



ARTISTRY OF YOGA SCHOOL AND TEACHER TRAINING FREQUENTLY ASKED QUESTIONS

How long is the program?

9 to 10 months

What makes your program (Artistry of Yoga) different from other trainings?

Specialty Yoga topics; Ayurveda Training; Emphasis on Mentorship;
Chakra Introduction; Meditation Training ;Small Group (10 maximum);
Cost of Program

How long do I need to have practiced yoga to start the program?

A minimum of 1 year is recommended for this training.

Where do I learn what is taught in this program?

Contact Deb Potts at yogaforlife06@verizon.net

What if I miss a weekend or a day of the 5-day intensive?

You will be required to make up the hours by scheduling private time with faculty. Cost of private time will range from \$100-300 depending on days/amount of time missed. Your Certificate of Completion (and eligibility for Yoga Alliance Registration) will be awarded once the make-up hours are completed.

What is included in the course tuition?

Two 5-day intensives
Six required weekend workshops
Course Manual

Note: The required and recommended books are not included in the cost.

Are discounts available?

No; we feel the school tuition is a fair price and are not able to offer further discounts.

I notice volunteer teaching is a required component; where can I do this?

A few ideas:

Volunteer to teach your friends/family, set up a class at church or library, teach at Senior or Community Center; anywhere people might enjoy yoga at no cost.

What will I need to begin this course?

Your yoga mat.

2 of required reading books: [30 Essential Yoga Poses](#) (Judith Hansen Lasater), and
[The Yoga Handbook](#) (Stephanie Keach)

A journal for note taking and thoughts.

When I buy books, what is my best source?

Amazon.com usually has every book you will need, sometimes with free shipping.

This is a long list of books, must I read each one BEFORE the training begins?

No, but you will be asked to use and refer to the books as we move through the course.