



300 Hour Advanced Teacher Training Frequently Asked Questions

What is the 300-Hour Program? What does the curriculum offer?

Our 300-hour Advanced Teacher Training Program is for those students who have successfully completed a 200-hour program, wish to deepen their knowledge above the 200hr. level and/or are serious about a career in yoga teaching. The 300-hour Program consists of two major contact modules: **In-Training Hours** and the **Apprenticeship**, and one non-contact module: **Personal Teaching and Study**.

- The **In-Training Hours** include approximately 180-190 hours learning and practicing with your training group, studying detailed theory and hands-on teaching and application of advanced techniques in asana, pranayama and meditation. In addition to thorough techniques practice, the In-Training curriculum includes advanced study in injury management and therapeutic yoga; hands-on adjusting; the business and ethics of yoga teaching; and in-depth study of ISHTA specialty material such as Advanced Applications of Ayurveda to Asana and Meditation, Advanced Tantric philosophy and more.
- The **Apprenticeship** is a 6-12 month, 108-120-hour program consisting of: **Class, retreat, and/or TT assisting**, an incredible opportunity to learn from and work with a senior ISHTA teacher; **Mentor meetings**, smaller group sessions to refine your skills in teaching advanced techniques and get personalized feedback and support from trainers and peers; **One-on-Ones** and **In-Class Privates**, where you'll develop your skills in teaching to the individual, and fine-tune your abilities in hands-on and personal adjustments. Lastly, **class attendance and observations** will support your ongoing learning and help polish your skills in hands-on assisting, theme teaching, creative sequencing and more.
- The **Personal Teaching and Study (Svadyaya)** module consists of your out-of-training study and preparation, including reading, homework, additional techniques and teaching practice, and completion of a required **Research Project** on an advanced topic of your choice, subject to mentor approval and ongoing mentor review. While a minimum of 30 hours is required in this module, most committed students exceed this!

What makes the ISHTA 300-hour Advanced Program unique?

ISHTA Yoga explores the Integrated Science of Hatha, Tantra and Ayurveda for a unique perspective on the pillars of holistic yoga practice for body, mind and spirit. Our 300-hour curriculum, as designed under Kavi Yogiraj Alan Finger's guidance, offers many advanced techniques that are not taught elsewhere. Our further goal is to pass on not just these rarely disseminated techniques, but also the special fusion of Tantric and modern sensibility that makes true ISHTA teaching unique and remarkable. Advanced ISHTA training grounds the trainee in the ISHTA perspective, which supports individual development, recognizes the uniqueness of the individual and integrates all aspects of ancient yoga and modern living into a unique and seamless practice of technique, philosophy and joy.

I am already teaching / I have already completed a 200-hour Training. Why do I need this program?

We believe the art and science of yoga is a lifetime study. We never stop learning and there is always room to refine your teaching. In our experience, most 200-hour certified trainees are not yet fully prepared to teach as they have not yet learned or refined all their skills; and even experienced teachers are always looking for new insights, tools and techniques. The ISHTA program in particular offers a wealth of knowledge on ALL aspects of yoga that we truly feel is enriching and unique!

Who may apply to the 300-hour program?

The 300-hour program is a significant commitment of time and energy. Any serious student who has successfully completed a 200-hour Yoga-Alliance registered program and is committed to yoga as a career and/or way of life is encouraged to apply. Space in the program is limited and all applicants are subject to review and / or mentor approval.



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I received my 200-hour certification from another school. Can I take the 300-hour ISHTA training without having completed the 200-hour ISHTA program?

Yes! We invite you to explore ISHTA. Advanced trainees joining the program from an outside school are required to take our "Bridge" program, consisting of reading and written assignments and approximately 28 hours of audited lectures from the 200-hour program. (Additional Bridge module fees apply.)

I am a serious practitioner, but I am not able to do all advanced postures. Can I apply?

Absolutely. Yoga is an individual practice and the path takes many physical forms. We expect and welcome different levels of physical ability. Your commitment to deepening your yoga is the true requirement.

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

100% attendance is required to successfully complete your training; however, makeups for missed sessions are possible. If you know in advance you will have to miss a session for any reason, and you would like to receive Certification, you will need to make arrangements with an ISHTA trainer to make up the missed sessions at your cost. Detailed make-up procedures are provided upon enrollment; ask 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% In-Training attendance or completed make-ups, 100% completion of Apprenticeship module, 100% completion and passing grade on Personal Study module requirements, successful evaluation on final practical exam), you will receive a graduation certificate and the necessary paperwork to register with Yoga Alliance. Please note that 100 hours of teaching time are required by Yoga Alliance in conjunction with your 300-hour certificate in order to register at the 500-hour level. More information about Yoga Alliance registration is available at www.yogaalliance.org.

