

YOGA TEACHER TRAINING

A Guide to Choosing the Right
Teacher Training For You



BAREFOOT
BODY
TRAINING

WELCOME

Transitioning from yoga student to yoga teacher is exciting - you're feeling ready to go deeper into all aspects of yoga and want to share the positive experiences you've come to know and love through your own practice.

But choosing a teacher training course can be bewildering.

With courses from 2 weeks to 2 years; from local to long-haul; from big yoga brands to small niche providers, there are an overwhelming number of options to choose from. Not to mention the considerable amount of time and money you'll be investing.

So where do you start?

- Know what sort of teacher you want to be and who you think you might be teaching
- Know your scope of practice and identify where your skills gaps are
- Look for a well-rounded programme delivered by experienced teacher trainers then go through a matching process to make sure you get the skills you need to get started
- Follow the advice in this guide and use the checklist at the end to help you make a shortlist
- Teacher trainings should be transformational so don't settle and keep asking questions until you've found your perfect match

We're here to guide you through your journey to becoming the yoga teacher you want to become, regardless of whether you choose to train with Barefoot Body or not.


All the very best,

Beverley

Founder & Course Director

LOOK AT YOUR CURRENT PRACTICE FOR CLUES

Where did your yoga teacher train? Do you have a preferred style of practice?



If you attend classes with a teacher who inspires you, ask them where they trained and with whom. Their inspiration is likely to be yours too.

If you go to different classes or use online classes, then there might be a particular style of practice you prefer. For example, if Vinyasa Flow is your favourite then you may want to choose a training that is fully structured and focused on understanding how the body moves through complex sequences and how to make this style accessible to beginning students.

Maybe you practice and enjoy a range of styles, then a general 200 hour teacher training is likely to suit you best. These courses introduce the fundamental principles that can be applied, adapted and modified to any style you choose to teach. If, once you've graduated, you decide that you'd like to specialise in a specific style of practice, there are plenty of opportunities with dedicated training courses.

*Our approach is to teach the fundamentals of anatomy and movement to
apply to your own preferred style of practice.*

CONSIDER COURSE FORMAT

Will a longer course or a short intensive training suit your lifestyle?



Format and timing are a major consideration when you're weighing up your options. Ask yourself how you'll fit the training into your everyday life and which course will allow you to do this most effectively?

Most accredited trainings require around 200 hours of contact time plus homework assignments. However, training providers cover the content in various formats and over different periods of time. **Some courses will run over weekends for 12 to 18 months while others ("intensives") are more concentrated and typically completed from 1 to 3 months.**

Longer courses with trainings that take place on weekends allow you to integrate your training more easily into your life, enabling you to balance your everyday commitments more effectively. Having access to your tutors and mentors over a longer period of time can also be beneficial when it comes to building confidence and answering the questions and concerns that arise throughout your journey to becoming a yoga teacher.

While short courses are a quicker option for teacher training, remember that these courses aren't called "intensives" for nothing! They will be delivering the same amount of content as a course that lasts a year.

You can complete your 200 hour training with Barefoot Body in under a year with sessions every weekend between September and July

CONSIDER THE FINANCIAL OPTIONS ON OFFER

What are your payment options? Are you eligible for bursary support?

A yoga teacher training course is a big investment. Before you commit, it's important to consider your budget and how you normally manage your income and expenses.

There are sometimes savings to be made by paying full course fees up front, so look out for “early bird” discounts for early registration. It could be more helpful, however, to spread the costs after an initial deposit and then set up a monthly standing order.


You might also be eligible for bursary support or even full scholarship, particularly if you are on a low income or identify/work with communities underrepresented in yoga teaching.

It's also worth considering other related expenses including travel and accommodation, childcare perhaps, and there might be additional course costs like books and student teacher insurance.

As part of our commitment to accessibility, we offer several bursaries per course as well as flexible payment plans to minimise financial barriers

LOOK PAST THE BULLET POINTS

Are you looking for an accredited course? What are your interests when it comes to syllabus?



Choosing an “accredited” course means you are likely to have recourse if the training provider falls short of their delivery as their syllabus will have been scrutinised. This does not, however, necessarily mean a course is better than a non-accredited course.

Accreditation may be with one of the following organisations: **Yoga Alliance (international), Independent Yoga Network (UK), Yoga Alliance Professionals (UK), British Wheel of Yoga (UK).**

Once you've started shortlisting your options based on course format, style, timing and budget, it's time to delve into course content and delivery.

Request the syllabus descriptions from the training providers and look out for any differentiators in their approach.

Drill down into a syllabus and find out what exactly is going to be covered, how it will be delivered, and how it will be assessed.

Accredited courses feature similar core content but will allocate remaining hours at their discretion. As you investigate further, you'll notice that courses differ in their approach to teaching anatomy or philosophy, may be more focused on ethics or or might devote more time to teaching practice.

