



"The Seven Things You Must Know Before Enrolling in a Yoga Teacher Training Program"

This report was designed as a guide for students aspiring to be Yoga teachers and for uncertified practicing teachers, who now pursue certification.

It outlines some of the most common pitfalls and traps in the field of Yoga Teacher education. It is based on the experiences of hundreds of Yoga teachers in the field.

Point #1: How can Aura Wellness Center offer a guarantee with respect to Yoga Teacher Training?

Reason:

Aura backs its service and products 100%. We guarantee that you will receive the necessary training materials to assist you in your pursuit of becoming a professional Yoga teacher. Our Customer Service is second to none - it is our priority to you, the customer.

Once an intern receives the study material, there will undoubtedly be questions, concerns, or need for further assistance, via email, telephone, or workshops, from the intern who has purchased one of our courses. Aura guarantees that you will receive assistance from the point of sale and even after graduation.

Point #2: Is the course at least 200 hours?

Reason:

Yes, the reason is that 200 hours has become the Level 1 minimum international Yoga teacher training standard. For those individuals, who desire to take a "weekend certification" course, in order to open the door to Yoga teaching as quickly as possible, there is a dilemma.

Many of these certified teachers have come to us later to be educated, and re-certified, because they, themselves, did not learn about contraindications, modifications, working with special populations (senior citizens, prenatal, children, handicapped, etc.) or Yoga Methodology. Unfortunately, they were taught Yoga as an exercise program, and nothing beyond this.

There are also courses, on the market, which require 100 hours of training, or less! These courses only offer a "taste" of Yoga. I would like to re-emphasize the word, "minimum," when it comes to requirements; 200 study hours has been that generally agreed minimum international standard.

Point #3: Is the course syllabus complete?

- ***Asanas***
- ***Modifications and Contraindications***
- ***Yoga Philosophy and Methodology***
- ***Anatomy***
- ***Physiology***
- ***Kinesiology***
- ***Assisting with Alignment***
- ***Working with Special Populations***
- ***Teaching Tips***
- ***Yoga Teacher Ethics***
- ***Chakras***
- ***Bandhas***
- ***Mudras***
- ***Yamas and Niyamas***
- ***Pranayama***
- ***Meditation***
- ***Relaxation***
- ***Yoga Business Development***
- ***Communication, Marketing, and Networking***

If your course does not come close, you will not feel comfortable in a situation, where a student has asked a question you do not have the answer to. You may, in the process, inadvertently injure your students due to what you do not know.

Point #4: Will you learn to care for your students so they can avoid injuries and work around injuries they may already have?

Reason: Student safety is Priority #1. If you injure your students, they will not be back and you may be opening yourself up for a liability lawsuit. Teaching Yoga is not a "show or exhibit." Teaching is about care and concern for your students and passing on your knowledge to them. Many "gifted" student practitioners, who are able to manipulate their bodies due to elongated joint capsules ("double jointed"), believe that everyone in the class is the same. Unfortunately, this type of thinking will push your students to the threshold of injury.

Point #5: Are you being charged extra for study materials, meals, lodging, phone calls, etc.?

Reason: Factor all the costs, including the lost wages due to time away from work, and any transportation costs. When you consider all the money you are spending, it may more than double your base tuition cost.

Point #6: Does the certifying body specialize in Yoga?

Reason: Be aware of "Diploma Houses." Be certain that the program you study will leave you completely prepared to teach Yoga in a variety of settings and many different situations.

Point #7: How can I establish a fair market value on Yoga home-study courses?

Reason: When making your choice, look at how much knowledge you will gain and at what expense.

Example: A 60 hour course is actually worth less than one third of a 200 hour course. If you are teaching with less than 100 hours of training, you are gambling, with the well being of your students, on a daily basis.

Summary of our Yoga Teacher Certification programs:

With our internationally - recognized Yoga Teacher Certification programs, you get a Risk Free 30 day trial guarantee. If we fall short for any reason, you receive a full refund on your Camp-in-a-Box study materials, with no hassle. Our price is a bargain, even if it didn't have bonuses valued at \$221.95.

The quality of the courses, and their materials, speak for themselves. The Camp-in-a-Box program has taught many certified Yoga teachers knowledge they had not previously learned. You can judge our courses, service, and syllabus for yourself. You have nothing to lose.

You now have the ability to train, and receive, complete Yoga Teacher certification in the convenience of your own home and during your free time. There is no need to travel or spend the extra time preparing for a visit.

You are not required to be at any onsite training. These are user-friendly correspondence courses, and you have the added option to train with us, if you would like to visit Aura Wellness Center in Attleboro, Massachusetts, USA. We will coordinate dates, if you have a class of particular interest.

You also have the option to assist teachers in live classes, while you are visiting. We will give you the itinerary for that week or weekend.

The Original Yoga Teacher Training Camp-in-a-Box (GOLD)

Certification makes your goal of teaching Yoga a reality!

*** This page explains the details, syllabus, and benefits of our most popular course, based off of Aura Wellness Center's On-site Yoga Teacher Training with Dr. Paul Jerard, E-RYT 500.**

Your correspondence course consists of three parts:

1. Written Exam, based on two teacher texts.
2. Written Essay on Yoga, and its relation to health, or any health topic.
3. Practical Exam: A video of you teaching a Yoga class.

You have one year to complete your assignments. The average intern takes 3 months to complete the course. Experienced Yoga practitioners will complete their assignments in less time.

* You may file for an extension, if needed.