What is taught in the In-Training Module?

The 300 Hour In-Training Module will deepen your knowledge and expand your skills in all directions of ISHTA teaching and practice, including:

- **Advanced asana practice:** Exploring more advanced / complex poses, variations and sequencing
- **In-depth posture study and asana teaching:** Refining your understanding of the poses and the body; sharpening your ability to see alignment and misalignment; teaching all this clearly and well
- **Hands-on adjusting:** Learning the art of touch and physical correction as a valuable teaching tool
- **Advanced techniques:** Teaching and practice of more complex pranayama and meditation tools
- **Advanced ISHTA philosophy and specialty topics including:**
 - Advanced asana and posture work
 - Thorough guidance and practice in the art of hands-on assisting
 - Practice and teaching of advanced tools: Hatha and Tantric meditation techniques, pranayama, mantra and yantra
 - Intensive study in Ayurveda, advanced anatomy and therapeutics with visiting ISHTA guest experts Emily Reed (London) and Kristin Leal (New York)
 - Advanced chakra studies: anatomy, meditation and more
 - Advanced topics in sequencing: peak pose, long-range theme and specialty teaching
 - Advanced philosophy and tools: Tantra, Sutras, Bhagavad Gita
 - Apprenticeship modules in hands-on, private teaching, and specialty topics
 - Introduction to or further study of Restorative, Yoga Nidra, Pre & Postnatal teaching

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- The business of yoga teaching in the 21st century
- NEW! Integrating online and virtual teaching into your teacher's toolbox

What is Class Assisting?

300-hour trainees commit to assisting a weekly class with an ISHTA trainer for 3-6 months. (**Note:** If this weekly commitment is not possible for you, this module may be completed by assisting retreats and trainings.) You will begin your assisting journey by acting as a model / demonstrator, which is not only tremendously beneficial to the class teacher and students, but will also deepen your own practice, your comfort level showing poses in front of a group class, and your awareness of your own practice and body as a teaching tool. As you build your hands-on assisting skills, you will “graduate” to assisting your teacher in giving hands-on adjustments to the class students. This is an invaluable experience in refining your teaching eye and hands and building experience working with students, learning their bodies and gaining their trust.

Do I have to be teaching or committed to becoming a yoga teacher to take the 300-Hour Program?

Not at all. While many 300-hour trainees choose this path, many trainees take the program to further their own personal yoga knowledge and study. We recommend you simply follow your desire to learn and let your own path evolve from there.

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! (Material requiring physical contact will be postponed or adapted as needed. There's never any shortage of interesting subjects to study!)

What is the 300-Hour schedule like?

- While the 2020-21 training schedule is not yet confirmed, it will most likely meet one intensive week per month (Friday evening OR a full day on Friday, 6-7 hours per day Saturday and Sunday) from October 2020 to June 2021. Some months may have an additional ‘mini-week’ during the month (one additional weekend day). Hours are generally 18-20h on Thursdays, 13-19h on Fridays or 18-20/21h for evening sessions, 13-19h Saturdays and 10-17h Sundays, with meal breaks on full days. Not all hours are needed on all days. See ‘Planned Dates’ for more details.
- Some trainings offer the “modular” format, where rather than regular monthly meetings, material is offered in 4-8 day intensives, 3-6 times over a calendar year.
- In addition to training hours, there is an ongoing commitment to the Apprenticeship and Svadhyaya modules.
- **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.
- Training meets at Bija Yoga Berlin, Grimmstrasse 19, Kreuzberg unless otherwise noted.



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What does the training cost? Are there scholarships?

The 2020-21 300-hour training investment in Berlin is anticipated to be c. €3500 EUR (earlybird discount) / €3800 EUR (full price). Pricing varies in other markets.

- 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 (4-6 weeks before training start).
- Tuition includes a 10-class card at Bija Yoga.
- 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, by one trainee, who serves 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 on 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 for more details.
- If you have other skills which may be suitable for barter, please feel free to discuss them with Julie; however, other than the ITA, no other workstudy positions are guaranteed.

For any other questions or to apply, contact Julie at julie@julieblumenthal.com.

I look forward to receiving your application!

Please contact Julie with any further questions: julie@julieblumenthal.com.