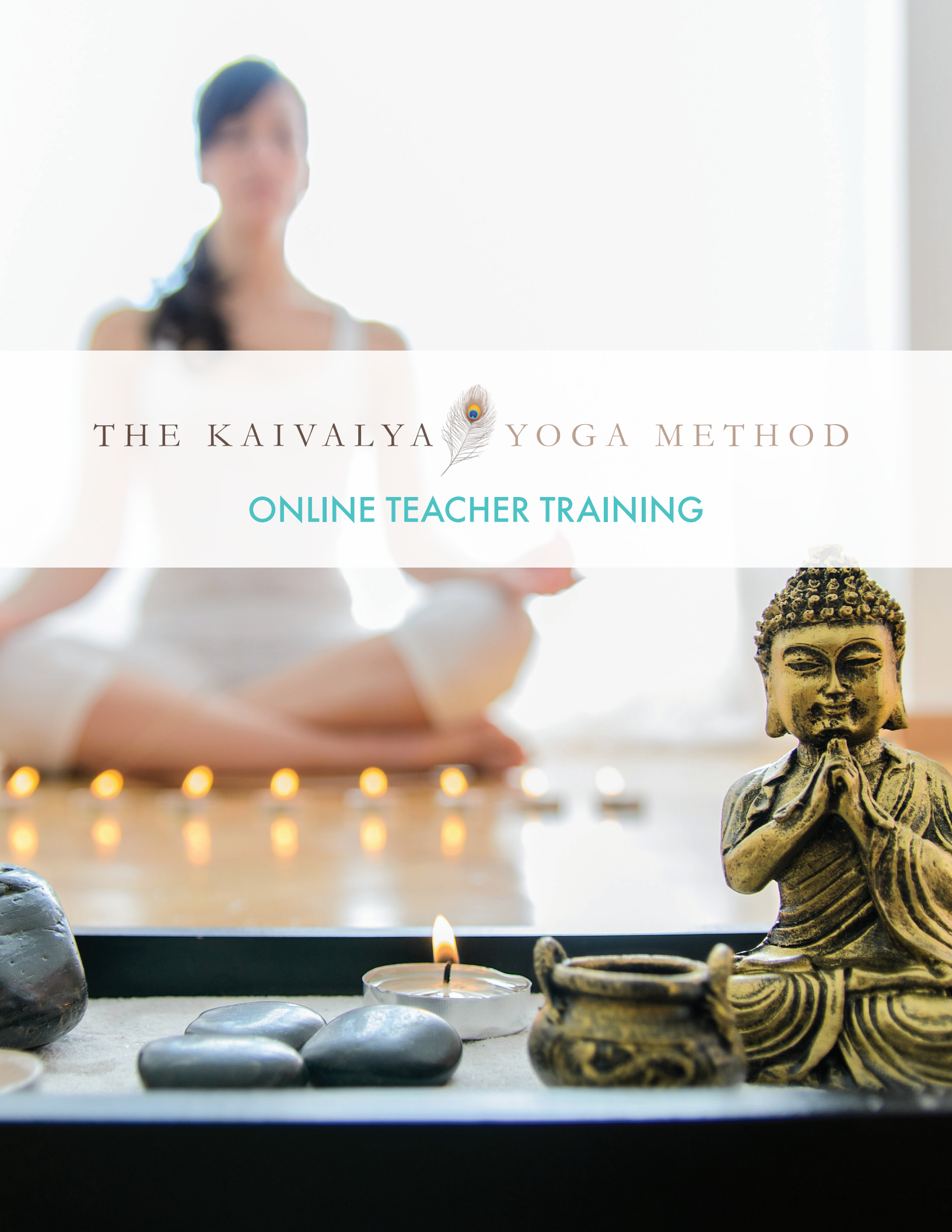
THE KAIVALYA YOGA METHOD

ONLINE TEACHER TRAINING



WELCOME TO THE KAIVALYA YOGA METHOD ACADEMY!

We welcome YOU, The Maverick, one who is ready to embark upon an adventure to become the best yoga teacher possible... online, and on your OM time.

This training represents a revolution for yoga practitioners, yoga teachers, and the yoga community. Inside this brochure and syllabus, you find out why.

Let's start by saying that you are *here for a reason*.

Whether you are currently a yoga teacher or looking to become one, something drew you to learn more about the most comprehensive, standards-raising yoga teacher certification program available *anywhere*.

There is a spark within you that is excited by the idea of gaining the skills and expertise to become the best yoga teacher possible. One who...

- Is certified by the gold-standard of training
- Knows (and embodies) yoga inside and out
- Possesses enough skills and education to teach a variety of types of classes
- Invested in higher education in yoga

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The Kaivalya Yoga Method Academy was the first program of its kind online. From its launch in 2015 until today, it raises the bar on what it means to be a yoga teacher.

And far exceeds the common standard of yoga teacher trainings.

If you are seeking your masters-level education in the field of yoga, you have found it.

Within this brochure and syllabus, your questions are answered, more resources are provided, and the exciting possibilities of becoming a graduate of The Kaivalya Yoga Method Academy are revealed to you.

Let's get started!

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WHY LEARN FROM ALANNA

Meet the founder of The Kaivalya Yoga Method:
Alanna Kaivalya, Ph.D.
The Yoga Doctor

Alanna Kaivalya, Ph.D. has been an influencer within yoga since before the days of social media. As a teacher with more than 20 years experience, Alanna has developed and lead teacher training programs for top studios in America (CorePower Yoga, Pure Yoga, Yoga Vida, to name a few), and contributed to many other teacher trainings worldwide (Radiantly Alive, Moksha Yoga, and Tranquil Space, to name others). In 2012, she channeled all of her expertise and wisdom into founding The Kaivalya Yoga Method® Academy.

The co-founder of CorePower Yoga said of Alanna at one of her book launches, *"If only all of you knew just how much this woman has influenced the yoga industry...the way we teach, the way we are taught to teach...if you knew how much of her work infiltrated our everyday lives as teachers, you would be blown away."*

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Throughout the years, Alanna has had a hand in training thousands of teachers worldwide, and many of her graduates have gone on to create their own teacher training programs and certify others. As a master teacher, Alanna's work has been a driving force in the yoga industry.

Not only has she developed teacher training programs, Alanna has contributed to the body of yoga wisdom through three comprehensive books on the subject. The first, *Myths of the Asanas*, provides the stories behind our favorite poses. It is a best-seller in the genre with more than 30,000 copies sold, and translations in 5 languages. Her second book, *Sacred Sound*, provides the myth and meaning behind yoga's most popular chants and mantras. Her third book, *Yoga Beyond the Mat*, is the culmination of her graduate work and reveals revolutionary methods of yoga for the Modern practitioner.

