

SOUL SCHOOL AT HOME

2020-2021 TEACHER TRAINING FAQS

How proficient in yoga do I have to be to participate in the program?

We strongly recommend that applicants have at least one year of consistent asana practice. If you are newer to yoga, this would not necessarily disqualify you from being accepted into the program. However, if you have a regular yoga practice and are looking for a deeper understanding of the practice and history of yoga, its postures, alignment, the ability to create and convey a comprehensive, safe sequence to others, and capacity to teach in a soulful and imaginative way – this program will be a good fit.

Is a payment plan available for tuition?

Yes. Upon acceptance, we require a \$500 non-refundable deposit. One week prior to Soul School beginning (Sept, 18, 2020), you will receive a link with your option to pay:

1. A one time balance payoff of \$2000;
2. A 4-month payment plan at \$500/month;
3. A 6-month payment plan at \$333.33/month.

If you are on a payment plan, there will be no refunds or cancellation of future payments if for some reason you choose not to complete Soul School with the group.

Do you offer scholarships or work-exchange programs?

We offer scholarships dedicated for Black, Indigenous, and People of Color as one small way we seek to contribute to the fight against systemic racism, and the hope to widen yoga's diversity and representation. We have offered these scholarships for the last 4 years. Our hope is to support the training of more yoga teachers of color who feel inspired to share the many gifts and benefits of yoga with the community. This scholarship covers 70% discount of tuition (\$1750) with the option of a monthly payment plan to pay the remaining balance.

Please indicate on the application if you would like to be considered for a BIPOC scholarship, as we have a limited number of them available.

If you are interested in making a donation to support our BIPOC scholarship fund, we welcome your support. Please email soulschool@wildlotusyoga.com.

Unfortunately, for the At Home version of Soul School, we do not offer a work-exchange program like we have in the in the past for our in-person studio program. If you have a financial situation

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preventing you from joining Soul School and you do not qualify for the diversity scholarship, please reach out to us and we are happy to discuss and see if there is a solution we can come up with for you.

Are books and materials included in the price of the training? Are there other costs?

Students who are accepted into the training will receive a reading/listening/media list. The online Soul School teacher manual is included. The music and films can be streamed. Books are not included. Some ways of lowering costs include purchasing used books or getting books from your local library.

When will my unlimited yoga classes begin?

As part of your tuition, you are eligible for unlimited yoga classes online both with Wild Lotus Yoga Studio and The Yoga Teacher's Lab's Yoga in the House. Your unlimited classes will begin after we have officially accepted you into the program. You will be able to start taking online classes then and we encourage you to do so to become more familiar with Sean and Mitchel's teaching.

How much time should I expect to spend on homework?

Prepare for Soul School to be a big part of your day-to-day life during the course of the training. Homework will be between 6 to 10 hours per week, which may include reading, written assignments, meetings with buddies, and class observations. The homework is designed to support the material covered in class and help you integrate what is presented into your own practice and teaching. At the end of the program you will be given a take-home, open book final project to help you integrate and crystallize the content of the training. You'll have a month to finish. If you wish to receive your Certificate of Completion for the course, you must complete all homework assignments.

Absentee Policy

To get the most out of your Teacher Training Program, it is important that you participate in 100% of the training. Yet with that said, the great thing about an At Home and Online training is all the materials are recorded, including the Zoom meetings. So if you miss something, you have access to the recordings online to make it up. It is necessary to complete all the online materials to graduate the program, and we are able to track your progress on teachable.com. If you have to miss a Zoom meeting, please let us know ahead of time. If you miss more than 4 Zoom meetings, we will check in to see if everything is okay and if there is something that isn't working for you, as we want to support your success and graduation from

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Soul School.

What is Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios and fitness clubs across the country are requiring their teachers to be registered with Yoga Alliance, either at the 200 or 500 hour level. Yoga Alliance registration, however, is not a legal requirement for teaching yoga. Currently, there are no legal certification requirements to be a yoga teacher.

Will I be qualified to teach yoga once I complete the 200-Hour Teacher Training Program?

Our goal in Soul School is to give you the tools you need to independently teach your own yoga classes. With the successful completion of all the requirements of the program, homework and final project, you will receive your Certificate of Completion evidencing your training at the 200-hour level through The Yoga Teacher's Lab Soul School location. You may also register with the Yoga Alliance (www.yogalliance.org) at the RYT-200 level. After completing Soul School, you will find the practice of teaching independently on a regular basis to be a great learning opportunity and another phase of your growth as a budding yoga teacher. In the past, at the completion of Soul School, some of our graduates have been invited to apprentice at Wild Lotus and participate in a process of becoming a teacher at the studio – please know this is not guaranteed.

When will applications be available, and when are they due?

Applications are available now, through [this link](#). We take applications on a first come first serve basis and read them as they come in. You will be notified within seven days after submitting the application, and confirmed applicants will be given a link to register for Soul School. We highly recommend not delaying the application process as we anticipate the program filling to capacity.

Are there refunds if I can't finish the program?

There are no refunds once the program has started. If there is a medical reason or other complication that makes it too difficult for you to complete Soul School with your group, then we will offer you the option of doing the training at another time. All the materials will also still be available to you online, so you can still participate at your own pace.