We are registered and accredited with Yoga Alliance international that places high value on ethics and trauma-awareness, which is woven through the course.

ASK QUESTIONS

Is there a 'Taster' you can attend? What do graduates say? Is there ongoing mentor support after graduation?



After reviewing the syllabus, you probably have specific unanswered questions, so **get in touch with the school to arrange a phone call, Skype or Zoom with the Course Director.**

Don't be afraid to ask as many questions as you like about the school's pedagogic model, its intended teaching aims, learning outcomes, content or assessment criteria.

If they have a Taster Session where you can meet Tutors and check out the venue, book onto that. Alternatively, sign up to one of the Tutor's yoga classes to get a flavour for their teaching style and experience.

It might also be helpful to **speak to graduates of their programme** to get an insider insight into the course.

Of course, development doesn't simply cease after you complete the course. Graduating from a training is a huge achievement representing a big transformation from enthusiastic student to competent and creative teacher, but what happens next?

Ask about ongoing mentoring support as you begin your teaching career and peer support networks. You might also want to know if there is a further training path with specialist short courses, for example, that suit your own interests.

As part of our 200 hour training course, you'll have access to your mentor for a year after you graduate

CONSULT YOUR BODY

How does the decision to choose one provider over another feel somatically in the body?



After all the tick-boxing and research, your decision has to FEEL right to you. It's a big investment of your time, energy and finances so, somatically, you need to feel a "YES" in your body as you make your choice.

Of course, there is trepidation beginning a new endeavour, but if the "YES" is in your body you have a great springboard into your future.

Take a quiet moment and try the somatic-based decision making exercise on the following page).



SOMATIC-BASED DECISION MAKING EXERCISE

Before you start, take a quiet moment when you won't be disturbed. Take a few deep breaths to settle the body and mind then gently close the eyes, if that feels comfortable.

1. Explore what "YES" feels like in the body

Bring to mind a time when you felt a very clear "YES". Perhaps it was the last time you felt particularly enthusiastic or excited about something, or a moment that just felt 'right'.

As you conjure up the memory, notice the sensations in your body. A "YES" feeling is typically expansive, light, and creates a sense of upward or forward moving energy in the body. You might even experience a tingly, excited sensation like butterflies in your abdomen.

2. Contrast a "YES" feeling with an experience of "NO"

If you're not used to checking in with your body and you're someone that mostly relies on your head to evaluate, it might be helpful to contrast your "YES" experience by conjuring up the sensations of a "NO" memory.

This will definitely feel different, maybe more tense or contracted, perhaps heavier with a downward or retreating energy, a sense of holding fast to your ground. You may even sense an inward shift towards the back of your body.

3. Ask your body whether your decision feels more "YES" or "NO"

Let go of those memories gently. Now bring to mind one of the teacher training courses or providers you're considering. Imagine what it would feel like to say 'yes'. Tune in to the sensations in your body. Are these sensations more reflective of a "YES" or a "NO" experience?

If your body is physically reflecting your "YES", then you might say that your body is in harmony with your mind, that there is a cellular agreement with your mental process. If in imagining saying 'yes' your body sensations are reflecting your "NO", then it might be wise to think again, maybe to check for any information gaps or reassess your timing.

CHECKLIST

- Ask where your yoga teacher trained and consider following in their footsteps (if applicable)
- Decide whether to train in a specific style of practice
- Decide on the timeframe in which you'd prefer to complete your teacher training (a longer course or a short intensive)
- Look for early bird discounts
- Find out about options for payment plans if necessary
- Confirm whether you're eligible for a bursary or scholarship (if applicable)
- Check that the provider has credentials with a reputable organisation if you're set on an accredited course
- Make a shortlist of training providers that suit your budget, timing and format preferences
- Request course syllabuses and look for differentiators in content
- Speak to the Course Director
- Connect with graduates
- Attend a Taster Session or a class with one of the course Tutors
- Ask about ongoing mentor support past graduation
- Check in with your body and see how your decision feels somatically



BAREFOOT BODY TRAINING

Barefoot Body offers an embodied approach to yoga education with fully accredited trainings, courses and events for yoga teachers who want to make an impact beyond the mat.

We actively support and encourage teachers bringing yoga into non-traditional settings and less-represented communities.

WHAT MAKES US DIFFERENT?

- ✓ Exceptional tutors, mentors and guests
- ✓ Small group trainings
- ✓ A creative syllabus rooted in ethics and inspired by inclusivity
- ✓ Unique support in developing your own yoga outreach project
- ✓ Ongoing mentor support post graduation
- ✓ Bursaries and payment plans available

[VIEW OUR 200 HOUR TEACHER TRAINING](#)