Alanna Kaivalya earned her doctorate in the field of mythology and depth psychology, focusing on the profound philosophical, psychological, and mythological applications of yoga and Eastern mysticism. As "the Yoga Doctor", Alanna's mission extends beyond helping students align their triangle poses, and into helping them align their spirit. The foundation of Alanna's work, via The Kaivalya Yoga Method Academy, as well as the Modern Mystics Academy and Upward Facing Business Academy, is to train and educate successful spiritual leaders.

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Her level of scholarship is reflected in her many accolades and achievements, including the nomination by Yoga Journal as one of the Top 21 Teachers Under 40, and reception of the Modern Ontrapreneur award given to online business owners making a positive impact. She has taught for Yoga Journal Conferences, as well as lead retreats with Esalen, Kripalu, and the Omega Institutes. As the first yoga teacher to ever have a podcast (in 2005), Alanna has had more than 2 million students listen to her classes and lectures worldwide.

Since then, Alanna continuously pushed boundaries in the field of yoga and yoga education. She believes online yoga education levels the playing field, creating more accessibility and affordability, as well as enabling everyone with a passion for yoga to pursue their dreams. She also sought to solve the many challenges of in-studio programs, and raise the bar on industry standards for teaching yoga. With all this in mind, she launched the first-ever online 500 hour yoga certification program in 2015. With hundreds of students and graduates since then, she continues to make an impact on the field of yoga through the incredible students teaching worldwide in The Kaivalya Yoga Method.

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A PERSONAL NOTE FROM ALANNA

I am so glad you are here!

The process of finding the right teacher training program is an important one, and research is a must.

As a heart-centered academic, I ❤ research!

This is why my team and I put together this comprehensive brochure (as well as other resources) to help you make the best decision possible about your next steps in yoga.

Having created + led so many teacher training programs over the years, I know what a life-changing experience it is to become certified as a yoga teacher.

I also know the importance of choosing the *right* program and leader to become certified with.

If you know you are the type of yogi interested in attaining a masters-level education in yoga, backed by the years and experience my team offer you *as well as the interpersonal and individual connection* necessary to be held accountable to achieving your absolute best as a yoga teacher…

Then you are in the right place!

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No matter what training program you choose, this brochure goes a long way to educate you on the particulars of what you need to look for to make the *right* choice for yourself.

So, if you ❤ research like I do (or, just know that you need to do it), then enjoy the mini-journey this brochure provides and get one (maybe a few) steps closer to saying, "Yes!" to a decision that is sure to change your life.

Love,

Alanna K
The Yoga Doctor

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Yoga does not make your life better.
Yoga makes you better at your life.

WHERE TO START

What Makes The Kaivalya Yoga Method Academy different from other online teacher training programs?

Perhaps you have started looking around at yoga training programs. Maybe you see signs at your local yoga studio about upcoming trainings. Maybe you've begun to search Google…

The truth is there are many programs out there.

How in the world do you choose the right yoga teacher training for you?

Let's begin by comparing The Kaivalya Yoga Method® online training against a few key factors:

- In-studio programs
- Basic 200 hour standards
- Other online programs
- Cost of teacher training programs
- State of current yoga industry
- ...and much more in the following pages

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You see, our founder, Alanna Kaivalya, Ph.D., brings a few advantages to the table. After creating and leading teacher trainings for *years* she continuously witnessed challenges of in-studio programs that she longed to solve….especially as an academic.

As an academic (a wildly grounded and heart-centered one!) pursuing her doctorate, she longed to provide the same level of interactivity, support, accountability, and education to her yoga students...online.

And, she wanted to create an online program *that left nothing out* of the transformative teacher training experience, ensuring that it provided greater connection, community, and support than anything before (or after) it.

The result is The Kaivalya Yoga Method® Academy.

Let's show you how and why The Kaivalya Yoga Method® Academy online teacher certification program is the gold-standard for yoga teacher training programs anywhere.

And, you learn more about what you need to look for in yoga teacher training program to make sure it is the right one for you.

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HOW DO I KNOW IF THIS PROGRAM IS RIGHT FOR ME?

DOES THIS SOUND LIKE YOU?

- Yoga is your passion, and you want to learn more, but don't have time for a teacher training program
- You took a 200 hour program and wonder, "What's next?"
- Learning new things about the body and how it works is exciting to you
- Achieving new levels of health and well-being is a priority... and you'd love to help others do it, too
- You are ready to discover your inner strength and power and lead others toward becoming their best selves
- Deepening your spiritual practice is important to you and you'd like to learn more about how to do it and show others how to do this, as well
- Creating lasting, meaningful connections with like-minded people is something you desire
- You would love to create a career that you are passionate about

WANT TO LEARN MORE?

Join Alanna on her next webinar to learn all about the program, take a peek at the inside of the teacher training.

REGISTER NOW

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Yoga is a practice,
not a perfect.

WHO TAKES THE KAIVALYA YOGA METHOD® TRAINING PROGRAM?

We have people from all walks of life, from all over the world participate in The Kaivalya Yoga Method® Academy.

Many people are looking for the flexibility or affordability of this program. All are looking for the higher education in yoga they know they need to become the best teacher possible.

We have students who are parents…
Who can't take nights and weekends for 10 straight weeks to do an in-studio program. It would cost too much in daycare, and would cost too much in heartache to be away from the family that often.

We have students who are caregivers…
With people depending on them, in-studio or online programs with set schedules don't work when emergencies arise at any hour of the day.

We have students who are doctors, nurses, and other on-call or shift workers…
The irregular schedule means that a "regularly scheduled" training program doesn't fit anywhere into their busy lives.

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We have students who live with chronic illnesses…
Having an autoimmune disorder, Lyme disease, or other chronic health issue can steal your energy, but not your passion for yoga. When energy is limited, spend the time where it counts, and do your teacher training on your OM time.

We have teachers who are already teaching yoga…
Their initial training program(s) didn't provide them with the knowledge they know they need. Nor did they provide them with the individualized feedback and accelerated growth of a personal program like ours.

We have students who are new to yoga…
Learning more about yoga often means diving into a training program. Our newer students are thrilled at the immersion into the poses, the ability to get their postures tuned-up by our mentors, and the interactive nature of the program that supports spiritual growth.

We have students who can't afford to spend a lot on their yoga teacher training…
Good news. Our program is super affordable. Nowhere else can you get 500 hours of training and certification for the price. Not to mention, the *price is lower than most 200 hour training programs* anyway! Plus, we offer a payment plan to make it even more accessible.

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Being openhearted
allows the world to
appear openhearted
through your eyes.

THE KAIVALYA YOGA METHOD® ACADEMY VS. REGULAR IN-STUDIO PROGRAMS

When you sign up for a yoga teacher training program, you want it to be life-affirming, soul-reaching, and spiritually-transforming.

It can be hard to find all those qualities in a program! Orientation jitters can turn quickly to confusion if you're lost in a sea of other program attendees. Life can suddenly get in the way (how annoying) when your best friend scheduled the date of the wedding on one of your teacher training weekends.

