



# Shanti Shanti Yoga School

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## Frequently Asked Questions

We understand the investment that students place in choosing the right yoga teacher training program, so we compiled a list of **Frequently Asked Questions** regarding our 200hr Teacher Training Program policies.

### **What if I don't meet the prerequisites of the training?**

These prerequisites are guidelines for program admission but are not necessarily firm. We have noticed that the transition for most students to become teachers necessitates a general understanding of the practice itself. We have accepted students that have had little experience but they understood that their training would require more personal studying and practice.

### **When will I know if I have been accepted into the program?**

Once all prerequisites, application materials and fees have been met and submitted to Shanti Shanti Yoga School, a lead trainer will contact you via email to notify you of your acceptance into the program within 2 weeks. Shanti Shanti Yoga School reserves the right to deny admission to the 200hr Teacher Training Program or other related events. Should a student not become accepted into the program, we will guide you in a direction that best suits your needs or prepares you for a future training.

### **How many people are admitted to each program?**

3 – 10 people will be admitted to each 200hr program. Applications are approved on a first come, first served basis. In the event that less than 3 people have been admitted to the training, we reserve the right to cancel the training. The enrolled students will then be refunded their deposit and any tuition paid and referred to an affiliated school.

### **Will the training program be a problem for me if English is not my first language?**

Although the training is conducted in English (and learning Sanskrit), we have worked with many teacher trainees that have not had English their primary language. In fact, some have gone on to teach yoga in their native language.

### **Do you accept credit for other trainings, programs or education?**

We can only accept credit for trainings, programs or education that have been led by Shanti Shanti Yoga School faculty members and lead trainers and within the guidelines of the 200hr Yoga Teacher Training Program requirements.

## **How much time will I need to spend on this training?**

Everyone's learning process is different but plan to spend approximately 10-15 hours per week on the program. We have carved out the following designated times to meet:

- Wednesdays, 6 – 9:30pm
- Sundays, 10am – 4pm

In addition to these times, you must complete an internship (approx. 1.5 hours per week), homework/readings on your own time (1.5 hours per week) and a 4 day retreat. The internship will be based on your mentor's and your availability and schedule. Mentors and retreats must be with Shanti Shanti Yoga School faculty, lead trainers or otherwise approved on an individual basis.

## **What if I miss a class or two?**

It is required that all teacher trainees complete a minimum of 180 hours in contact with the lead trainers. If a class is missed, a make-up session with a lead trainer will be scheduled. This make-up session, if missed with another teacher trainee, will be combined. The rate for the make-up sessions is \$40/hr per person. The make-up session length will not exceed the hours missed. The location of the make-up session will be discussed between the lead trainer and the teacher trainee. All make-ups must be scheduled before the examinations, which may result in the postponement of the teacher trainee's final examinations.

## **What if I am late?**

All meetings will start promptly at their designated times. Failure to be punctual may result in being required to make-up additional contact hours.

## **What if I cannot complete the training due to injury, prolonged illness, pregnancy or other?**

We will work with each case individually and provide a fair and thoughtful solution.

## **Is the retreat mandatory?**

Yes. Attending the retreat will count towards hours for certification. Shanti Shanti Yoga School will provide various retreats that are acceptable for our program guidelines. Other retreats not listed on website will need prior approval from Shanti Shanti Yoga School.

## **What is included in the tuition?**

All training lectures, workshops, and internships are included in the cost of the training. Training program also includes training manual and notes provided throughout training. Students will also have access to Shanti Shanti Yoga School library during program.

Make-up sessions, retreat and text book are not included in the \$2000. There is a retreat option for an additional \$700 which will go towards a 4 day/3 night retreat with Samantha and Alexis at the end of the program. There are other possibilities for retreats which will have different costs depending on location, duration etc.

### **Are there payment plans, discounts, or scholarships?**

We offer installment payment plans for tuition fees.

For the \$1800 tuition (after \$200 deposit is paid), four installments of \$450 are due at the first meeting of each month.

For the \$1800 tuition plus \$700 retreat option, four installments of \$625 are due at the first meeting of each month.

Due to our reduced tuition, currently we do not have discounts for the 200hr teacher training program. There may be additional discounts on retreats, workshops or classes with concurrent enrollment in the 200hr teacher training program.

We do not have scholarships or work exchange opportunities available at this time.

### **What is your refund policy?**

Any cancellation of training must be made in the form of a written/typed letter and signed by the student. The \$200 deposit/application fee is non-refundable, unless training program is cancelled by Shanti Shanti Yoga School or participant cancels at least 72 hours prior to training start date. If Shanti Shanti Yoga School is notified of cancellation within 72 hours of program start, the tuition money paid by cash or check will be fully refunded, less \$200 application fee.

If Shanti Shanti Yoga School receives notification after the training program has begun, the refund policy is as follows:

Less than or equal to 10% meetings attended = At least a 90% refund

10% - 20% meetings attended = At least a 80% refund

20% - 30% meetings attended = At least a 70% refund

30%-40% meetings attended = At least a 60% refund

More than 40% meetings attended = No refund will be given

All refunds after training program has begun are less application fee. Any monies paid by credit card will be fully refunded less 3%, for processing. Tuition refunds will be issued within 30 days of the date of student notification. Application fees can be transferred to another training date with Shanti Shanti Yoga School no longer than one year after original program start.

### **What if I do not pass the final examinations, either written or performance?**

Not all teacher trainees are ready to teach after the 15 weeks due to other circumstances that life has presented to them. If the teacher trainee has not passed the written exam, we will reschedule an additional make-up test at least 2 weeks after the first test was taken. The student will be allowed no more than 2 attempts at the written exam.

If the teacher trainee has not passed the teaching performance, he or she will be asked to continue their internship until the mentor/ lead trainer finds them ready to teach. The teacher trainee will then be asked to teach an entire class either to the mentor/lead trainer or to the class with which he or she has been interning.

### **Will I be qualified to teach after the training program?**

Yes. We will try to make every attempt possible to make you feel ready to teach as well. You will be issued a certificate from Shanti Shanti Yoga School that you may take to future employers and studios. Samantha and Alexis will also provide information on job opportunities as they arise.

### **What is the difference between certification and registration?**

A teacher training program will provide a certification for you. You may then register with Yoga Alliance, the nationally-recognized organization providing standards for yoga teachers. Registration can be made with a previously approved school or by submitting your training guidelines to Yoga Alliance showing that you meet the standards with a non-recognized school. Registration with Yoga Alliance is not required to teach yoga. There is an additional fee to register with Yoga Alliance, payable by the Yoga Teacher Training graduate. You can visit their website at [www.yogaalliance.org](http://www.yogaalliance.org) for more information and benefits of registering with Yoga Alliance.