



Integrity. Diversity. Community.

How to Choose a Yoga School

Are you considering becoming a yoga teacher? What type of program would support your educational process? You may want to ask yourself the following questions:

- Is the school teaching a program that matches your style of yoga?
- Do the hours and length of program meet your needs?
- How large is the class?
- Do you know the teacher(s)?
- How much homework or additional reading is required? Can you fit this into your schedule?
- What is the setting of the school: ashram, studio, private home? Will the setting support your learning?
- If meals are included, do they support your diet? i.e., can you live, during your training, with a vegetarian or macrobiotic diet, if that is required?

You may want to clarify with schools the following questions:

- How many yoga teacher training classes has the school graduated and how many have graduated under the YA standards?
- What style of yoga do you teach?
- What material do you cover in your Teacher Training program?
- What are the backgrounds of your teacher trainers? Are each of the teacher trainers trained and skilled in the areas they will be teaching?
- How will they present the yoga teacher training information?
- What are the competencies I will be expected to have before the end of the program?
- What is your assessment process?
- Who will be my primary teacher trainers and how much time will I be with these teachers versus other faculty?
- What is the payment policy?
- What is the refund policy if I drop out of school? Will I get credit for the hours I have attended if I must drop out early?
- Are you registered with Yoga Alliance?
- Do you meet all Federal, state and local laws? Are there State regulations that apply to your school and if so, do you comply with them?
- Does the school have a Code of Conduct/Ethics for the school and faculty? Does the school give a copy of the COC to prospective students? What does the school do to ensure that school and faculty comply with their COC?
- Does the School have a Student Bill of Rights?
- Are all contracts with prospective students signed by the school and you, the student? Are you given a copy of the executed contract?
- Is the school bonded?

In addition, you may want to attend a yoga class/workshop or intensive taught by each of the primary instructors to see for yourself how they and you respond in the class.