



## Yoga Life 200hr Yoga Teacher Training Frequently Asked Questions

### 1. Besides attending the weekend sessions what are the other time commitments?

**Mentor and Partner Meetings:** At our first meeting you will be given a yoga partner who you will meet with once a week to check-in, practice teach and go over assignments. Please plan to spend at least 1-2 additional hours a week for partner meetings.

**Additional Classes:** As part of the 200hrs you are required to practice and observe classes. You will need to practice in 15 classes and observe 8 with a Yoga Life Lead Trainer. As detailed below, your tuition covers the cost of Yoga Life classes from January 1 to June 15, 2019.

**Homework:** There will be assignments and readings from the list of books below.

**2. What if I have to miss a day because I have an important conflict -** Attendance at every session is mandatory to graduate from the Yoga Life Teacher Training Program. Makeup sessions will be available for an additional hourly fee with the Lead Trainer.

**3. Who are our mentors and yoga partners?** - Your mentors are Joanne Kane and Denise Petersen. Your yoga partner will be a fellow trainee.

**4. Is it recommended that we practice at Yoga Life prior to applying?** -We recommend that you take a class with Joanne Kane and Denise Petersen prior to enrollment. This class will be no-charge for those who may be interested in taking the training.

**5. Are my classes at Yoga Life included within the tuition?** - All of your Yoga Life classes from January 1, 2019 through June 15, 2019 are included as part of your tuition.

### 6. What are the required books?

- Autobiography of a Yogi by Paramhansa Yogananda
- Light on Yoga by BKS Iyengar
- The Heart of Yoga by TKV Desikachar
- Yoga the Iyengar Way by Silva, Mira and Shyam Mehta
- MetaAnatomy; Anatomy of a Yogi by Kristin Leal
- The Yoga Sutras of Patanjali, translation by Sri Swami Satchidananda
- A Path with Heart by Jack Kornfield

### Optional

- The Living Gita by Sri Swami Satchidananda
- Eastern Body Western Mind by Anodea Judith
- Sacred Sanskrit Words: For Yoga, Chant, and Meditation by Leza Lowitz and Reema Datta

### 7. What are the meeting dates?

Fridays 6pm-9pm, Saturdays 9am-6pm, Sundays 10am-6pm

January 4,5,6/ February 1,2,3/ March 1,2,3/May 3,4,5/June 7,8,9/September 6,7,8  
(Test Weekend)