

## Trainee Teacher

Students enrolled onto a Foundation Training Course (200/500 hours) that is registered with Yoga Alliance Professionals can be registered with us as a Trainee Teacher.

We can also provide insurance if they are based in the UK or Ireland and this will cover them for the duration of the course. Upon graduation, they can pay to upgrade to an Associate Level 1 membership.

Trainees must have been practicing yoga for a minimum of 2 years before they can be accepted onto a Foundation Training Course.

## Associate Level 1

All first time teacher training courses are called Foundation Courses, irrespective of the number of training hours (min. 200 hours). A graduate who has completed a 200 hour or a 500 hour course that meets our standards will receive an Associate Level 1 membership.

Did you graduate with a Yoga Alliance Professionals registered Training Provider?

You can still join us even if your Training Provider is not registered with us, so long as their course meets our standards:

- 70% taught by a Senior Teacher
- 180 Hours must be contact hours

Lastly, you must have been practicing yoga for a minimum of 2 years before embarking on your teacher training course.

## Associate Level 2

A teacher can progress up our level system through a combination of teaching and further training.

Associate Level 2 teachers would need a **Foundation Training** certificate (from a 200 or 500 training course that meets our standards) plus **1000 hours and 2 years of teaching experience**.

*A teacher can also substitute further training courses as teaching hours. Every hour attending further training counts as 1 hour (to a maximum of 30% total hours).*