

FAQs

What style of Yoga do you teach?

At Sukha Mukha Yoga we teach Hatha Vinyasa Yoga and we incorporate much of the inspiration from the teachings of Jivamukti Yoga. However we also cover other styles (Yin, Restorative, Kundalini and more) and the backgrounds of Yoga as it is very important to understand the difference between them and the schools of thought from each style. We have students from different traditions and lineages who train with us and we encourage you to teach from a place that is true and authentic to you.

How do I enrol/apply for the course?

On the Teacher-Training page on the website please scroll down and complete the attached application form. Email this to idit@sukhamukhayoga.com.

If you have problems uploading please contact us and we will email you a Word version of the form.

We require a deposit to secure your place on the course. This can be transferred directly into our account or dropped into the Studio.

What Yoga experience is required?

Applications are assessed on an individual basis. While it is always preferable to have had some experience of Yoga and Yoga practice we look at each circumstance separately. Many people take a Yoga Teacher Training simply for personal development and so for these reasons we really try and give most individuals the chance to take the course. However, you will need to be committed and eager to learn and embark on a deeply transformational journey.

How big are the classes?

Our classes vary in size from year to year and from one course to the next. Everything possible is ensured so that you can get the most out of your course.

What is included in the price?

Both training programs cost **\$3700** or the early bird price of **\$3400** if you book before the close of the early bird date. Cost includes all training, books, exams and 40 class passes. If you **miss sessions** you may be required to make these up with a private lesson with the appropriate teacher at the cost of \$80 per hour. This is the only time you will be required to add money to the overall cost of the course.

There are always events, workshops and other courses that you can attend at Sukha Mukha Yoga should you wish to participate for the advertised price.

Do I have to pay in full to be eligible for the early bird price?

No, as long as you pay the deposit by the early bird date you are eligible for the early bird price.

Do you offer payment plans?

Yes. Once the deposit has been paid, we can tailor a payment plan that caters best to your individual needs. You can choose to pay larger amounts on a monthly basis or smaller amounts more frequently. We just ask that you keep paying as we progress with course and that the whole amount is paid 2 weeks prior to the end of the course.

What's the difference between the 3-month weekend intensive course & the 5-month weekly course?

Both programs contain the same training, courses and modules and are just offered in 2 different ways to suit and cater for the different needs and requirements of students.

What qualification will I gain?

On successfully completing the 200-hour Level 1 Teacher Training, you will be issued a Certificate of Yoga Teacher Training from Sukha Mukha Yoga. This is accredited by Yoga Alliance, the US based International Yoga Association at the 200-hour level. This means you will be able to get insurance and can start teaching straight away.

Is the course registered to any Yoga Associations?

Sukha Mukha Yoga is a Registered Yoga School (RYS) with Yoga Alliance; a US based international yoga association. Graduates can apply to Yoga Alliance for the appropriate 200-hour certification as a Registered Yoga Teacher, which is recognised in Australia and internationally.

What is the required course attendance? / Missing sessions

We can accommodate up to 2 days of missed classes from the Weekend Training and 3 days on the Weekly Training, DEPENDING on which days you need to miss. You must try and tell us prior to booking into the course so we can let you know if we can accommodate this. However, any missed sessions have to be made up and may result in having to do a private lesson with the appropriate teacher at a cost of \$80 per hour. You may split the cost with anyone else who has also missed the same session. Please note, this is the ONLY time you will be required add money to the overall cost of the course.

What assessments are involved in the Teacher Training?

Sukha Mukha Yoga Teacher Training courses are highly experiential. Student participation and competency is regularly assessed throughout the training with tests, practicals, discussions and teaching practice. Through this process, students will be well-versed in all aspects of the training. If a student is deemed not yet competent, help can usually be provided for further study or practice and reassessment within the timeframe of the course. Students are required to teach a complete yoga class, a private class, sit a theory exam as their final assessment, and to complete their 50-hours of class attendance. Half of which we expect to be at Sukha Mukha Yoga.

Can I complete my 50-hour class attendance at another Yoga studio?

Yes you can make up your hours at other Yoga Schools of your preference, as long as you get proof of attendance, a signed sheet of all classes attended by the teacher who taught the class. We do however, expect you to try and do at least half of your classes at Sukha Mukha Yoga so you get a real sense of the style of yoga you will be learning to teach. We do understand that many of you will be travelling a long distance and this is sometimes difficult – however all of the training sessions, weekend and weekly, are sandwiched by yoga classes, before and after and sometimes in the middle of the day – this gives you the opportunity to make those hours up while you are at the Studio.

Do we get insurance?

Upon achieving your Certificate of Training from Sukha Mukha Yoga, you then need to take your First Aid Course Certification at your own discretion. After both these are completed you are free to apply for your insurance (Yoga Teachers Professional

Indemnity and Public Liability Insurance). You may apply through an insurance provider (for example VERO, OAMPS & AON). Insurance is required by many Yoga Studios and venues in order to teach, and at Sukha Mukha Yoga this is non-negotiable.

Is there any on-going support or continued education at Sukha Mukha Yoga?

Continuing education is really valuable for additional learning, support and inspiration, and to keep you in contact with your teachers and peers. It's also a requirement of continuing membership of many yoga associations. We offer advanced workshops, specialist trainings, courses, teacher mentoring programmes, occasional retreats and much, much more for ongoing support after your training. All of these can count toward your continued learning and some towards your next level of Teacher Training if you are registered with Yoga Alliance/ Yoga Australia. See each individual programme for more information. We suggest that you subscribe to our Newsletter to keep abreast of current events, and we strongly encourage you to stay in contact with your fellow Sukha Mukha trainees. Our Sukha Mukha Facebook page is great for keeping up to date and in contact with others.

<http://www.facebook.com/pages/Sukha-Mukha-Yoga/108266155914779>