

Yoga Teacher Training Personal Vision Guidebook



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Congratulations on your decision to become a yoga teacher!

I can tell you from my over 20 years experience guiding people through the yoga teacher training process that it is one of the most richly rewarding things you'll ever do.

But now that you've taken that first step, the most important work begins:
Selecting a program that is right for YOU.

One that is aligned with YOUR needs.
One that will help you achieve YOUR goals.
One that will provide the kind of life-altering transformation that YOU desire.

Because the fact is: yoga teacher trainings are as diverse and different as the people who teach them.

That's why it's absolutely critical to select the very best yoga teacher training program for your unique needs.

This guide is designed to help you do just that.

Whether you're wanting to advance your yoga education to serve others, or to use this ancient science for your own personal development, this guide will help you clarify your priorities and conduct a search that will lead you to the very best school for you.

For best results, follow the instructions on the pages that follow, keep an open mind, and follow your heart.

Of course, if there is anything I can do to be of service, please let me know. I'm here to serve no matter where your search leads you.

With blessings for your search and beyond,

Eric



Eric Walrabenstein
Yogacharya & Founding Director, Yoga Pura

The first and most important step in finding the right yoga teacher training program for your unique needs is becoming clear on your own motivations and goals. This crucial step will allow you to successfully assess the quality of prospective programs and teachers as they relate to your unique circumstances.

For best results, set aside some quiet time to read through the following questions. Make no attempt to answer them at first. At a later time, come back to the worksheet, take the time to contemplate each question, and write down your most honest answer to each. Use your answers to guide your search using parts II and III of this guide.

1. What initially drew you to the practice of yoga? _____

2. List the top three ways that yoga has most significantly impacted your life. _____

3. In what ways would you like to be better versed at how to utilize yoga philosophy and techniques?

- In formal practice? _____

- In your relationships and home life? _____

- In your career or life mission? _____

4. How does your formal practice as performed on your mat translate into your everyday life? How could that be improved? _____

5. What is your overall goal when it comes to the practice of yoga?

Spiritual nourishment Health & wellness Aligning with purpose Personal development Fulfillment & happiness

Other _____

6. Are you interested in teaching yoga, are you considering yoga teacher training for own personal development, or both? I want to teach yoga My own personal/spiritual development Both

7. What inspires you most about advancing your yoga education?

In service of yourself? _____

In service to others? _____

8. For those who wish to teach...

8a. In what environments are you most interested in teaching?

- Yoga studios Gyms & Health clubs Corporate settings Health care Private instruction Retreats

8b. Are you interested in translating yoga for persons with strong faiths in other traditions? Yes No

8d. Is there a particular style that you'd like to specialize in (list as many as apply)? _____

8c. What populations are you most interested in serving?

- Fitness Spiritual seekers Persons recovering from illness/injury Addiction recovery Underprivileged populations
 Veterans/military Trauma recovery Psychological/behavioral health Other _____

9. For those who wish to use the program for personal development...

9a. In which areas are you most interested in expanding your practice or understanding?

- Performing techniques (postures, breath work, meditation, etc.) Applied anatomy, kinesiology, and physiology
 Understanding of yoga history and philosophy Using yoga therapeutically Spiritual realization

9b. Describe how would you like to see your day-to-day life change as a result of your enhanced understanding and practice of yoga? _____

Once you've clarified your own needs, it's time to ask some questions of various schools. First, spend some time on the websites of prospective programs to make a first assessment of their offerings.

Be interested in how they present their school, the look and feel of their materials, the credentials of their director and teachers, their stated program objectives, and the content and structure of their curriculum.

Once you've narrowed your search, set up some time to speak to program staff, graduates, and, especially, the Course Director. Aside from the obvious questions around schedule, tuition, and other costs, some questions to consider:

1. In what ways does the program seem to match with your intention?
2. In what ways may the program not meet the needs of your intention?
3. What is the stated goal of the program (beyond creating yoga teachers)?
4. Does the program have a special focus that supports your unique goals?
5. What are the credentials of the Course Director?
6. What about the teachings and approach of the Course Director or primary teacher inspire you?
7. Who does the bulk of the teaching? The Course Director? Assistant teachers? Contracted instructors?
8. How long has the program been in operation?
9. What are some of the success stories of past graduates?
10. Are there any hidden fees or graduation requirements that you should be aware of?
11. Do you feel inspired and excited by the thought of attending this particular program?