We want you to be sure and excited that the program you sign up for is right for you.

We hope it is ours!

Even if it is not, we are sure that the helpful chart below sets you up for greater success in finding a program that suits your needs.

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500 Hour Online The Kaivalya Yoga Method Certification	Regular 200 Hour In-Studio Certification
Flexibility to do the training on your own time: take up to 12 months to complete your certification...on the road, from home, on your OM time.	10 consecutive weekends (or 4 consecutive weeks) with no make-up days or flexibility. You are required to show up, or risk missing out on the training material.
More than 500 full hours of comprehensive training designed to help you become the best yoga teacher possible, allowing you to teach a wide variety of styles without additional training courses.	Cookie-cutter training, offering only one modality. Memorize one 60 minute class, rather than learning to harness the power of sequencing. Learning additional types of yoga require additional training... time & money.
Personalized attention and individualized feedback. We see you teach every step of the way and support your growth with video/written feedback and interactive conversations.	The lead trainer may never see you teach, and almost certainly won't see you teach an entire class from start-to-finish. Time constraints don't allow for intimate feedback.

500 Hour Online The Kaivalya Yoga Method Certification	Regular 200 Hour In-Studio Certification
Every question answered and all your needs met as a growing yoga teacher with constant access to the mentor team via email, breakout sessions, live training sessions, and one-on-one video chat.	In large (or even not-so-large) teacher training groups, lead trainers can't possibly answer every question or address every individual need because of time constraints.
500 hours of training means this is the last training you ever need. It also means...500 actual hours of training! Comprehensive coverage of all aspects of yoga means this training prepares you thoroughly to be the best teacher possible.	In-studio trainings are generally "200 hours," which actually only means about 160 actual meeting hours. With this limited time and scope, major areas of information are skimmed over, overlooked, or skipped entirely.

500 Hour Online The Kaivalya Yoga Method Certification	Regular 200 Hour In-Studio Certification
Accountability and testing measures throughout mean that we are raising the bar on what it means to be a yoga teacher. It also means we support your growth and learning, ensuring you get extra help when you need it! Industry standards are not high enough. We are changing them.	Very few in-studio programs hold students accountable for knowledge if they miss information, or don't pass tests. With minimal "standards" and no enforcement of those standards, there is no way to ensure learning or embodiment of information.
Upon certification, graduates are included on our registry of certified teachers...forever! And, without an additional yearly fee. Because graduates have gone through rigorous training and testing, we are happy to showcase them and support them on certifiedteachers.yoga.	General participation in the standard Yoga Alliance registry causes confusion. It is not a certification body, nor is it an enforcement body. It is merely a registry body that requires yearly dues. It certifies or accredits no one. And the standards they set have no enforcement.

5 YOGA INDUSTRY MYTHS DEBUNKED

MYTH 1

Yoga Alliance is the Governing Body of Yoga: FALSE

Yoga Alliance is merely a registry body, essentially it is a trade organization. Like other trade organizations, you pay yearly dues, and are listed as a member. Their recommended standards are not enforced, and there is no oversight. Anyone who claims to have met the "standards" and pays the fee is listed.

Yoga Alliance does **NOT**:

- Certify *anyone* to teach yoga. If you "register" with them, you are a "Registered Yoga Teacher" … not a certified yoga teacher
- Accredit *anyone*. Accreditation is done with governmental oversight. Currently, no national governments provide oversight for yoga, so there is no such thing as accreditation in the yoga industry.
- License *anyone*. Similar to accreditation, licensing happens with governmental oversight. That doesn't occur in any country, and there are no "licensed" yoga teachers.
- Enforce any of its standards. Yoga Alliance does not police anyone who participates in its registry program. Anyone registered (as a student or school) has simply claimed to have met the standards.

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MYTH 2

Yoga Insurance Cannot Be Obtained Without Yoga Alliance: FALSE

There are several places to get insurance as a yoga teacher to cover you in case an accident should occur in class. You do not need *any assocation with Yoga Alliance*...or anyone else for that matter. Anyone can simply call and get yoga insurance. That's it.

We recommend Philadelphia Insurance Yoga Instructor Liability Insurance (Nope, you do not need to reside in Philadelphia, either!)

MYTH 3

RYT Is the Only Recognized Distinction for Yoga Teachers: FALSE

See above, but...no. RYT simply means "Registered Yoga Teacher." As in, that person successfully submitted their dues and information to Yoga Alliance. That's it. There are many other distinctions out there, including: C-IAYT (Certified Yoga Therapist), CYT (Certified Yoga Teacher), and of course, our favorite, TKYM (Certified Teacher of The Kaivalya Yoga Method).

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MYTH 4

Must Be Registered With Yoga Alliance to Get a Job: FALSE

Nope. In fact, to get a job as a yoga teacher, the most important thing is that you *be excellent at teaching yoga*. Most studios want you to audition and show them your stuff, not show them your registration card. Some studios throw their weight around and say, "Only RYTs allowed to apply." This shows their misunderstanding of Yoga Alliance's role in the yoga industry. However, sending in a certificate that shows you are certified at the 500 hour level is enough to turn heads. Our graduates – who are certified – have no issue getting employment at studios, gyms, community centers and elsewhere. Be awesome at teaching yoga. That's what the world expects of you...not registration dues.

MYTH 5

To Be a Yoga Teacher, You Must Be Certified by Yoga Alliance: FALSE

We say this above, but it bears repeating:

Yoga Alliance does not certify, accredit, or license anyone to teach yoga. Period.

As part of The Kaivalya Yoga Method® Academy, not only do you become a certified yoga teacher, you also gain entry to our registry of certified teachers at certifiedteachers.yoga...no yearly dues required.

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The route to finding your own true bliss – the state of yoga – is a well-worn path.

YOGA STATE OF THE UNION

You are excited about becoming a yoga teacher. We are thrilled to assist you in that process!

We also want to pull back the veil a bit and reveal some current trends and truths within the yoga industry.

Yes, it's an industry.

A five-billion dollar one, in fact.

Now, before we transform ourselves into teachers of the craft, we are likely students who bask in the yoga glow and revel in the amazing changes yoga brings about in our bodies, minds, and hearts.

We want you to always bask and revel. But, we also want you to be prepared.

Even though the yoga industry is worth billions of dollars, and even though students often reap the benefit of yoga's popularity, there is one person who got kind of left behind in the development of all this…

The yoga teacher.

The industry wasn't set up to value the yoga teacher. Nor was it set up to support the yoga teacher's growth and learning.

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With all the success of the yoga industry...the yoga industry forgot to ensure the yoga teacher's success!

How could this be, you ask? Well, it's complicated, but here are some short explanations to why this is the case...and how we fix it.

Yoga studios have major overhead. There is a high cost to running what is essentially a modern-day community or spiritual center.

