

FAQs for 200hr Teacher Training

Is this training only relevant to people who want to become a teacher?

No, this training is open to everyone who has an interest in yoga. Teacher training is the only course you might ever take that asks you about you. What are your hopes, dreams, goals, ethics, and plans? How do you want to live your life? Yoga offers a framework to help you ask some big questions about the world you live in. It offers tools and skills to help you show up in a more confident, peaceful way in your life.

What courses should I take to become a qualified teacher?

You can take any course, so long as the hours come from the same school that is registered with Yoga Alliance.

How many hours do I need to be a qualified teacher?

To register as a Yoga Teacher you must have successfully completed a minimum of 200-hour yoga teacher training that is registered with Yoga Alliance. All training hours must come from the same school. Multiple trainings from various schools cannot be combined to meet the 200-hour requirement.

Should I have completed any teacher training hours before taking Jacqueline's courses?

No teaching hours are required for this qualification.

What happens if I miss a session?

If you miss a session, you can make up hours needed to complete the program and receive the certification in paid private sessions with the instructor.

What certification will I receive for the course?

After completing this course, you will be able to register as a Registered Yoga Teacher through Yoga Alliance.

Do I need prior yoga experience for this course?

No prior yoga experience is required for this course, but it would help if you had a basic understanding of the practice.

What is the cancellation policy?

If you cancel within 48 hours of the beginning of the course, you will not receive a refund.

Check out the [Yoga Alliance website](#) for more information about teacher qualifications.