

## 200 Hour Yoga Teacher Training

### FAQ

#### **TRUE SADHANA (Module 1) YTT (Module 2)**

##### **Can I sign up for just True Sadhana (Module 1)?**

Yes, TRUE SADHANA is open to everyone and can be taken for personal enrichment, continued education OR as the prerequisite to module 2 (as part of the required 200 hours for Yoga Alliance YTT Certification).

- Sign up for TRUE SADHANA Costa Rica [HERE.](#)
- Sign up for TRUE SADHANA Colorado [HERE.](#)

##### **Can I start with True Sadhana and then decide after completion if I would like to also complete module 2?**

If you get inspired to complete your yoga teacher training during TRUE SADHANA, you have the option of signing up for module 2, anytime before module 2 begins (May, 2024), space permitting.

##### **Can I sign up for True Sadhana and Module 2 at the same time?**

Yes, you can commit to both TRUE SADHANA + Module 2 at the same time.

If you would like to complete TRUE SADHANA in Costa Rica and Module 2 in Carbondale, CO:

- Sign up for TRUE SADHANA Costa Rica [HERE.](#)
- Sign up for Module 2 in Colorado [HERE.](#)

If you would like to complete TRUE SADHANA + Module 2 in Carbondale, CO:

- Sign up for Module 1 + 2 [HERE.](#)

##### **How do I sign up and confirm my spot?**

To confirm your spot, you must submit payment.

Payment for *Module 1 in Costa Rica* must be made online [HERE.](#)

For *Module 1 & 2 in Colorado, USA*, there are two different ways you can pay:

1. Payment with credit card on the website, incurring a 2.9% processing fee. *Payment online is accepted only in FULL.*
2. Payment by check, which has no processing fee. *Both 50% deposit or payment in full is accepted by check.*

For payments by check, you MUST do the following:

- Email nicole@truenaturehealingarts.com to confirm deposit/full payment
- Make a check out to - True Nature Healing Arts
- Mail or deliver your check to True Nature Healing Arts - 100 N 3rd St, Carbondale, CO 81623.

**Is there a discount for paying with a check instead of CC?**

Yes, paying with a credit card incurs a 2.9% processing fee. Paying with check avoids this fee.

**Is a deposit required?**

Yes, unless you pay in full, a 50% deposit is required to reserve your spot, which can be done by check or cash. The remaining 50% is due by March 1st, 2024.

**What is the cancelation policy?**

All payments are non-refundable, including the initial deposit. Due to the arrangements made with module destinations and upfront costs, we are not able to offer any exceptions.

**What modules are required?**

If you would like to become a yoga teacher and receive your 200 hour certification with Yoga Alliance, both module 1 and module 2 are required.

Module 1 can be taken:

- For personal enrichment
- As 70 hours continued education, accredited through Yoga Alliance.
- As 70 hours of the required 200 hours for the complete training.

**Is this a certified Yoga Alliance training?**

Yes, upon completion of both Module 1 and Module 2 - you will receive a Yoga Alliance 200 Hour Certification.

**Do I have to complete both Module 1 and Module 2 in 2024?**

No, you can take module 1 in 2024 and module 2 in 2025 - to receive your 200 hour Yoga Alliance Certification.

**What is the difference between Module #1 in Nosara, Costa Rica and Module #1 in Carbondale, Colorado?**

The flow of the day and the environment. The MODULE 1 content is exactly the same in both locations.

**What is the difference between the Yoga Teacher Training Module #1 and The Conscious Living Retreat?**

- The primary distinction is that the YTT is an intense immersion into all aspects of yoga with the focus on being the student of yoga, while the Conscious Living Retreat is an exploration of bringing more awareness or presence into all aspects of life, from sunrise to sunset, supporting participants in being more mindful, grounded and connected in their daily lives.
- The YTT module #1 is a yoga immersion designed for individuals wishing to deepen and expand their understanding and practice of yoga with the potential of going on to become a yoga teacher. The focus is on "learning to teach and teaching to learn" or in other words, if we wish to become the consummate teacher, we must first become the consummate student.
- The Retreat is a nourishing gathering designed to explore various aspects of living a conscious life including: diet, lifestyle, dharma (right action) and self-reflection with a focus on yoga, Ayurveda (the ancient medicinal science of longevity) and Vedanta (the self-knowledge that leads to freedom). This offering is focused on creating a simple, grounded, conscious, connected lifestyle with daily practices to support it.

**What if I have other questions?**

We love your curiosity! Please feel free to email [nicole@truenaturehealingarts.com](mailto:nicole@truenaturehealingarts.com) with any questions you have about YTT24. Please allow 1-3 business days to respond to your inquiry.