Like community and spiritual centers before it, the funds available to give to the valuable people who teach the most essential lessons inside the center Just. Aren't. There.

Spiritual centers compensated for this by offering their leaders housing and other benefits. Community centers...well, they never really asked for people to quit their day jobs.

But yoga teachers are dedicated, full of heart, committed, and more than willing to give 150% to teaching...even if it means payment is minimal.

The other sneaky thing that occurred in the development of this industry was that business and spirituality had a bit of a clash, and the yoga teacher lost.

You see, there was an idea that yoga teachers *should not charge for their gifts*. This outdated notion became an important dogma for modern day teachers.

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The stigma around asking for money as a yoga teacher became heavy, to the point that asking for money gave others the impression that you were greedy, or unable to teach from your heart.

This stigma also benefits yoga studios who often take advantage of this belief and ask teachers to teach for free (come on, it's community service!), or are able to drop their wages because yoga teachers undervalue themselves.

You can see how this becomes an ugly cycle.

However, it is a very real cycle, and means that *the yoga teacher makes an average of $35,000/year.*

To make that average income, you need to teach 15-20 classes a week for at least $35/$50 a class. That might sound easy, but it's not.

That's racing all over your hometown morning, noon, and night. Showing up early to set up classes, staying late to answer questions. And, never missing a class (even if you're sick or injured), because there is no paid time off for the yoga teacher.

That's a lot of hustle for a little scratch.

While this is the state of the union in the yoga industry…

It is a state that The Kaivalya Yoga Method® Academy is working hard to change.

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Our founder, Alanna Kaivalya, Ph.D., did this hustle. For many years.

Her 2007 tax return states an income of just over $12K.

Lest you think she was slacking that year...she taught at 2 Yoga Journal conferences, lead 2 retreats (one in the US, one international), and was the lead teacher on a teacher training program...three times just that year. And, that's on top of her weekly classes.

She understands the state of the industry, and she has created The Kaivalya Yoga Method® Academy to change it.

The education in our online program is vast and extensive...and it does not merely include yoga techniques and skills.

We want you to succeed.

Our program gives you the business and entrepreneurial skills necessary to truly create a thriving career as a yoga teacher.

And, we want to show you how to do this by overcoming the ugly stigma that yoga teachers aren't valuable (they are!), and by not relying on studios for your income.

In our program, we show you how to own your content, cut out the middleman, grow your loyal tribe of fans, and create programs that allow you to generate *passive income*.

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Because the yoga teacher deserves paid time off. And, vacations. And, the nice things in life.

The yoga teacher is *extremely valuable*. What you teach is life-changing for your students and clients, and the more you value it, *the more they value you*.

We'll give you the skills and training to buck the trends in the yoga industry. We want you to succeed.

We are excited to show you how!

WANT TO LEARN MORE?

Join Alanna on her next webinar to learn all about the program, take a peek at the inside of the teacher training.

REGISTER NOW

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THE KAIVALYA YOGA METHOD® ACADEMY VS. COMMONLY HELD 200 HOUR STANDARDS

When researching yoga teacher training, you commonly find 200 hour programs. Why?

Because a few people a couple decades ago decided upon some arbitrary standards. And, no one has really questioned it since then.

We dove deep in to this in the Yoga State of the Union section, but the short version is:

Basic 200 hour programs do not provide enough training to make you the best yoga teacher possible.

It is very common to leave a 200 hour program and wonder, "What's next?" and go looking (almost immediately) for another program to invest in.

We at The Kaivalya Yoga Method® want to change the game, raise industry standards and have you graduate with the confidence that you have everything you need to become the best teacher possible.

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Learning Requirements for The Kaivalya Yoga Method Certification	Common Standards Presented in 200 Hour Programs
94 actual training hours of anatomy & alignment. Learn everything about muscles, bones, joints, as well as how the body moves. Apply your comprehensive anatomy knowledge with Alignment workshops that teach you how to deal with special needs or injuries...and how to prevent them.	10 training hours (with 10 extracurricular hours) in Anatomy...but, those hours don't all have to be muscles & bones...it can be "subtle" anatomy, meaning you don't get the proper knowledge of anatomy to keep you (and your students) safe in poses.
More than 60 hours are dedicated to philosophy, its intelligent exposition, as well as how you weave it through a class to educate and illuminate students.	20 training hours (with 10 extracurricular hours) in philosophy, ethics, and "lifestyle." This means important yogic texts can be passed over for chats on how to "live like a yogi".

Learning Requirements for The Kaivalya Yoga Method Certification	Common Standards Presented in 200 Hour Programs
114 training hours are dedicated to teaching you how to become an extraordinary teacher. From learning how to use your voice and cue effectively, to understanding the principles of intelligent sequencing and deeper levels of the body like the chakras and koshas. Oh, and another 66 hours are dedicated to elevating your professionalism as a yogi and teaching you the business skills you need to succeed as a yoga teacher.	15 training hours (with 10 extracurricular hours) on all the specifics of how to actually teach yoga like cuing and adjusting and modifications. In this category, they also try to jam in how to make it as a teacher when you're done. with training
We spend almost 40 hours on meditation, mythology and mantras alone. Plus, another 20 on pranayama (breathwork). Over 60 hours are utilized to teach you safe, effective hands-on adjustments...Don't worry, we cover #allthethings.	75 training hours (with 25 extracurricular hours) and practice time for #allthethings like: asana, pranayama, chanting, mantra, meditation.

Learning Requirements for The Kaivalya Yoga Method Certification	Common Standards Presented in 200 Hour Programs
Throughout your 500 hour learning experience, you *demonstrate* your ability to teach by *actually teaching other people*. As you video yourself doing so, and upload it for us to see, *the lead trainers actually watch you* teach everything you submit. We are there for your growth and development as a yoga teacher every step of the way. But, we also spend another 50+ hours at the end of the training making darn sure you know how to put everything together, and are able to teach a complete, 60 minute, sensational class. And, yes, we watch that, too.	5 hours actually teaching other people yoga. With an optional 5 extra hours watching and assisting someone else teach yoga. No guarantee that the lead trainer will observe YOU for all 5 of those hours.

Learning Requirements for The Kaivalya Yoga Method Certification	Common Standards Presented in 200 Hour Programs
This is higher education for yoga. We test your skills all the way through. This is less about "testing," and more about ensuring that you are embodying the information. If you don't understand something, we personally coach you through it. Because there are no time constraints, you may take a test multiple times to demonstrate your understanding...and when you pass with flying colors, you'll feel *awesome* about that, too.	Testing is rarely done. If it is, it rarely matters if someone passes or fails...the studio usually always gives a completion certificate to anyone in the program, regardless of retention, skills, or ability.

