



## Admission to Sam Rao Yoga Teacher Training School

### SCHOOL OFFERS TWO LEVELS OF YOGA TEACHER COURSES:

courses	Course description	No weekends	Completed over: months
1	<b>YA200Hrs</b> Teacher Training	10	10 to 18
2	<b>YA500Hrs</b> Teacher Training <b>Must have YA200Hrs qualification</b>	15	15 to 28

**Minimum** requirement for joining the school is 2 Years of regular yoga practice with any recognised yoga teacher in your area. For **YA500Hrs** course, you must have **YA200Hrs** or equivalent certification. You will need to complete an assessment form (download assessment form from website.)

### COSTS:

Course Type	No of Modules (Days)	Total cost	Cost per module	Deposit	Balance paid per month	
					Option 1	Option 2
<b>YA200Hrs</b> 10 weekends	10 (20 days)	£4000	£400	£500	£250 for 14 months	£200 for 18 months
<b>YA500Hrs</b> 15 weekends	15 (30 days)	£6000	£400	£500	£250 for 22 months	£200 for 28 months

#### All courses INCLUDE:

- 1) Comprehensive course training manual.
- 2) First-Aid training & Certificate.
- 3) Books. Light on Yoga, Patanjali Sutras & Anatomy colouring in book.
- 4) Yoga Alliance Registration fee with first year membership.

Any extra costs will be around items the student wishes to purchase to add to their reading or practicing collection. Long distance students will have the **additional cost** of overnight accommodation. We will provide information on all accommodation available in our area.

Options for a week-long retreat in (UK &/or Overseas) is under consideration; to be implemented during 2012 subject to a satisfactory outcome of my negotiations. One week retreat will allow teachers to complete 2 modules in (6 days/7 nights retreat).

## Transferring from an existing course

Any teacher in training now wishing to transfer from their current training school to Sam Rao Yoga TT school are assured that any and all investment they have already made, and have received training, will be credited with appropriate number of hours (and modules) completed.

The process of transfer is as simple as changing schools or colleges. You are **obliged** to inform your school of your decision to transfer. You are entitled not to have to give any reason for changing your own career path. For a yogi to take such action is difficult enough, however, I urge you to think through and act only when you recognise that you feel good about your decision. It does not matter what anyone else says, listen to your own feelings and go in the direction where you feel good.

It is important that you do not entirely decide based upon the glossy literature or words in print. Ask others who are associated with this school. Get their opinions on the teachers and personalities in this school. If you can, then come and spend a day and join in on the training that is taking place, then you can decide.

My wish is that all who come to my school will all have the joy of journeying together and becoming what we all aspire to.

