

ISHTA YOGA

200 Hour Teacher Training Program Frequently Asked Questions

What is ISHTA Yoga?

The ISHTA mission is to blend the ancient and contemporary yoga teachings of Hatha, Tantra, and Ayurveda into a system that caters to individual students' needs. Our name itself embodies our multi-dimensional approach: ISHTA stands for the **I**ntegrated **S**cience of **H**atha, **T**antra, and **A**yurveda, or a combination of physical, energetic, and healing practices. But ISHTA has a double meaning that stretches back to the very roots of yoga. ISHTA is also a Sanskrit word translating to "individualized" or "personalized"; emphasizing that we do not see yoga as a one-size-fits-all practice, but rather a set of tools that can be endlessly combined and adapted to suit each individual's needs.

What makes the ISHTA Yoga Teacher Training Program unique?

The lineage and teaching of ISHTA Yoga is a uniquely modern, individualized and integrated approach to the ancient science of yoga. While the body is studied and experienced in detail through in-depth practice, posture labs and studies of anatomy and asana, ISHTA provides a comprehensive foundation for *all* aspects of yoga, including the practice and teaching of subtle and causal body anatomies (nadis / meridians, chakras, etc); pranayama and kriya; meditation; Tantric philosophy; and Ayurveda, the ancient Indian life science. The ISHTA-trained practitioner learns to teach safely, confidently, and compassionately to the individual. Our philosophy is to recognize the inherent strengths of each student and to enhance these strengths through personalized practice. ISHTA is a holistic system that recognizes all aspects of yoga and integrates them into a practice that is profound, affirming and life-changing.

Is this program appropriate for me if I am not necessarily interested in teaching?

Definitely! ISHTA's 200-Hour teacher training program is a yoga immersion designed to deepen your own practice and your understanding of yoga first. While it can be the first step toward teaching yoga as a career, many trainees enroll in the program without plans to teach. The in-depth experience of yoga will be life-changing for you regardless of your future intentions. We encourage all trainees to simply take this step on their journey and see where it leads them!

I am not able to do some advanced postures. Can I still take this training?

Yes! While this training is not suitable for the brand-new yogi, we welcome all serious students with a minimum of 6 months of consistent practice. The Teacher Training Program is an inclusive program. Since yoga is an individual practice, we expect and welcome different levels of physical ability. While your understanding and practice of asana will evolve a great deal through the training, yoga is much more than that! Your commitment and desire to deepen your understanding of yoga are what matter most.

Is attendance at all the sessions mandatory to receive ISHTA Certification and to register with Yoga Alliance as a certified teacher? What if I have to miss a session?

Yes, 100% attendance is required to successfully complete your training. If you know in advance you will have to miss a session and you would like to receive certification, makeup options are available, though some do incur added cost. Exceptional emergency circumstances are evaluated on a case-by-case basis. Detailed makeup procedures are provided upon enrollment; ask us if you have questions.

How do I receive my certification and register with Yoga Alliance?

Once you have successfully completed all requirements of the training (100% attendance or completed makeups, 100% completion and passing grade on homework, passing mark on written final exam, and passing evaluation on final practical exam), you will receive a graduation certificate and the necessary paperwork to register with Yoga Alliance. More information about Yoga Alliance registration is available at www.yogaalliance.org.

What is a Yoga Alliance-registered training?

Yoga Alliance is the leading internationally-recognized standard of yoga training and certification. A 200-Hour/Level 1 Yoga Alliance-certified training requires a minimum of 180 contact hours and 200 total training and practice hours. The ISHTA 200-hour training meets and exceeds this standard approximately as follows:

Techniques (Asana, Pranayama, Meditation): c. 102 hours

Teaching Methodology: c. 45 hours

Anatomy / Physiology: c. 43 hours

Philosophy, Ethics and Lifestyle: c. 35 hours

Practicum: c. 36 hours

c. 185 Contact hours / 261 hours total

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SCHEDULING AND COSTS

How much does the training cost?

The 200-hour training tuition is **3000 EUR (Earlybird discount)** or **3250 EUR (full price)**.

- Payment is in full prior to training start, unless a payment plan is arranged. The discount rate is for full payment by the earlybird discount deadline (usually 4-6 weeks before training start).
- Tuition includes a 10-class card at Bija Yoga Berlin.
- Space is limited. A €500 non-refundable deposit will secure your place in the training upon acceptance.

There are a few potential forms of scholarship / discount:

- The ITA (In-Training Assistant) scholarship is a work-study position, where one trainee joins the training as an administrative assistant to the training. This position includes a 50% tuition discount and 5-10 additional hours of work per training week. If you are interested in applying to become an ITA, please note this with your application and provide a CV / resume and cover letter with relevant experience.
- The *Bildungsprämie* is an educational supplement occasionally offered by the Bundesministerium für Bildung und Forschung – check with the BfBF to see if it is currently offered!
- Yoga Alliance offers 4-10 scholarships per year for dedicated students entering career training. The process is highly competitive and timelines vary – check [www.yogaalliance.org/About Us/Our Foundation/Scholarships](http://www.yogaalliance.org/About_Us/Our_Foundation/Scholarships) for more details.
- If you have other skills which may be suitable for barter, please feel free to discuss them with me; however, other than the ITA, no other workstudy positions are guaranteed.

When will the training meet?

The training will meet for **either** one extended weekend per month (2-3 hours on Thursday evening, 6-7 hours per day Friday, Saturday and Sunday) **or** one intensive weekend per month (2-3 hours on Friday evening, 6-7 hours per day Saturday and Sunday) with an additional 'mini-week' during the month (usually one additional weekend day). Hours are generally 18-20/21h for evening sessions, 13-19h for extended Fridays, 10-19h Saturdays and 10-17:00h Sundays, with an hour meal break on weekend days. See 'Planned Dates' for more details.

NEW! Online and / or pre-recorded sessions

The increase in online yoga has raised the possibility for ISHTA trainees to learn remotely from our experts and most senior teachers worldwide. Some sessions may be offered online or in pre-recorded format at the trainee's own pace; if so, training hours will be adjusted accordingly.

Where will the training meet?

All training sessions meet at Bija Yoga Berlin, Grimmstrasse 19, 10967 unless otherwise noted.

How much time outside of training should I budget for homework and practice?

ISHTA and Yoga Alliance require a minimum of 20 hours of out-of-training practice and study time. In general, between homework, class attendance, practice teaching and study groups, most trainees easily exceed this and log 40-80 out-of-training hours over the course of the training year. It's up to you and your practice!

What about Corona restrictions, should they be needed?

At present, trainings in Germany are allowed to proceed as usual, with appropriate distancing and / or hygiene adjustments as the current science recommends. Should this ever not be possible, training takes place online via Zoom or a similar web platform. While being present in the same space together is always our preference, our most recent training group adapted beautifully to this format when needed!