Learning Requirements for The Kaivalya Yoga Method Certification	Common Standards Presented in 200 Hour Programs
Never miss a single training hour...ever. Not only do we give you 12 months to complete the program, you can review all the material at anytime. Whether you're going back to view a lecture to get a better handle on it, or reviewing all the content for the final test...it's there for you. When you enroll in our program, you get something better than a printed manual... *you get forever access to all the training material.*	No ability to make up missed training hours. If you missed a training weekend or day, it's gone forever. There is no way to make up those hours or review the material.

THE KAIVALYA YOGA METHOD® ACADEMY VS. OTHER ONLINE YOGA PROGRAMS

If you have looked around the yoga community, you notice one big shift in recent years:

Yoga has moved online.

From online yoga classes, to YouTube videos, to podcasts, to yoga apps, to online courses, people are getting hip to the fact that *you can learn yoga online*.

Even just a few years ago, the predominant assumption was that you could not learn yoga online...but so much of what is happening in the industry – and what we are doing in The Kaivalya Yoga Method® Academy – is proving otherwise.

The online training format provides so many opportunities for a more elevated, thorough, and connected training experience. With hundreds of students and graduates, we see this proven over and over again.

See the difference going online makes...you may be surprised at the advantages you have when you elect to become certified with us...on your OM time.

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What You Get with The Kaivalya Yoga Method® Online Certification	Other Online Training Programs
Connection with mentors who guide you through every step of the training, provide individualized feedback, and additional coaching when you need it.	Many online training programs provide no additional support. You watch videos, that's it. Perhaps there is an email address. Some online training programs only provide mentor access during "office hours" or "calls" at specified times...not whenever you need them.
Ability to do the entire training on your own time. You have 12 full months to complete the program. Wanna work nights & weekends? Cool. Wanna spend days on the training? Fine with us! We're here whenever you are ready.	Some online training programs give you no time limit, but that is because you are doing it entirely on your own and there is no supervision or interaction. Other online training programs have specific start and end dates and required "meetings" at specified times...not on your schedule, and not when you want them.

What You Get with The Kaivalya Yoga Method® Online Certification	Other Online Training Programs
Forever access to all training materials. Even after graduation, you receive access to all videos and content to review whenever you like. Way better than a printed training manual (save the trees!).	Some programs only give you access while you are enrolled. Some give you a printed training manual once you're complete.
500 full hours of in-depth training into all aspects of yoga so you become the best teacher possible. This is the last teacher training program you'll ever need.	Most online training programs are still only 200 hours...and still following the old, outdated standards. Many people go through a 200 hour program not ready to teach, and think, "What's next?"

What You Get with The Kaivalya Yoga Method® Online Certification	Other Online Training Programs
Certification with The Kaivalya Yoga Method at the 200 hour level while you complete the program. Certification with The Kaivalya Yoga Method at the 500 hour level when the program is complete. Registry on certifiedteachers.yoga for all graduates with no yearly fee.	Some provide certification (some without properly testing students!), but none provide access to a registry for their graduates to support and showcase them beyond graduation.

THE KAIVALYA YOGA METHOD® ACADEMY VS. OTHER ONLINE YOGA PROGRAMS

Personal attention: A team of mentors is there to support YOU all the way through the program. You can connect with them anytime you like by email, video, phone, skype, or during our breakout sessions with other students. Connect on your schedule...not assigned times.

Individualized feedback: If you value higher learning, and are eager to grow and become the best yoga teacher possible... get ready. Throughout this program you upload video of *you actually teaching yoga*. We review it and provide you with thorough, constructive feedback to help you continue to grow. Because we work with you all the way through, we easily see your progress and help you streamline your efforts, too!

Connection to worldwide network of fellow students: One of the most valuable things about yoga teacher training are the connections we establish with our peer group. This training program loses none of that with highly interactive opportunities to learn with your cohort. From interactive Q&A sessions, to small breakout groups, to study groups, to the fun and frivolity that happens in our private space on Facebook...you develop connections and friendships to last a lifetime.

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Business training for success: You're here to succeed. We want you to! We give you the tools necessary to create a thriving business as a yoga teacher using modern day methods like social media, and putting your efforts online. We teach you how to stand out from the crowd, grow your tribe, and price your offerings appropriately.

Gold standard of teacher training: This training leaves nothing out. There isn't a "next level," this is it. This is the gold standard of training that raises the bar on industry standards and changes the game for what you expect your yoga teacher to know. Our graduates have what it takes to teach a variety of classes, and the depth to lead people forward in their spiritual practice. This is the last training you'll ever need.

Certification and support after graduation: Our graduates work *hard* to receive their certification through us. And, because we are higher education for yoga, we want to showcase their efforts by featuring them on the site for certified yoga teachers: certifiedteachers.yoga. This is more than just a "registry" … only people fully certified may be a part of this site. It doesn't require a yearly fee, and we are proud to showcase our certified graduates for potential employers and clients to see.

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THE KAIVALYA YOGA METHOD®
500 HOUR COURSE SYLLABUS

This syllabus outlines what you can expect in each of the seven courses within The Kaivalya Yoga Method® Teacher Training.

The **Introduction module** helps you get oriented and allows you to share an introduction video—both so we get to meet you, and so you become comfortable with the video creation and upload process.

This module covers the following topics:

- A Welcome and Introduction to the training and The Kaivalya Yoga Method
- Expectations & Ethics
- How to Connect with Us (your mentors)
- Introductions to Alanna Kaivalya and the Mentors
- Outline of Homework and Required Reading

Approximate number of assignments (video or document upload): 1

Approximate hours to complete this module: 6

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The **Anatomy Alignment module** is a comprehensive look at both topics through an exclusively yogic lens. You learn key muscle, bone, joint and connective structures along with terms of movement and alignment principles that foster both understanding and the safe application of asana for a wide range of considerations and abilities.

This module covers the following topics:

- Anatomy for Yoga
- Basic Alignment Guidelines
- Alignment Guidelines: Standing Postures
- Alignment Guidelines: Backbends
- Alignment Guidelines: Core Postures
- Alignment Guidelines: Forward Folds
- Alignment Guidelines: Supine Poses
- Alignment Guidelines: Inversions & Arm Balances

Approximate number of assignments (video or document upload): 8

Approximate number of comprehensive tests: 3

Approximate hours to complete this module: 94

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The **Vinyasa Sequencing Subtle Body module** covers the essentials of how to safely sequence a vinyasa class, and takes this knowledge further by giving you the insights necessary to sequence in accord with the more esoteric and energetic principles that fuel yoga's transformational power. Through learning the subtle anatomy (including in-depth work with the chakras and koshas) you gain an experiential understanding of the deeper layers of the body that will fundamentally shift how you harness the power of asana practice.

