



Q. Is your Yin/Restore weekend a "certification training"?

A. Yes, we can provide you a certificate regarding your hours in the training. You will feel ready to offer Yin classes following the weekend course. You will also feel ready to offer yoga to those needing more props, modifications and wanting a more "therapeutic style".

The whole training is part of our YTT 500 hour program.

Q. How is your teacher training program different than other YTT programs offered?

We at TAYS, teach teachers how to teach right from the start, day one. You will also learn how to develop classes, based on themes or poses. We teach people how to sequence a class to a target pose (i.e. full wheel) or a general category of poses (deep backbends) to include the right kind of conditioning (or warm up) poses to prepare the required areas of the body and then how to cool down the body and bring the body back into balance.

Our training includes many modifications and options for props allowing for different bodies with different abilities.

Q. It says on the website that we graduate as Hatha Vinyasa Yoga Teachers. Can you explain what that means?

"Hatha Yoga" is an umbrella term that describes many styles of yoga. You will find that our style of yoga, Hatha Vinyasa, can be a gentle flow for beginners or seniors or can incorporate more of a workout. Vinyasa is a flowing style of yoga that incorporates alignment and safety therefore allowing people to be able to maintain a yoga practice throughout their lives without being at unnecessary risk for injury. Through our Yoga Teacher Training and through our studio (TAYS) students know and learn how to modify the postures at various times and stages of their lives to be able to continue this yoga journey throughout their lives.

Our backgrounds in Occupational therapy, Physiotherapy, Kinesiology and now Osteopathy, as well as our backgrounds with Iyengar, Ashtanga, Baptiste and Bikram Yoga and developmental yoga, provide the balanced practice from which everyone can enjoy and benefit.

Q. Are we going to be taught how to lead a class?

Yes. You will be very comfortable with teaching a beginner to intermediate level class by the end of the program. Practice teaching sessions will start on day one. You will ease into teaching early on and have a lot of practice and experience in this area. You will learn how to sequence a class and you will learn how to progress and develop your teaching to help your students learn optimally.

Q. Are we going to be given information regarding opening a yoga studio?

Yes one of the talks during the YTT will be about "where to go from here", target populations, how to advertise, how to open a studio, etc.

Q. Will the training teach us to assist and adjust students in poses?

Absolutely. We pride ourselves on this. You will gain a lot of hands on experience with adjusting and "seeing" your students. The 200 hour YTT starts students off gradually and comfortably so that you can see your students and learn basic assists for everyone. But we go beyond these standard assists and teach you skillful and artful hands-on techniques. Our 500 hour YTT contains more advanced courses in this area, if you choose to continue with our trainings.

Q. I am interested in a yoga teacher training program but I do not want to approach yoga from a spiritual standpoint. I do it for the relaxation and stress reduction. Can you talk a bit about your approach in this regard?

We approach our YTT from a therapeutic perspective or from a physical perspective. Our backgrounds in Physiotherapy, Occupational Therapy, Osteopathy and Kinesiology reflect this approach. You will find our physical approach to be approachable and concrete. We do incorporate daily meditation sessions - usually for 10 minutes at the beginning of each day - to help to ground us and bring us on the same level energetically. It is a helpful technique to bring focus and stability to all involved. Our Yoga teacher training and classes focus on strengthening and stretching and coordination of breath and movement. Definitely stress reduction, relaxation and health are our main objectives during class instruction.

Q. What does maintaining a YTT certification entail?

Maintaining a YTT certificate requires nothing. Staying as a well informed quality teacher does. To stay competitive in the yoga teacher world you can continue taking classes and workshops. You can continue training at the YTT 500 hour level. This qualifies people to be a "professional level" yoga teacher which is far above the industry standard of 200 hours.

Q. I will need to miss one full weekend during the 200 hour training. What do I do?

We can video the sessions so that they are available at a later date at your convenience.