

PranaShanti™ Yoga Training Guide



Yoga is the Journey— Practice is the Path

At *PranaShanti* Education Centre we are proud to offer a variety of trainings in various formats to suit all of our students' needs. We provide continuing education through our **School of Life**, stand-alone Yoga Teacher Training through our **School of Yoga**, and Therapeutic Yoga Training through our **School of Yoga Therapy**.

Whether you are a hobbyist, curious student, teacher or wanting to change careers, we want you to explore; whether it is yoga, your profession or your deepest self.

PranaShanti has been offering Yoga Teacher Training programs since 2008. We have offered over 40 200-hour Yoga Teacher Training Programs in the Hatha and Kundalini Yoga traditions.

Our 200-hour programs provide a solid foundational background in yoga so that you can confidently teach holistic, all-levels classes in a clear and compassionate manner. You will deepen your experience of postures and meditation, expand your understanding of yogic and western anatomy, yoga philosophy, and Ayurveda, and you will refine your communication and listening skills all while being part of a supportive community that fosters inquiry, creativity and lifelong learning.

PranaShanti's 300-hour programs gives one the opportunity for further personal transformation and a deepening of practice and knowledge.

We believe yoga is for everyone and teaching opportunities happen everywhere—on and off the mat. *PranaShanti* graduates take their yoga studies into all avenues of teaching whether on the mat in a yoga studio room, to the workplace, to school, or sharing one-on-one with a friend or family member.

Our Yoga School and Yoga Teacher Training programs are approved by Yoga Alliance and we are a certified educational institution by Employment and Social Development Canada and can therefore issue Tuition Tax Receipts for qualified programs.





Greetings

Thank you for joining us on this journey.

Since 2008 we have trained thousands of yoga students to become skilled practitioners and effective teachers. Our programs take place in Ottawa, Ontario, Canada, but you can also access them online from anywhere in the world. With our locations, you also have access to 65+ weekly online and in-person public classes and more than 75 teachers and trainers.

We have a full-time reception staff and program co-ordinators to answer your questions and support you on your journey. Our teachers and trainers will guide you through your personal and professional development.

Starting a yoga program is a new beginning. All we require is your presence and a passionate commitment to your own transformation. Please enter into the program with open eyes, an open heart and an open mind.

To learn more about our programs we have created this guide that answers a number of questions we are often asked. We also offer free information sessions and you can always book an appointment with one of training co-ordinators.

Let's share in the practice, study and joy of yoga together!

Be well,



Devinder Kaur, Director
E-RYT 500, C-IAYT

Why do Yoga Teacher Training?

Sometimes students ask us, “Why would someone do Yoga Teacher Training?”

Here are some ideas to consider:

1. **Yoga is about angles and triangles.** If you want to understand the how’s and why’s of doing yoga postures well and safely, a teacher training is a great way to learn.
2. **Test your physical limits.** No matter your physical ability, you will explore your physical capabilities and try things you never thought you could do before. How empowering!
3. **Yoga is more than just postures.** While postures are a key component to the study of yoga, there is so much more. There is the history and lineage of yoga, yogic philosophy, western and yogic anatomy, sound/mantra, yogic diet and lifestyle, to name just a few.
4. **Look inside yourself.** Regardless of which style of training you choose, there is something to be said for focusing on your practice for a period of time. Through this focused attention, you may find feelings and emotions bubble up to the surface that you’ve buried for years. Trainings allow you to clear the past so you can feel more free.
5. **Speak from your heart.** In training you will practice public speaking and leading a group of people while remaining neutral and grounded in your own body. This will support you in your work and in your personal relationships.

Yoga Teacher Training is more than becoming a Yoga Teacher.

You will learn a lot about yoga, your practice will definitely improve, but you may also find a part of you that had been lost or forgotten and that is a great result.





How long is a yoga teacher training?

A 200-hour Yoga Teacher Training requires 200 hours to complete the training and a 300-hour program requires 300 hours of time to complete. These hours include the instruction time known as contact hours but there is also the time for self-study, attending classes, completing homework assignments and projects, participating in practice teachings and completing a final exam.

Our trainings have set start dates and end dates due to our programming schedule and the hours required for each program. All dates and timings are listed on our website.

Does a yoga teacher training certificate expire?

Your yoga teacher training certificate does not expire. Once you complete our 200-hour program, you receive a 200-hour certificate. Once you complete our 300-hour program, you receive a 300-hour certificate.

If you choose to become a member of Yoga Alliance or another registration organisation they may have continuing education requirements that you will need to meet in order to keep your registration with them active. These requirements help ensure that you are continuing to learn and improve as a teacher.