This module covers the following topics:

- Safe Sequencing
- Sequencing for the Subtle (Energetic) Body
- Prana, Pranayama & Bandhas (breath, the movement of breath and how to control it)
- Maya and the Koshas (layers of the body)
- Chakras: The Seven Sacred Energy Centers
- Safe Vinyasa Sequences for the Subtle Body

Approximate number of assignments (video or document upload): 6

Approximate number of comprehensive tests: 2

Approximate hours to complete this module: 114

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The **Teaching Technique Building a Business Being a Professional module** gives you the tips, tools, technique and strategies you need to develop and hone your skills as an exceptional yoga instructor. Through refining your cues, to developing a well-rounded class to utilizing the power of the web and increasing your business acumen, this module provides everything you need to set yourself apart from the crowd and get your foot in the door, not to mention leading stellar classes that students will not forget.

This module covers the following topics:

- How to be a Good Student/How to be a Good Teacher
- Putting Together a Complete Class
- Effective Cueing Strategies
- Before Class, During Class & After Class
- Business of Yoga
- Building Your Community (Branding, Etiquette, Execution)
- Utilizing the Power of the Web (Strategies)

Approximate number of assignments (video or document upload): 4

Approximate number of comprehensive tests: 1

Approximate hours to complete this module: 66

Modules 1, 2, and 3 constitute the 200 hour portion of The Kaivalya Yoga Method Teacher Training Program.

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The **Art of Adjustments module** presents the essential skills of connecting with students through hands-on adjustments. Whether it be to deepen a posture, modify it for a beginner or address a specific issue, you learn what is required to deliver adjustments that allow you to profoundly connect with students on a variety of levels.

This module covers the following topics:

- Introduction to Adjustments and Essential Techniques
- Ethics of Hands-On Adjustments
- Basic Adjustments
- Vinyasa Adjustments (adjusting someone through a sun salutation)
- Standing Pose Adjustments
- Balance Pose Adjustments
- Twisting Pose Adjustments
- Forward Bend Adjustments
- Back Bend Adjustments
- Inversions Adjustments
- Shavasana Adjustments

Approximate number of assignments (video or document upload): 8

Approximate number of comprehensive tests: 1

Approximate hours to complete this module: 63

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The **Philosophy History Theming module** develops the skills and lexicon you need in order to convey complicated yoga philosophy with ease and finesse to a modern day audience. You come to understand how the history of yoga has developed and how each one of us is moving it forward and honoring the timeless tradition today. Through your study of essential yoga texts, you learn what it takes to embody the core philosophy of yoga and become a yogi living in the modern world, as well as how to give compelling dharma talks. This module also gives you the skills necessary to build your classes around a theme in order to educate the body, mind *and* spirit of the students who come to your classes.

This module covers the following topics:

- History of Yoga
- Yoga Sutras
- Bhagavad Gita
- Hatha Yoga Pradipika
- Developing Dharma Talks
- Online Practicums of Yogic Texts

Approximate number of assignments (video or document upload): 4

Approximate number of comprehensive tests: 4

Approximate hours to complete this module: 61

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The **Meditation Myths Mantras module** covers the power of sacred sound and the profound practice of meditation. This course not only teaches you how to develop your own meditation practice, but also how to teach a variety of meditations to others. You learn the significance of Sanskrit, mantra and chanting while going through their corresponding myth and meaning. Included in this module are both of Alanna's books: *Sacred Sound: Discovering the Myth and Meaning Behind Mantra and Kirtan*, and *Myths of the Asanas: Stories at the Heart of the Yoga Tradition*.

This module covers the following topics:

- Basic Sanskrit Pronunciation
- Basic Mantras and How to Say & Teach Them
- Basic Chants How to Say & Teach Them
- Why Myth is Important
- The Power of Yogic Myth & Storytelling

Approximate number of assignments (video or document upload) : 5

Approximate number of comprehensive tests: 3

Approximate hours to complete this module: 39

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The **Final Teaching Culmination module** represents your successful completion of all other modules in The Kaivalya Yoga Method Teacher Training and your readiness to demonstrate your teaching skills. This final module gives you the opportunity to test your comprehensive knowledge of all the topics covered in the program, and also asks you to upload a video of you teaching a full 60 minute class in The Kaivalya Yoga Method. Upon successful completion of this course, you are officially a certified Kaivalya Yoga Method Instructor.

This module covers the following topics:

- Ethics Agreement
- Class Log
- hOmework Upload and Evaluation
- 60 Minute Practice Led by Alanna Kaivalya (video)
- 60 Minute Class Upload and Evaluation

Approximate number of assignments (video or document upload): 8 (including a 60 minute class video)

Approximate number of comprehensive tests: 1

Approximate hours to complete this module: 54

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The **hOMework** for this course is to be done on your own time. It includes elements that need to be uploaded in the **Final Teaching Culmination module** including:

- Required Reading:
  - *The Yoga Sutra* with Commentary by Swami Satchidananda
    - This version is available in Kindle format from amazon.com for $0.99. However, if you already have a version of The Yoga Sutra, or would prefer to download one of the many free versions available, that will suffice for this course.
  - *The Bhagavad Gita* with Commentary by Ecknath Easwaran
    - This version is available in Kindle format from amazon.com for $5.99. However, if you already have a version of *The Bhagavad Gita*, or would prefer to download one of the many free versions available, that will suffice for this course.
  - *Myths of the Asanas: Stories at the Heart of the Yoga Tradition* by Alanna Kaivalya & Arjuna van der Kooij
    - This version is available in Kindle format from amazon.com for $8.69 and is part of the **Meditation Myths and Mantras module.**
  - Sacred Sound: *Discovering the Myth and Meaning Behind Mantra and Kirtan* by Alanna Kaivalya
    - This version is available in Kindle format from amazon.com for $9.99 and is part of the **Meditation Myths and Mantras module.**

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- Four Book Reports on the following topics:
  - » Yoga Sutra
  - » Bhagavad Gita
  - » Myths of the Asanas
  - » Sacred Sound
- Two Class Sequence Scripts for a 60 minute vinyasa class including the following:
  - » Dharma talk clearly introducing the theme of class
  - » Progression of asana complete with sample cues
  - » Notations of how you would verbally refer/return to the theme
  - » Playlist
- Take 25 classes in The Kaivalya Yoga Method on classes.alannak.com

Approximate number of hours of **hOMwork**: 60

Modules 4, 5, 6, and 7 consitute the 300 hour portion of The Kaivalya Yoga Method Teacher Training Program.

Together, all of these modules make up the 500 hour Kaivalya Yoga Method Teacher Training Program.

Moving through the 500 hour Kaivalya Yoga Method Teacher Training: The course path suggests that you move through the modules in the order listed above. Upon registration for the 500 hour program, the Introduction†(module #0) helps you get oriented and allows you to share an introduction video – both so we

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get to meet you, and so you become comfortable with the video creation and upload process. Though the course path above is suggested in order to develop your skills from the ground up and build a foundation before moving into more esoteric principles, you are also welcome to do modules in any order you choose. All modules must be successfully completed (materials viewed, assignments and tests successfully passed) before access to the **Final Culmination** (module #7) is granted. At that time, the final touches on your teaching skills are honed and refined. Once you pass the final tests and assignments in module #7, you are officially a 500 hour certified Kaivalya Yoga Method Teacher, and you are able to upload your information into our registry.

