

7 things to know before signing up

Training to be a yoga teacher is a huge commitment of time, money and passion, so you need to make sure you're choosing the right course. *Sevanti*, founder of Unity Studio, School & Retreats advises how to choose the yoga teacher training that's right for you.

1 Style

Above all else, you need to resonate with the teacher's approach and style. The teacher needs to recognise you and where your passion lies in yoga and what you want to bring to teaching yoga. The school that you pick must be able to support your specific interests.

2 Size

A teacher will only be able to get to know you and your interests if there's time and space, so choose a school where you will get plenty of contact hours and time to ask questions and develop your own passions, style and interests. Ideally, there should be no more than 10 or 12 people in the group. Any larger and it becomes difficult for the facilitator to be able to honour your specific needs; also group bonding may be diluted. The goal is to become a close group where you can support and bring out the best in each other. Your fellow students will become your community, the people you will stay in touch with in the future to share your journey, and so the course needs to allow you to check in and share with each other, building up trust and support.

3 Authenticity and accreditation

With changes afoot in yoga regulation, it is important to choose a recognition body that upholds authentic yoga and will support you in carrying that torch. It is worth taking the time to really explore this and ask questions of all the major bodies.

4 Care

A good teacher and school won't rush to sign you up for their training course but will want to talk to you first about your experience and intention. They will want to know what kind of practice you've been doing, for how long and that it's the right time for you to be taking the big step into teacher training. They will be interested in you and your journey and will help you decide when it's the right time for you to do it. They will talk to you about how much is involved in terms of coursework, teaching hours and the personal time needed to process it within you. Teacher training is a massive personal developmental journey that is much more than just gaining a certificate. The school needs to support you and acknowledge that big changes may happen in your life and they will be there for you.

5 Length

A month is a good introduction to immersive yoga but often too short as a stand alone teacher training. There needs to be processing time, months of teaching practice, coursework research and anatomy understanding. Yoga is a huge subject, to understand this way of life we cannot rush the process! You need time to teach many hours of classes and grow with the feedback, to practice and to attend other people's classes. But beware of over-long courses where you risk getting distracted and losing passion and interest.

6 Diversity

Choose a school that honours the whole community and ensures that, when you walk out at the end, you know exactly what to do if you have a pregnant woman or someone with mental health issues in your class. Choose a teacher that is passionate about yoga being for the whole community.

7 Geography

Finally, be prepared to travel for the right teacher and school. Go where your heart draws you.

The next Unity Yoga Teacher Training diploma starts on January 25, 2018 (being-in-unity.com)

