



YOGA TRAINING CENTRE

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DIPLOMA COURSE IN TEACHING YOGA

November 2016-March 2018

Monthly weekend meetings:
Central London or Stratford upon-Avon

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ARE YOU READY?

How do you know when you're ready for teacher training? *By Sally Parkes*

I've been running teacher trainings for around five years now and the question I get asked most often from prospective students is nearly always to do with proficiency in their asana practice. I often find these questions challenging to answer because although there does need to be a certain capability of the asana in order to teach them well, the practice of yoga asana is such a small part of yoga. There are so many other elements to consider when thinking of becoming a teacher.

In my experience you don't need to be able to practice all yoga poses in a general 200-hour course, but there does need to be a willingness to learn and a hunger for knowledge as well as a commitment to your study.

I have also noticed that the length of time a student has practiced is not as relevant as I first thought. Many people have been practicing yoga for several years, but the asana practice has not been regular and things that we can adopt in to our day-to-day lifestyle (such as improved sleep patterns and a more calming diet) have not yet infiltrated into their day-to-day life. This approach to yoga is absolutely okay and is sometimes all that life will allow; and it will certainly improve your health for the better. But if you have this kind of practice and also want to embark on teacher training, maybe now just isn't the right time. Perhaps the practice should be about making more time for your own yoga and accepting 'what is' as opposed to helping others with their own practice.

In contrast, there are others who may be relatively new to yoga with just a couple of years' practice under their belt. Their desire to learn is unwavering and they are fully engaged when in class. If you



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are this kind of student maybe now is the time to start looking to deepen your knowledge further with a course that 'speaks' to you when you read about it.

Know your motivation

Does your life situation support your study, or are you being unrealistic? Is the framework of your life built around very long hours building a high flying career, or a family to look after in which the spare time you have is spent feeling so tired that you cannot even read for 30 minutes before falling asleep? Or do you get home from work excited about hitting your yoga mat?

And what is your actual motivation for doing the course? Are your reasons from your head or your heart? Do you see it is an easy way to fix things you are not happy with in your life? Or have you seen celebrity-like teachers out there doing amazing things on social media and think you'd like to give it a go?

The first step is to be honest with yourself. Do you feel a yearning from your heart to learn the practice of yoga in order to share it with others? Do you have a willingness to commit long-term, even when life gets tough?

Indeed, this can also be the time when the 'true' yoga happens as we have to dig deep spiritually to keep going.

In my opinion this approach is what makes a great teacher and will allow your students to relate to you and feel safe in the knowledge that you understand where they are at.

The key is commitment. If you are ready for and able to make that commitment then maybe you are ready to teach this amazing life system we know as yoga. ☺

Sally Parkes runs 200hr and pregnancy yoga teacher training and workshops throughout the year (sallyparkesyoga.com)

Yoga Teacher Training Foundation Course

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