



How to choose a yoga teacher training

Questions to ask yourself before diving in.

By Sally Parkes BSc, SYT

There are so many wonderful yoga teacher trainings out in the world now that it can be challenging to find the right one for you. Here are a few questions you may like to ask before embarking on your journey.

Are you ready?

Initially it is advisable to check whether or not you are ready to take on the challenge of a training course, as teaching yoga is an honour and not something to be taken lightly. Have you put the ground work in on yourself to share this discipline with others

yet? Or is there more work to do first? Be honest with yourself as only you will know the answer to this. You may find keeping a journal can be helpful to reflect and to figure it out.

What style of yoga resonates with you?

Most of us have a style of yoga that we love or that has been life changing, and that has brought about so many benefits to us personally. So it is natural to seek out a training in the style you love. However, have a think about the people you will be teaching afterwards as well. If you will be teaching in a small village with a lot of seniors as your

clientele for example, then maybe a strong vinyasa training is not appropriate. Have a look at your likely demographic and then consider your options.

Is the yoga school established and are the teachers senior?

Check how long the training has been going. I know from experience that it can take a good five years for a training to become solid enough to support the students in a way that they deserve. Check out the tutors too. Hopefully they are either registered senior or experienced yoga teachers as this way you know they have taught for a long time. Also

check who the training is registered with (for example, Yoga Alliance, British Wheel of Yoga or Yoga Alliance Professionals).

Course content

Aside from the style of yoga asana, what is the emphasis of the course? Will there be a huge amount of anatomy or is the focus on the more subtle, energetic side of yoga. What is it that interests and excites you the most?

Are there exams or is it all coursework-based?

Personally, I don't feel that one approach is better than the other, as it's subjective, but if you know exams cause so much stress that it leads to anxiety, then look for a coursework-based training. Or if you know you struggle with self-discipline, look for one with an exam or two. Then you know you have to get a study plan together and revise.

What do past students of the course say about it?

Of course, a website and sales team can say

what's needed to get students signed up, so getting first hand knowledge from past students can be really helpful, and there are several Facebook groups that this can be discussed in. The course leader may even be willing to put you in touch with some of their graduates.

Does it fit in with your life?

Does the format of the training (i.e. weekends, one month away etc.) fit in with your current life situation, or are you being unrealistic? Remember you will also have home study to do as well as the contact teacher training hours, so think about when you will be able to do this as well. That way, you can absorb the information more effectively as it won't become stressful to study, and then the yoga can work its magic, and hopefully help you enjoy this potentially life changing experience.

Sally Parkes is the author of the bestseller 'The Students Manual of Yoga Anatomy' and runs yoga teacher trainings and workshops throughout the year (sallyparkesyoga.com)



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