

# 10 ESSENTIALS TO LOOK FOR WHEN CHOOSING A YOGA TEACHER TRAINING



Choosing the right Yoga Teacher Training (YTT) program is a deeply personal decision. With so many options available, it's important to know what truly matters. Here are the 10 essentials to look for when selecting a training that aligns with your goals, values, and vision.

## **1. What Level of Yoga Teacher Training Is Right for You?**

If you're new to teaching yoga, a 200-Hour Teacher Training is the place to begin. Upon completion, you'll earn the designation RYT-200 (Registered Yoga Teacher). This foundational course gives you the skills, knowledge, and confidence to teach.

If you decide to continue your journey, you can enroll in a 300-hour program, which builds on your 200-hour training. Completing both earns you the advanced designation of RYT-500.

## **2. Is the School Registered with Yoga Alliance?**

Yoga Alliance is the primary accrediting body for yoga teacher training programs. Verify that the program is offered through a Registered Yoga School (RYS) at [yogaalliance.org](https://yogaalliance.org). Be cautious of programs with extremely low tuition or fully online-only formats—they are often not accredited and can limit your future teaching opportunities.

**3. Is the Course Taught In-Person with Hands-On Instruction?** To become a confident and competent yoga teacher, in-person learning is essential. Hands-on adjustments, real-time feedback, and the experience of teaching live students are things you simply cannot replicate through a screen. Don't be sucked into a great price with an online program. It's likely you will realize you don't have the foundation you need, and will want to enroll with an in-person program before you feel confident to teach.

**4. Does the Program Encourage Creative Teaching?** Some teacher trainings are based on a very specific style that teaches a fixed series of poses taught in specific order. While structured, this can be limiting to your yoga career. Look for a program that allows you to develop your own unique style and sequences, encouraging the creativity and adaptability that quality yoga studios love.

**5. Does The Course Cover All 8 Limbs of Yoga?** Yoga is a lot more than just physical postures. A comprehensive program will teach a strong foundation in all of the 8 limbs of yoga, including breathwork (pranayama), meditation (dhyana), ethical living (yamas and niyamas), and more—supporting a deeper personal and spiritual journey.

**6. Is The Teaching Faculty Educated, Experienced, and Diverse?** A strong teacher training program is led by a team of three or more experienced instructors from diverse backgrounds, each bringing their own unique perspective and teaching style. This variety gives students the opportunity to learn from multiple voices, explore different approaches to yoga, and develop a well-rounded foundation. The knowledge and guidance of a diverse teaching team deeply enriches your experience and helps you grow into a confident teacher with your own authentic voice.

**7. Is the Curriculum a Well-Rounded Balance of Science & Spirituality?** The Curriculum of a well-rounded teacher training program is a thoughtful balance of science and spirituality. It offers in-depth study in key areas such as yoga methodology, history and philosophy, anatomy and physiology, as well as teaching techniques and practicum. This holistic approach ensures that you graduate not only as a strong practitioner, but also as a knowledgeable, confident, and skillful teacher prepared to guide others with both wisdom and integrity.

## **8. Do They Offer Any Advanced Training**

**Topics?** Specialty topics not only add immense value, but also better equip you to teach a variety of populations that at some point you will see in your yoga class. These may include:

- Prenatal Yoga
- Children's Yoga & Teens
- Ayurveda & Chakras
- Business & Marketing for Yoga Teachers

**Does the program offer a teaching internship to help you gain experience and build your resume?** These features are invaluable.

**9. Is the Price Reasonable?** A quality 200-hour YTT typically costs between \$2,200 and \$4,500. While cost matters, don't choose solely based on price. Consider the value, experience, and resources you'll receive in return. Some programs offer payment plans which can be a real help. Also remember that if the training is the beginning of a new business venture, it is likely that the tuition is deductible on your taxes.

## **10. Does the Schedule Fit In With Your Life?**

Can you balance the training schedule with work and family life? Look for a schedule that fits your lifestyle—such as weekend only sessions—and allows time between sessions to absorb material and grow your personal practice.

**Final Thought:** Yoga Teacher Training is a transformational journey. Choosing the right program sets the stage for your evolution—not only as a teacher, but as a human being. Use these 10 essentials as your guide, and you'll find a training that supports your highest path.

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