What is the difference between the 200- and 300-hour yoga teacher training?

Our 200-hour Yoga Teacher Training is a foundational program. It covers the basics and prepares you to guide safe and accessible yoga classes. It is the starting point to becoming a Registered Yoga Teacher. Our 200-hour program is comprehensive and provides an overview of all the topics you need to have understanding of as a yoga teacher.

The 300-hour Yoga Teacher Training is a more advanced program consisting of an additional 300 hours of training that you would start after the initial 200-hour program is complete. Our 300-hour program allows for you to explore topics more deeply and for you to specialise in areas that are of the most interest to you. After completing a 300-hour program, you can combine it with your 200-hour program and be a 500-hour Registered Yoga Teacher with Yoga Alliance.







What is the Yoga Alliance?

Yoga Alliance is a registration body for yoga schools and yoga teachers. They are a non-profit association, which you can think of as an alumni association for yoga teachers. Their mission is to support safe, accessible, and equitable yoga. Yoga Alliance has a set list of standards that each Registered Yoga School must meet in order to have their program approved and listed with Yoga Alliance. For example, each program's curriculum must have a certain number of hours dedicated to studying Anatomy, Teaching Methodology, Philosophy, and Ethics, etc.

Each yoga teacher training program must submit their curriculum for review and then Yoga Alliance ensures the program meets their standards before issuing approval.

In order to register with Yoga Alliance as a teacher, you'll need to attend a training by a school registered with Yoga Alliance and the training will need to be conducted by teachers who are registered with Yoga Alliance and have a certain level of experience in teaching yoga.



What is RYT 200, E-RYT 200, RYT 500 and E-RYT 500?

RYT stands for Registered Yoga Teacher. It is a Yoga Alliance credential. To list yourself as an RYT you will need to complete a Yoga Alliance registered yoga teacher training program and then apply with your training certificate to Yoga Alliance as a member.

RYT 200 is the baseline level of registration for a yoga teacher and means that the teacher has graduated from a 200-Hour Yoga Teacher Training with a Yoga Alliance Registered Yoga School (RYS).

E-RYT 200 is an Experienced Registered Yoga Teacher. For this designation, you must have completed a 200-Hour Yoga Teacher Training and have 1,000 hours of teaching experience, and have taught for 2 years since initially completing your 200-Hour Yoga Teacher Training.

RYT 500 is for yoga teachers that have completed a 500-hour Yoga Teacher Training or a 200-Hour Yoga Teacher Training followed by a 300-hour Yoga Teacher Training with a Registered Yoga School. Additionally, at least 100 hours of teaching experience is also required since completing your teacher training.

E-RYT 500 is the top level of registration within Yoga Alliance. For this designation, you must have completed a 500-hour Yoga Teacher Training and have 2,000 hours of yoga teaching experience of which 500 hours must have been completed after you graduated from your 300-hour or 500-hour Yoga Teacher Training. Additionally, you have been teaching for at least 4 years since completing your initial 200-hour Yoga Teacher Training certification. This designation allows you to be the Lead Trainer in Teacher Trainings.

What do I do after I graduate from a Yoga Teacher Training?

After you complete your training there are many different paths you can take. Some teachers lead public yoga classes at yoga studios, gyms, or community centres. Teaching private yoga clients or leading corporate yoga classes is a rapidly growing market. Some yoga teachers lead classes or multi-session series in schools, hospitals, or in medical offices catering to participants with various health concerns.

There are also teachers that guide workshops and yoga retreats in different locations around the world. Teaching online has grown because of the pandemic and this provides even more options for sharing the practice globally.



A woman with a long braid is performing a complex yoga pose on a dark mat. She is in a crouched position with her hands on the floor, one leg extended forward and the other bent with the foot pointing up. The background features a large, intricate wooden wall carving and a brass bowl on a stand.

What does a yoga studio look for in their yoga teachers?

Each yoga studio will have their own hiring requirements and criteria and they often vary depending on the styles and types of yoga offered at that yoga studio. Yoga studios that offer their own training programs often hire students from within those programs.

Some studios may require that teachers be registered with Yoga Alliance or at least have a 200-hour certification. In the last few years, we have started to see that yoga studios are looking for teachers that are 500-hour certified.

If there is a specific yoga studio you are drawn to, ask to speak with the manager or owner and find out what they look for in their teachers. Spend time at that yoga studio and get to know the community and see if it is a good fit for you.



Do I need insurance to teach yoga?

