



ytt c●llective

Guide to Teacher Training

Namaste

and welcome to the next chapter of your life!

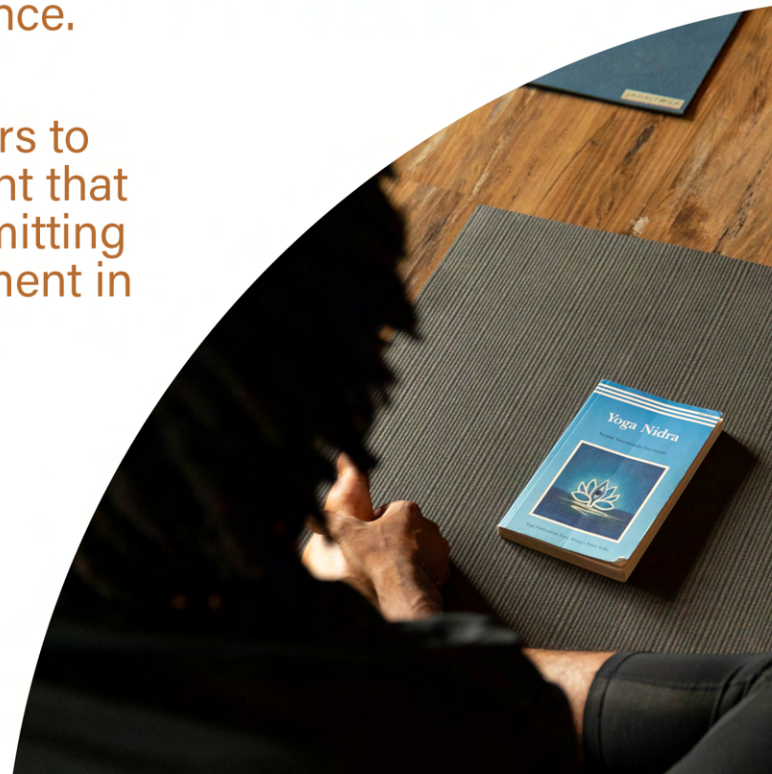
Yoga Teacher Training (YTT) is a 200 hour program that teaches the foundations of the practice of yoga.

There are many reasons that someone may want to join a YTT program. Here are some examples of who YTT is for:

- People who want to become yoga teachers
- People who don't want to become yoga teachers
- People who want to deepen their existing yoga practice
- People who want to learn more about themselves
- People who may want to open a yoga studio in the future
- People who want to train others to become a yoga teacher

Regardless of your reason, your knowledge will expand and your heart will grow. YTT is an amazing transformational experience.

In this guide, you'll find answers to common questions. It's important that you consider these before committing to a program, making an investment in both time and money.





Why Yoga Teacher Training?

If you are interested in teaching yoga, it's highly recommended that you graduate from a Yoga Alliance certified training. YTT Collective is Yoga Alliance certified. Yoga Alliance is an accrediting body that maintains standards for quality training programs for yoga teachers. Yoga studio owners set their own requirements for who they wish to hire, but having a Yoga Alliance certification is required by some of them. Upon completion of our program, you will have the necessary requirements to become a Registered Yoga Teacher (RYT) at the 200 hour level with Yoga Alliance. To claim this title, you will need to register with Yoga Alliance after you receive your diploma.

A 200 Hour Yoga Teacher Training is the basic requirement to become a yoga teacher. A 300 Hour Yoga Teacher Training is the next level of education and requires a 200 Hour YTT training as a prerequisite. Yoga Teachers can decide if they want to pursue this advanced training certification or not.

If you are interested in opening a yoga studio, a Yoga Alliance certification is recommended. Only Yoga Alliance certified teachers can teach Yoga Alliance certified YTT programs.

Why YTT Collective?

YTT Collective's 200 Hour Yoga Teacher Training program is truly an integration of mind, body, and soul. Our program will teach you the breakdowns and alignment of yoga poses, as well as breath work, meditation, philosophy, and so much more. With our program, you will develop an expanded wisdom of this ancient practice and of your own self.

Our program is unique in that we work with multiple yoga studios (our "Partnering Studios") in the North Atlanta/Alpharetta/Crabapple/Roswell areas. We combine our Partnering Studios' Yoga Teacher Training programs into one large program. Our in-person training sessions meet at different locations, so you can see the inner workings of multiple locations that offer yoga. Students in our program have access to unlimited yoga classes with Partnering Studios, so you can also experience a wide variety of yoga in multiple types of settings. Lastly, our faculty are yoga studio owners and gym owners that are well-established in North Atlanta, and provide a valuable resource to our students.

Our Lead Trainer and Founder, Kim Saunders, is a Licensed Professional Counselor and brings her ability to support the growth of others into this program. Kim has been a yoga practitioner for over 40 years and has earned the highest credentials in the yoga industry as an Experienced 500-hour Registered Yoga Teacher and an 800-hour Certified Yoga Therapist. She teaches as an International Fitness Instructor for FitBodies, Inc., and has trained over 100 yoga teachers to become Certified 200-hour yoga teachers. She is passionate about teaching the practical skills of movement, breath work, meditation, and mindfulness to help students become grounded, present, and happier, and then give these gifts to their students.

Common Concerns About YTT

I'm Afraid That I'm Not Advanced Enough

If you are committed to growing your personal yoga practice and you want to learn more about yoga, you are ready for Yoga Teacher Training. You don't need to be able to do a handstand.

The purpose of YTT is to learn, grow, and blossom into the best version of yourself, no matter where you are in your journey. This program is for you.

I'm Afraid That I'm Going To Pick The Wrong Yoga Studio

One huge advantage of choosing YTT Collective is that you'll be able to practice at any of our Partnering Studios for free during your training. You'll be able to sample a wide variety of classes, class types, and settings and find what works best for you. If you desire to teach, we hope this will help you be able to hone in on what you want to do after graduation, too!

I'm Afraid Of Failing As A Teacher

This is a common feeling! Let that sink in.

Every yoga teacher has had a fear of failing at some point. With our program, your confidence will grow and you'll have opportunities to practice teaching with your fellow students. It may be scary at first, but you'll refine and develop as you keep teaching. Everyone has to start somewhere!





Do I Have Time To Commit To Yoga Teacher Training?

Our 200 hour program requires 180 hours of training in the classroom and 20 hours outside of the classroom. You'll likely find that our structure is agreeable to your lifestyle: We meet on Friday evenings and weekends for around 10 weeks. The content covered each session varies: It could be focused on yoga poses, or a guest teacher may come and teach on their expertise (like power yoga, sequencing, etc.). Trainings also have required readings to do outside of class, but you'll find that they are something you'll look forward to!

Can I Make A Living As A Yoga Teacher?

If you wish to teach after graduation, it's natural to be concerned about finances. Like any career, you must put in effort. You'll need to do the work to grow your student base and elevate your teaching. Over time, you may want to offer retreats, events, private lessons, workshops, and online classes. There are so many ways to make money as a Yoga Teacher- The sky is the limit!

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After reading this guide, if you feel called to pursue a Yoga Teacher Training program, we hope you'll consider YTT Collective! YTT will change you! For more information on our Yoga Teacher Training program, dates, faculty, curriculum, and more, visit our website:

YTTCollective.com