Upon completion of this course, you will receive a diploma as a certified Yoga teacher (CYT) and a letter of recommendation. *Your diploma is the same as our onsite certificate and does not state "home study, distance learning, or correspondence course" on it.* Your diploma will state that you surpassed the international standards for teacher training hours (250 Hours - Level 1).

Your Original Yoga Teacher Training Camp-in-a-Box (GOLD) consists of three teacher texts, two instructional videos for your lesson plan, written test, teacher training guide, Chakra Balancing kit, Yoga Business Secrets DVD, easy to read step-by-step instructions, and **\$221.95 worth of bonuses!**

You have a full year to complete the course, and technical assistance is only an Email or phone call away. You have the option to take any part of the course with us, or correspond with us, at any time.

Support Community of other Yoga Teachers

[Aura Wellness Center's Yoga Community](#) has a variety of useful resources, before, during, and after your training.

Included in this community are online forums for interns, teachers, and serious Yoga practitioners worldwide. Feel free to visit: <http://www.yoga-teacher-training.org/forum/>. There, you can actively participate in discussions about any Yoga topic and ask questions that will be seen by a very large group (Approximately 20,000 Members) of Yoga teachers.

Technical Study & Training

Written Exam is based upon the study of two teacher's texts and a 50 question test. You can Email it in a Word document or send it by regular mail.

The Practical Exam is a video of you teaching Yoga for at least 45 minutes. It should contain asanas, pranayama, modifications, assisting a partner on alignment, cueing skills, background music and meditation or a relaxation sequence. (By mail, you can send it as a DVD or Blu-Ray. Digitally: any format supported by QuickTime or Windows Media Player via the web)

Your Essay on Yoga and its relation to any health topic, or an overview of Yoga and its relationship to health. Your essay only has to be three pages.

Your Yoga Camp-in-a-Box (GOLD) Syllabus

- Anatomy, Physiology, and Kinesiology
- Asanas
- Modifications
- Yoga philosophy and methodology
- Assisting with alignment
- Working with special populations
- Teaching Tips and Ethics
- Yoga Business Development
- Communication, Marketing and Networking
- Chakras
- Bandhas
- Mudras
- Yamas and Niyamas
- Pranayama
- Meditation and Relaxation
- Sanskrit

You can also attend any of the following onsite Yoga Teacher Workshops and Exams

(Call ahead for times, dates, and pricing)

1. Written Test Preparation
2. Anatomy and Kinesiology
3. PreNatal Yoga
4. Chair Yoga
5. Yoga for Seniors
6. Yoga for Kids
7. Modifications & Props
8. Yoga Marketing 101
9. Assisting & Alignments
10. Teacher Ethics
11. Pilates Connection to Yoga
12. Practical Exam Prep
13. Practical Exam

Aura Wellness Center's Level I Certification Curriculum includes:

250 HOURS OF TOTAL STUDY

- 130 hours of Yoga Techniques
- 20 hours of methodology
- 20 hours of Anatomy and Kinesiology
- 20 hours of Independent Research
- 20 hours of Yoga Philosophy
- 30 hours of Electives
- 10 hours of Sanskrit

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www.aurawellnesscenter.com | www.yoga-teacher-training.org

Upon completion of this program, you will be able to teach in a variety of settings. You will be familiar with asanas, meditation, stage-by-stage relaxation, and pranayama techniques. You will begin to connect with your inner teacher inside, and find your own teaching voice, giving you the confidence to help others improve the quality of their life through Yoga practice.

Aura Wellness Center's On-line Store has a variety of Yoga Teacher Training Programs, developed by Dr. Paul Jerard, E-RYT 500. [Click here to see all of them.](#)

Certified Yoga Teacher Training Course FAQ'S

Q: Can I make monthly payments on your courses?

A: Yes, most of Aura's courses have a monthly payment option. Please call Customer Service at 1-508-222-0092 and an Aura Representative will design a payment option that suits your needs.

Q: Do I have to be an experienced Yoga practitioner?

A: No, but intermediate and expert students will make faster progress.

Q: Will I be able to take this course if I don't live in the U.S.?

A: Yes, we have interns and graduates from all over the world. However, it is best if you have a good understanding of the English language, as all of the texts and videos are in English.

Q: How can I practice alone?

A: You don't have to; you can practice with a local Yoga teacher, with the videos in your kit, with additional videos, or visit us for an intensive.

Q: How long will it take me to complete The Original Yoga Teacher Camp-in-a-Box (GOLD) course?

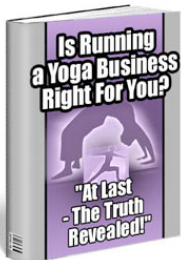
A: You have one year to complete the course. Experienced students of Yoga have completed this course in three months or less. Call or Email for an extension if you are going to run over the one year deadline.

Q: When do the practical exams and Yoga Teacher Training workshops take place at Aura Wellness Center?

A: Practical exams take place every Spring and Fall. Yoga Teacher Training workshops are available throughout the year on Friday evenings and Saturdays. Call ahead, to set a date. Mentoring and Private Intensives are also available.

Q: How do I get started?

A: Please visit the [Aura Wellness Center On-line Store](#). There are a large variety of courses to choose from. If you have any questions, please email us or call 1-508-222-0092.



Your time is very valuable and we want to make sure your questions are answered as soon as possible. If you need more information, please contact Customer Service at: info@aurawellnesscenter.com.

If you are looking for additional information to help you make an informed decision, our information packed eBook -

"Is Running A Yoga Business Right For You" will help you answer those questions. If you are interested, please visit:

<http://www.aurawellnesscenter.com/store/Is-Running-a-Yoga-Business-Right-For-You.html>