We recommend you have insurance coverage when teaching yoga. A yoga studio or gym will have their own insurance but they often require that teachers show proof of their own insurance as well. It is important to protect yourself whether you are teaching online or in-person classes, workshops, or retreats.

Frequently Asked Questions

Our yoga journey is a very individual experience transpiring within a community practice. You may find in discussion with other yogis similarities to your internal practice, reactions and questions. This is certainly true when it comes to choosing a yoga teacher training! We may all have a very unique experience, but we often have the same curiosities and questions ahead of the training itself.

To help you make the right decision for your yoga teacher training experience, here are some questions we are frequently asked and the best answer we can supply without knowing you and your context individually.

Is my yoga practice advanced enough to do a yoga teacher training?

Although we have had students with very little experience ahead of their training, it is best to have a regular yoga practice ahead of your yoga teacher training. The more experience you have, the more information you have to apply to what you learn. When yogis have very little yoga experience ahead of doing their training, they may need to apply the learning of their Yoga Teacher Training to a regular practice before they begin teaching to amass experience.

However, you certainly do not need a certain level of physical ability to do a Yoga Teacher Training. A Yoga Teacher Training will radically change how you practice yoga and you will see great leaps forward in the effectiveness of your personal practice. If practicing headstands or other advanced postures is of interest

to you, the course will give you the tools to chart the course to getting there.

If you had a specific concern about your personal ability to participate in the practice portion of yoga class in training, that is a good question for you to discuss with us. Otherwise, a regular yoga practice, a desire to learn and an open mind is all you need to participate in training.

How much practice is there going to be?

Some teacher trainings are about developing your own personal practice and you spend a lot of time on your yoga mat. Other trainings are more focused on the philosophy and theory of yoga, and you will spend a lot of time sitting!

A blend of both is ideal because it offers a balanced approach to what is a very multi-faceted system. In a balanced training, you will cover philosophy, theory, and anatomy, which require lots of sitting and listening, but you will also do many personal practices and posture clinics, which are much more physical. Some days you will be tired from sitting, some days you will be tired from practice. It is part of the journey! (And we have RMTs we recommend in case you need a good back rub, and a warm soak at night with Epsom salts will help, too.)

Should I go away on retreat or do a program with my local studio?

It depends on what you want! Yoga retreat trainings can be a lovely way to enjoy a break from daily life and go somewhere warm to immerse yourself in training. Some people really like to roll vacation into their training, but you do lose the opportunity to really absorb the material because the intensive format offers little to no downtime.

A question to ask yourself is if a student/teacher relationship is important to you. Retreat-based teachers may have too many students to develop a relationship with you and this style of training tends to be transient in nature. If you are looking for someone

you can reach out to or ask for advice in the future, training with someone who sees the student-teacher relationship as an ongoing practice will be best for you.

Especially if you want to cultivate teaching opportunities, it is best to practice with someone who knows the community and network you would be trying to work in. Your teacher can help make suggestions about approaches to teaching that would best suit your skill set, and guide you in the right direction when you are approaching studios.

What costs go into the yoga teacher training tuition?

This will vary training by training. If there's a retreat included in the course, that is a big cost, but there is space, insurance, teacher income, administration costs, printing costs for manuals, supporting resources and supplies, books, and guest instructors.

At *PranaShanti*, we are registered with Employment and Social Development Canada (ESDC), which means we will provide you with a tuition tax receipt that allows you to claim the tuition fee on your annual income taxes.

Does my yoga teacher training need to be Yoga Alliance registered?

Yoga Alliance is an organization that provides an alumni-like association to Registered Yoga Schools (RYS) and Registered Yoga Teachers (RYTs). To register a teacher training, the school submits an overview of their curriculum, along with annual fees, to demonstrate that it meets Yoga Alliance's standards for curriculum content and study hours. *PranaShanti* is a registered Yoga School with Yoga Alliance for our 200-hour and 300-hour training programs.

At the end of the training, you can choose to submit the certificate you receive from your teacher training, pay a registration fee, and become a Yoga Alliance Registered Yoga Teacher (RYT).

You do not need to be registered with Yoga Alliance to teach yoga and participation is voluntary.

Is this training only relevant to people who want to teach?

Not even a bit. Yoga teacher training is the only course you might ever take that asks *you* about you. What are your hopes, dreams, goals, ethics, and plans? How do you want to live your life? Yoga offers a framework to help you ask some big questions about the world you live in. It offers tools and skills to help you show up in a more confident, peaceful way in your life.

When you take a drop-in yoga class, your teacher is offering just the tip of the iceberg of information and philosophy available to them! The rest of the iceberg is revealed when you take this next step in your yoga journey, no matter what you choose to do with it.





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