includes the study of; Ashtanga, 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 training, 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 the style of yoga that we offer does not suit you, we are not be able to give any refunds, as the styles 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?**

Yes, you will. Under the supervision of our teachers, you will learn from the really beginning, how to structure and guide beginner hatha yoga, and intermediate vinyasa yoga classes. We will increase in teaching skills little by little, this way you will gain knowledge and most important, self-confidence while teaching others.



*** 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 yoga 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 and all teachers are registered by Yoga Alliance USA.

*** 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 our certification you can work worldwide and register with Yoga Alliance as RYT 200, Registered Yoga Teacher, if you wish. To register with Yoga Alliance as a teacher is not a must and optional.

*** I just want to join the course to deepen my practice, is that 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.

Anyway, we accept all students, also if they are beginners and don't want to teach yoga. We strongly believe that Yoga is a personal practice, and our training is for all those who want to deepen the yogic knowledge.

Please keep in your mind that our TTC is not a personal health 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, please see also the pdf of the Gayatri Policies. Should you become ill during the course you will be required to see a doctor.



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

You will have approximately 1 hours of homework every day. Important Note: Our training is 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 Course 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.

*** 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 includes:

- 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: A class which includes asana and pranayama.

*** Will I have free time?**

We have one day off per week, where you have time for sightseeing and to explore Tenerife, or simply relax at the beach or on our pool. There are also appropriate breaks built in for meals and rest.

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

We accept an maximum of 17 students per course. Our students range in age from 18 to 70 and come from all over the world, but the most students range between 20 and 45.

*** 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 via email.

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

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



*** Do you have internet access at the school?**

We have free 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. Let us learn to live life without having to view our phones every few minutes. Speak to each other!

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

You can use the wash 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 wash machine.

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

- A safe hermetic tea / water bottle for the classroom
- For hygienic reasons bring a proper anti-slip Yoga-Towel
- Towel for the shower
- Personal medication and treatment for sore muscles and joints (Tiger Balm or Ibuprofen)
- Comfortable clothes for the yoga classes
- Warm jumper and warm socks for the house
- Pajama
- Swimwear
- Beach towel
- Sunscreen
- Personal bathroom articles
- Ear plugs (just in case)
- 2 Paper Notebooks and pencils
- Nuts, almonds, dry fruits, and other personal snacks of your choice
- One white clothing for the group photo & final ceremony



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

As we all have different dietary habits, allergies and food intolerances it is very difficult for us to make everyone happy with food. Feel free to use the school kitchen to prepare vegetarian meals or snacks for breakfast, lunch and dinner to your own choice and taste. Normally our trainees form kitchen teams to prepare food and have fun in the kitchen, this way you do not need to cook every day. If we are fully booked, normally each kitchen team cook maximal twice a week. But feel free to prepare something just for yourself if you want more privacy. We provide many-many groceries, and there is no need for you to spend any money in food. You can of course bring or buy your favorite vegetarian snacks as nuts, cookies, dry fruits, etc. if you wish. Another important point; we just can keep this low price for our training, if we all work hand in hand together and use the kitchen team work as Karma Yoga which is essential for yogis. You can really trust that we provide a large selection of food for you, and our students have been always happy and never been hungry, as you have 24 hours access to the school kitchen.

*** What is provided?**

We provide plenty of fruits, vegetables and all you need for breakfast, lunch and dinner. Feel free to bring or buy your favorite snacks, nuts, cookies, dry fruits, etc. In case you want to buy any personal things or items, there is a supermarket close to the school. We provide plenty of groceries, and actually there is no need to buy anything extra. Please be mindful, we are simply not able to fulfill personal wishes.

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 80 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 airport transfers.

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 10 from the South Airport to Santa Cruz and then 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 and times.

You will find the exact time and date in your booking confirmation.

In case you have some extra days, there are plenty of hotels and guesthouses on the island. 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.

*** Payment and Cancelation Policy**

A non-refundable deposit is required, to finalize a booking with the school.

If you can't attend the course for any reason, you can transfer the deposit to any other course within **1 year** of the original course date, providing you inform us 4 weeks in advance to have the chance to fill up the space.

The remainder of the payment must be completed 2 weeks before the course commences. If you are not punctual with the payment or neglect to contact us, you will lose the space.

If you cancel after sending the final payment you will lose 50% of the course fee.

Once you have arrived at the school for the training, the course fee is strictly non-refundable. Please see also the pdf of the Gayatri Policies.