

Yoga Certification

- So you want to be a
Yoga Teacher.



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If you are looking for information about Yoga Instructor Training, this short article can provide you with some basic information on Yoga training and some interesting alternatives.

There are no international agencies set up to provide examinations and certifications for yoga teachers like there are for fitness instructors and personal trainers. Instead, the standard minimum training required for a yoga instructor is 200 hours in a face-to-face program. In other words you need to spend 200 hours in a hands-on learning environment to achieve your basic training.

Once your 200 hours of basic training is complete you will be able to set up and run your own Yoga studio or possibly gain employment in an established studio, where you will teach Yoga. You may also teach a limited amount of meditation. Most Yoga courses only touch on the subject of meditation and do not cover the science and clinical research aspects as most of the instruction time is focused on Yoga postures.

Yoga teachers are generally fairly fit, as they spend a lot of time demonstrating Yoga postures and so this is a career that offers a healthy lifestyle and also the opportunity to work the hours you choose, if you run your own studio. You can make a living teaching Yoga but most instructors need to supplement their incomes, with workshops, retreats and private instruction on top of their regular classes.

If you are considering a career as a Yoga Teacher, there are a few questions you might like to consider before embarking on your Yoga Teacher training course, which incidentally will cost you upwards of around \$3,000 for your basic training.

What is your motivation? What do you really hope to gain by teaching Yoga?

Do you have the time and finances to allow you to complete your 200 hours of basic training?

Once you are qualified, will you be able to make the income you want?

Do you have the finances to set up your own Yoga studio?

If you answered that all you ever wanted to do was teach Yoga and that you have plenty of time and money to put into that goal, then I would suggest you go for it! Find a Yoga Teacher Training provider in your local area and begin your journey.

If the questions above, left you feeling a little doubtful, I have another suggestion for you. It may be the career path that allows you to work as a qualified professional, within your passion, assisting others to live healthier, happier lives. It will let you work for yourself, choose your own hours and make a good income – without costing you a fortune in training or set up costs. Best of all, you could be working for yourself in just three months with all the resources, guidance and support you could possibly need, all provided for you. Even better than best of all, you can gain internationally accredited qualifications studying from your own home, online with real instructors to provide you with unlimited support whenever you need it.

Very few people realize you can have a very rewarding career as a qualified Meditation Teacher or Meditation Therapist. Particularly when you are also a qualified Holistic Counsellor and Chair Yoga Instructor. If you have a desire to be a Yoga teacher but are put off by the high cost and length of training along with the career path limitations, the Certificate in Meditation Teaching and Holistic Human Development (which also includes the Chair Yoga Instructor Certificate and the Certificate in Holistic Counselling) could be the perfect alternative for you.

In many ways the Meditation Therapist's day to day career is very similar to that of the Yoga Instructor, except that as well as running classes and workshops, the Meditation Therapist can also see private holistic counselling clients, run chair Yoga classes (particularly suited to people with disabilities, weight issues, the elderly and the corporate sector,) present corporate stress management programs, offer stress management and relaxation classes in high schools and also specialise in specific areas of holistic healing and wellbeing, like weight management issues, pain free childbirth, stress issues in children, the management and anxiety and pain management just to name a few.

Some people wonder how all this can be taught successfully online and in only 12 weeks, part time. The answer is quite simple. The multitude of different meditation styles you will learn, so that you have the skill to teach people with a variety of different learning styles, are integrated into

your day to day life. The science of stress and relaxation, backed with years of clinical research is so relevant to all of us that it is easily understood. Basically the course material is so practical and pertinent that you live the course rather than just study it. You learn postures for the Chair Yoga component through video as well as booklets. Holistic Counselling does not attempt to analyze or advise, we simply learn how to support our counselling clients in becoming self-empowered and provide them with very effective tools. Basically you are provided with interesting and important information based on clinical research with a humanistic approach and assisted to apply what you learn to your own life, while developing your own passion and experience into a very professional package that will give you the knowledge, skills and confidence you need to be an effective and successful holistic wellbeing practitioner.

Perhaps the most important thing about this study pathway is the high support offered during your studies and afterwards to help you set up and run your own practice. You won't need to spend money setting up a studio or permanent office and all the resources you will need are provided for you.

Instead of costing you around \$3,000 and 200 contact hours, you can become an internationally accredited practitioner (able to register with the IICT and the IMTA) in just 6 hours a week for 12 weeks (that is 72 hours) from your own home, at times that fit in with your current lifestyle. It will also cost you under \$1,000 including a full year of support and guidance as you set up and become establishes in your very own holistic healing practice.

If you have been thinking about becoming a Yoga instructor and you would like to know more about this alternative career pathway, you could explore the Inner Voyage Holistic Therapist & Meditation Teacher Training College website to discover what the training courses involve and how we can assist you to get started on this exciting journey.

Namaste
Isabelle