**Hours given for each module are approximate and vary depending on individual user's interaction with the coursework. Assignments and tests are approximate and may change as we continue to enhance and develop the overall program.

**Video assignments generally request approximately a 5 - 10 minute video, except for the final culmination test which is a 60 minute class. Document assignments are anywhere from approximately 150 - 500 words long.

WANT TO LEARN MORE?

Join Alanna on her next webinar to learn all about the program, take a peek at the inside of the teacher training.

REGISTER NOW

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The discovery of your
own personal myth
is a true discovery of
yourself.

READY TO GO DEEPER?

The TKYM Training takes yoga beyond just upward dog and downward dog:

Poses, Not Perfection: The only perfect pose is the one you're enlightened in. We accommodated for all skill levels and abilities in this program. We are happy to work with you through your injury, help you modify for your aches and pains, and meet you where you are at. Students learn so much from this process...but mostly they learn the importance of *acceptance* as the core alignment of any posture.

No Skimping on the Good Stuff: A wise teacher once said, "Yoga without meditation is like spaghetti without the sauce." Whether you know it yet or not, the magic of yoga lies in its deeper practices such as pranayama (breath work), meditation, philosophy, mythology, and yes, even chanting. Alanna wrote the book on all that (literally). So, we've got you covered, and are ready to help you get your spiritual A-game on.

Cookie-Cutter-Be-Gone: Our goal is to make you an extraordinary yoga teacher...not to try and make you into a cookie-cutter version of every other teacher out there. When you truly know something – to the core of your being – how you teach it is different than how you learned it. *We want you to be different*. We are here to help you find your voice, settle into your authentic teaching style, and have the wisdom to become the best teacher possible.

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YOUR SUPPORT SYSTEM: MEET THE MENTORS

Andrew Hoffman

Andrew, an athlete at heart, found yoga through a number of sports-related injuries. Yoga has taken him throughout the U.S. & Costa Rica and is currently based out of the New York City/New Jersey metro area, teaching out of Equinox Health Clubs. Andrew teaches The Kaivalya Yoga Method®, designed by Alanna Kaivalya. He has also studied extensively with NYC-based instructors KayKay Clivio & Yogi Charu of PURE Yoga and Jill Miller, Founder of Yoga Tune Up®.

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YOUR SUPPORT SYSTEM: MEET THE MENTORS

Patricia Panasri

Patricia Panasri is an experienced Alchemical Astrologer and 500hr certified yoga teacher with The Kaivalya Yoga Method. She specializes in working with entrepreneurial women to reconnect to the flow state by honoring the natural cycles of life. She travels all over the world, has lived in Thailand for 6 years and recently settled down in the Netherlands with her husband and two kids.

Patricia is the lead Mystics Mentor for the Modern Mystic's Academy, the Upward Facing Business Academy, as well as a mentor for The Kaivalya Yoga Method Teacher Training.

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OUR GRADUATES: THE KAIVALYA YOGA METHOD® LEGACY

"The Kaivalya Yoga Method® teacher training has been an incredible experience. It gives me the luxury of training and learning at home and during work breaks on my own time and at my own pace. I also love all of the in-depth instruction, pacing, and style of the courses. I highly suggest this program to anyone looking for flexibility and outstanding instruction from a yoga teacher training!"

Alyssa L.

"I love the online training so far – I feel more and more confident in my ability to teach as I progress through each module and love that I can take it at my own pace to allow a healthier integration of the information + listen to each lecture as often as I'd like to build clarification and understanding. Honestly, I can't imagine a better introduction to a 200-hour."

Catrina A.

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"When I decided to pursue my yoga teaching certification, I researched countless teacher trainings in search of one that was affordable, convenient, and most importantly, offered a comprehensive and engaging curriculum. What set the Kaivalya Yoga Method® online training apart from the rest was its innovative use of multimedia channels to provide knowledge and support remotely without compromising the integrity of the mentor/student relationship that forms during in-person trainings. This training has not only given me valuable insight into how to safely and effectively teach yoga, but also into improving my quality of life by applying yogic philosophies in everything I do."

Kayla M.

"I am half way through the Anatomy module and I am seriously having my mind blown. The detail and depth of information I am learning is phenomenal. The content is delivered very clearly and easy to follow through videos and written slides. If you are already a yoga teacher looking to be reinspired or this is your first time training, I can't actually express enough at how high the standard is that you will be learning."

Colleen B.

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"I am extremely grateful for The Kaivalya Yoga Method® Teacher Training! I am learning so much and love the flexibility of doing it at my own time and pace! The feedback I get with the assignments and submitting videos is excellent, it even makes me forget it's all done online. There is a lot of interaction, motivation and the mentors are fast at responding to any of my questions. I highly recommend this course!! I have even heard friends who completed their training elsewhere say they did not cover as much detail as we are. What started off, for me, as just a way to expand my knowledge in yoga for my personal growth turned into a passion for helping others and was the foundation to furthering my holistic training and start my own sacred business!!"

Melissa D.

See more of our student success stories here.

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Change is a gift,
and when it arises,
we open ourselves to
new possibilites.

200 HOURS OR 500 HOURS... WHAT'S RIGHT FOR ME?

While 500 hours of training may seem like a lot, you quickly understand why it is absolutely necessary to have this much training if you desire to become an expert in the field of yoga.

The 200 hour teacher training has become industry standard. Why? Because a couple decades ago some yoga teachers got together and arbitrarily decided this. Some other yoga teachers bought into that idea. And, since then, no one has questioned it.

A standard 200 hour program just isn't enough. There isn't enough material covered to even give you the confidence to teach asana...let alone the confidence to modify for injuries, or tend to someone's individual needs. Typically, you learn one style of yoga, or even have to memorize *one script for a 60 minute class*, leaving you unable to intelligently sequence your own class, and nervous to try.

So many things are left out, skimmed over, or abridged in a standard 200 hour program, because *there just isn't enough time.*

Over the years, however, our founder, Alanna Kaivalya, Ph.D. participated in countless 200 hour teacher trainings and consistently heard this from the mouths of newly minted teachers:

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"That was it? What's next?"
"I'm not ready to teach."

Imagine feeling this way after having invested thousands of dollars in a program...knowing you are not ready, and that it will likely take thousands more dollars of continuing education, or another teacher training to get you more of what you need to feel confident and comfortable as a yoga teacher.

So many teachers go through this struggle.

You don't have to!

The Kaivalya Yoga Method® 500 hour certification program was designed to raise the industry standards on teacher training, and elevate what it means to be a qualified, *certified*, yoga teacher.

Because this program is online, we are able to provide you with *everything you need to become the best teacher possible.*

From individualized mentorship and support, to a thriving community of fellow students, to the top-quality, in-depth skill set and knowledge you need to rise above the rest and set yourself apart as the expert with the gold-standard of training.

