

## **SATYA EMBODIED 200 HOUR YOGA TEACHER TRAINING**

### **Frequently Asked Questions**

1. **Do I need to have an advanced yoga practice to participate in teacher training?** Not at all! When I began my initial 200 Hour Training, I had a beginner-to-intermediate practice, knowing little about healthy alignment and NOTHING about yoga philosophy! I couldn't stand on my hands or go upside down, in fact I was so limited in mobility that sitting tall, forward folds, even child's pose was a challenge for my body. This training will be vigorous, but also offers the opportunity to radically deepen your personal practice and your knowledge of how to share it!
2. **I just want to deepen my practice. Am I allowed to take the course if I don't intend to teach?** Absolutely! When I began my training, I had ZERO intention to teach! But I am going to train you as though you DO intend to teach, and ask that you engage with our course in this way. By doing this, just in case you find yourself inspired, more talented than you may expect, and embarking on an unexpected path through our journey together, you'll be prepared.
3. **Will my training be certified by The Yoga Alliance?** Yes, our training offers certification through the Yoga Alliance, and our graduates are approved for registration upon completion of the course.
4. **I have special dietary needs – can they be met during training?** The kitchen staff at all of our locations will be able to accommodate gluten, dairy, and other sensitivities as specified, as well as provide vegetarian options for our trainees. Please let us know your dietary needs upon registration so that we can prepare the staff for what to expect. We will do our best to take care of you.
5. **What about my injury or physical limitations?** As a yoga instructor of nearly a decade, it is very rare that I encounter a student who doesn't have some physical limitation, injury, or chronic condition of natural structure or as a result of trauma that the body has endured. I pride myself in wholeheartedly believing that the healing and energetic benefits of yoga are for EVERYONE. I am committed to teaching in a way that demonstrates that belief, and am dedicated to each student finding the alignment modifications that can accommodate their needs, and leaving this course well trained enough to assist others in doing the same.

Every condition is different, however, and at the end of the day, you are the best judge for whether your body is up to a strenuous and physically demanding training in a rugged natural environment. We are physically and mentally active for 12 hour days, may encounter extreme weather conditions, and have a primitive at best access to western-standards health care during our training. You will be honored in taking breaks, practicing modifications, and taking it easy when needed, but will be expected to participate as much as possible in order to receive your certificate.

6. **How large will the class be?** We believe value is highest in an intimate group , and will therefore set a strict limit of no more than 18 students in this training.
7. **What airports do I need to fly into? What do I need to pack, read, or plan to prepare?** The first step in this process is to register, followed immediately by ensuring that you have or apply for/renew your passport, ideally valid for at least 6 months AFTER your training completes. After registration, we will email you specific details about flights into the local airport, ground transportation scheduling, packing lists, and more!
8. **Are there refunds for the training if it turns out I can't attend?**  
As the \$500 deposit goes directly to your resort booking, it is not refundable.

Any payments beyond the \$500 deposit made prior to the 90 days before your training are refundable, minus any losses incurred by Aurora Satya LLC for payments made toward your attendance.

Ninety days prior to training, all payments are rendered non-refundable, but balances beyond expenses can be put toward another program or training through [AuroraSatya.com](http://AuroraSatya.com) for one year.