

The Lotus Pond 300hr Advanced Teacher Training Program Frequently Asked Questions

When do I register for the 300hr YTT Program?

Once you receive your 200hr YTT Certification, you can sign up for the 300hr YTT Program.

What are the criteria to complete the 300hr YTT Certification & Yoga Alliance registration?

- 270 contact hours of training. Hours include 6 Required Sessions plus your choice of accredited elective workshops that support your personal teaching path.
- 30 non-contract hours (Yoga Alliance guidelines for non-contact hours can be found at <https://www.yogaalliance.org>.)
- 100 hours of logged teaching hours since your 200hr certification

What are the Required Sessions for the 300hr YTT (Schedule for 2018)

The 6 Required Sessions are offered yearly. The 2018 required session schedule is listed below:

- **Val Spies & Nancy MacDonald – Meditation Unveiled**, March 9-11, 2018 (18 credit hours) Pratyahara, Dharana, Mindfulness, Guiding Yoga Nidra, Dharma talks
- **Karin Stephan – Teaching Advanced Asana**, March 23-25, 2018 (15 credit hours) Assessing Students' Abilities and Teaching Multi-Level Classes
- **Larissa Carlson – Ayurveda and the Subtle Body**, May 25-27, 2018 (15 credit hours) Ayurvedic terms and concepts, doshas, gunas, and teaching dosha-pacifying classes
- **Jay Miller/Nancy MacDonald – Anatomy of Yoga**, July 27-29, 2018 (15 credit hours) Anatomy of the body relating to yoga postures for a variety of student body-types
- **Val Spies & Nancy MacDonald – Grow Your Yoga Business**, August 10-12, 2018 (20 credit hours) Specialty classes including Corporate/Chair yoga, Classes addressing Back Pain, Private Sessions, Leading Workshops, Marketing and the Business of Yoga.
- **Larissa Carlson – Advanced Pranayama**, September 14-18, 2018 (25.5 credit hours) Bandhas, Vayus & the Subtle Body.

What are Accredited Elective Sessions and Workshops?

In addition to the required workshops, you will need logged hours at accredited elective sessions and workshops to accrue the required 270 hours. Accredited elective sessions and workshops are offered on a continuous basis all throughout the year. Please see the Workshops page on The Lotus Pond website and click on Teacher Training Workshops to view the topic and dates for accredited elective workshops and programs provided throughout the year. See www.lotuspondyoga.com.

How long does it take to complete the 300hr YTT?

Training is completed at your own pace. The time span ranges between 1 and 4 years. The required sessions are repeated every year for your convenience.

What is the difference between contact hours and non-contract hours?

Contact Hours are hours of learning that occur with the experienced, registered yoga teachers from your school/program. Non-Contact Hours are self-study hours of learning that occur without your school/ program's teachers, such as Reading, Internet resources, or Webinars on yoga-related topics. Guidelines for non-contact hours can be found at <https://www.yogaalliance.org>.

How do I document my teaching hours?

You document your hours through Yoga Alliance at <https://www.yogaalliance.org>. Hours are reported with the honor system.

What are the Fees for the 300hr YTT?

There is an initial registration fee of \$50 and a \$35 completion fee paid upon graduation from the 300hr Program. 300hr YTT workshops and programs are provided throughout the year on a pay as you go basis.

Do you offer payment plans?

No. The 300YTT program is a pay as you go program.

Do you offer discounts on training workshops?

Yes. 300hr YTT students receive a 10% discount on all class programs and training workshops.

- You will receive a promo code to apply a 10% discount when booking workshops online.
- The 10% discount is only offered at the time of booking and cannot be added after your purchase transaction is complete.

Do I qualify for an early bird discount on workshops?

Yes, but you will need to choose between the 10% discount noted above and the early bird discount.

How are my completed class hours tracked?

You may track your individual class hours on the 300hr YTT Program template provided on the 300YTT portal. Class hours are also tracked through your sign ins on the 300hr workshop rosters located on the reception counter at the time of your workshop. Please make sure you sign in on the 300hr workshop rosters so that your hours can be accurately tracked.

Is there credit for training completed outside of the Lotus Pond Center?

No. The Lotus Pond offers a curriculum that is predefined and comprehensive. Yoga Alliance requires that students complete their training in its entirety with one school. Therefore, all 270 required Contact Hours must be completed at the Lotus Pond Yoga Teacher Training (YTT) program or with Lotus Pond teachers that are registered with Yoga Alliance as Teacher Training (YTT) program faculty.

What about credit for classes taken at another studio?

Only if the class is taught by one of The Lotus Pond program's registered teachers. Credit for the required 270 contact hours must be from sessions provided by your school's Teacher Training (YTT) program faculty.

What is Yoga Alliance?

Yoga Alliance is the largest nonprofit association representing the yoga community with the mission to promote and support the integrity and diversity of the teaching of yoga. Yoga Alliance conducts credentialing and developmental activities for teacher and school registries. Registered Yoga School Standards require that each Yoga Teacher Training (YTT) program/school have an approved curriculum that meets Yoga Alliance Registry Standards. Visit <https://www.yogaalliance.org> for more information.

How many students are in a training class?

Training classes will have anywhere from 15 to 35 students. Many of the programs fill up in advance, so don't wait too long to enroll.

What if English is my second language?

The Lotus Pond has graduated students with nationalities from many parts of the world. The experienced teaching staff understand that teaching a yoga class and referring to movements of the body in yoga can be a challenge for students with English as their second language. They are prepared to offer support and creative tools to help these students find comfort in teaching.

What if I have to leave the program midstream?

Criteria for the YTT 300 program curriculum are determined according to a yoga matrix as part of Yoga Alliance and may only be completed at one school. Any exception must be determined on a case-by-case basis through the Yoga Studio and Yoga Alliance.

What is the 300-hour YTT attendance and class make up policy?

100% attendance is required for all required sessions, including on-time arrival to classes. Required courses are offered yearly and elective classes are offered on a continuous basis with new additions throughout the year. If you miss a portion of a required session, you may complete what you missed the next time the session is offered.

What lineage does The Lotus Pond 300hr YTT Program follow?

The lineage of The Lotus Pond 300hr YTT Program is inspired by the teachings of B.K.S. Iyengar and the Kripalu method. However, the variety offered in the 300hr program invites teachings of various lineages into our session.

Is there any homework?

Some of the courses do require homework and your teacher will inform you in advance.

I am pregnant. Can I still apply?

As long as you have approval from your doctor, we welcome you to apply. You have up to 4 years to complete the 300hr YTT.

I am injured. Can I still apply?

Please email our Program coordinator at LotusPondTeacherTraining@gmail.com to discuss.

How is a 300hr certification helpful?

The 300hr certification is an additional credential as a yoga teacher. It holds more weight when pursuing specialty positions and teaching workshops.

Do I get a Yoga Alliance Certificate when I graduate?

You will receive your 300hr certificate from The Lotus Pond that qualifies you to register with Yoga Alliance as a 500RYT. This level of registration combines the completed 200 and 300hr trainings.

Are there rules associated with playlists played during our teaching?

Yes. You can purchase Pandora Pro or register with BMI Music Licensing or ASCAP Licensing if your playlists contain already purchased music.

Where can I secure liability Insurance?

Yoga Alliance provides information for liability Insurance on their website at <https://www.yogaalliance.org>