While The Kaivalya Yoga Method® Academy does provide the option for 200 hour or 300 hour programs (and those are appropriate choices for some candidates), they are neither cost effective, nor knowledge effective! We highly recommend going for the gold.

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WHAT HAPPENS WHEN YOU GRADUATE?

Upon completing the training, you are certified to teach yoga when you:

- Complete all assignments and pass all tests
- Complete the Final Cumulation assignments and tests.

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THE COST OF YOGA TEACHER TRAINING

Average cost of 200 hour in-studio program in the US*: **$3000 - $4500 (or, more!)**

This does not include additional costs that come along with this… such as:

Travel: If the training is an immersive retreat over 4 weeks in a foreign destination, you need to buy a plane ticket, and pay for your lodging. If the training is local, the commute still drains $$ from your pocket

Time Off Work (or your life): Some program formats are over 4 straight weeks, or during weekdays, which means time (unpaid) off work. With a weekend program, it may be possible not to take time off work. However, giving up 10-12 straight weekends may be costly to your family, friends, social calendar...or your life general. Time is valuable. Who has that kind of time to dedicate every weekend?

Childcare: If you are a parent, no matter the structure of an in-studio program, childcare is an extra expense.

Food: When traveling to a studio to do a program, food either needs to be extensively planned in advance, or purchased on-site.

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Average cost to continue your training with 300 hours (because you're going to need it): $3500 - $5000

Most teachers find that 200 hours of training is not enough, and almost immediately start seeking mentorship or further education (or another teacher training).

Because our program is 500 hours, and includes highly individualized support and membership...it is the last teacher training program you need.

*These are actually the average costs *everywhere*, my Canadian, Australian, British, and everywhere-else friends. For example, the average cost of 200hr TT in Canada is: **$4,200** and, in Australia, its **$4500**. So, don't kid yourself with the exchange rate...you're still saving a lot of money by registering with us!

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INVESTMENT & WHAT YOU GET

THINGS YOU DON'T HAVE TO PAY FOR WHEN YOU TAKE YOUR TRAINING ONLINE:

Travel: You do the program from the comfort of your home, or bring it with you...anywhere!

Time off (work or life): You have 12 months to complete the program on your OM time. Keep working, live your life, take vacation, go visit family. Take your teacher training with you...or don't. We're here when you need us, *on your schedule*.

Childcare: We love seeing your kids (and four-legged or other friends!) in your teacher training videos and our breakout sessions! Let's get them started on yoga early, shall we?

Food: If you want to eat lunch from home, a park bench, or at your office, while watching a teacher training video...who are we to stop you?

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FREQUENTLY ASKED QUESTIONS & QUESTIONS YOU SHOULD BE ASKING!

Are there any prerequisites for signing up?
There are no prerequisites for this course, and you need not be a yoga expert before registering. What we do ask is that you have at least some level of practice under your belt so you are familiar with basic postures and the flow of a vinyasa class, but you are also right at home if you are more advanced at yoga or have already taken a training. Much of what you find here fills in the gaps as it is comprehensive and designed to provide you with what you need to know to become an extraordinary teacher.

It is also essential that you have a webcam, camcorder or video capability on your smartphone as well as a decent internet connection to access the course materials. Proficiency with English is recommended, as all instruction is given in English.

How long will this program take? What sort of time commitment will I have to make?
We recommend completing the course in 5-6 months, but you have 12 months to complete your course material online. Within that time, you can review the lectures, materials, interact with mentors, connect with other students and continue your knowledge as you progress through the course.

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After the course, you will have access to the course materials in a special section of our training site where you can review materials, connect with other graduates and further your education.

What about certification?

Upon successful completion of The Kaivalya Yoga MethodTeacher Training at the 200, 300 or 500 hour levels, you are certified in The Kaivalya Yoga Method. We have a dedicated and searchable website for our certified teachers which feature your bio, teaching schedule, and contact information so the world can see that you've met our rigorous testing standards and demonstrated your ability to lead stellar classes for a wide variety of students.

This online program far exceeds the common standards of a 500 hour teacher training. Here's how:

- Personalized guidance, review, and feedback of coursework and assignments
- Rigorous testing standards including video uploads of various teaching techniques (sequencing, adjusting, anatomy, cueing, dharma talks, meditation, chanting, etc.)
- ALL educators are 500++ hours trained in The Kaivalya Yoga Method and complementary techniques
- Classes, training and educators available around the clock, and for consult and review as many times as necessary

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- Extensive body of knowledge covering all aspects of yoga & teaching technique that is viewable again and again at your convenience including:
  - » 100+ hours of training in anatomy for yoga: essential knowledge for all teachers
  - » Safe and effective hands-on adjustments techniques
  - » Principles of bhakti (devotional) yoga, chanting and mantra
  - » Thorough sequencing skills based on body mechanics and subtle body principles
  - » Feedback and review of your teaching practice throughout the course
  - » Business skills and insights into how to land jobs, market, start teaching and tailor instruction to various student demographics such as beginners and prenatal clientele
  - » Training in how to translate ancient practices including sacred texts, yogic mythology and philosophy to a modern audience

These are unique features that we are able to bring you given the online format of this program–a format that allows us to make teacher training available to those who would otherwise not be able to attend one–and does so without sacrificing the depth, breadth, and experience that immersing yourself in yoga offers. This course is Alanna's previously-offered 200 and 300 hour live trainings….now offered online with expanded teachings, enhanced personal connection and feedback. It includes far more content than is ever possible in a live training format.

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*Even though this online training exceeds common 500 hour standards, it is not registered with Yoga Alliance. More details are below in the Yoga Alliance frequently answered question.

Are the courses interactive, or done on my own?
Courses in this program are done both on your own and interactively. You review the video and text content on your own schedule and at your own pace, and are required to complete video and written assignments, plus online testing as you move through the coursework. Our mentors review and grade each assignment and provide thorough feedback. You can also freely interact with the mentors, Alanna, and other students currently in the program throughout your coursework through the private Facebook group, regularly scheduled webinars, and email.

What system/other requirements are needed to participate?
You will need to make sure you have the following:

1. A webcam, camcorder, or video capture capability on your smartphone or other device as you will need to submit videos to us as part of your coursework.
2. A decent internet connection to be able to access the course materials.
3. You will need to purchase two books in addition to the price of the program: Sacred Sound and Myths of the Asanas. More info regarding this will be provided after registration.
4. Proficiency with English is recommended, as all instruction is given in English.

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Can I complete the program on my iPad, tablet or other mobile device?
Yes, you can use your iPad or other mobile devices to complete this program.

Can I preview the program to see what it's all about?
Yes, click here to participate in a preview of the program.

What payment options do you accept?
You can pay with a credit card during our secured checkout process. All pricing is listed in US dollars and payments will be automatically be converted to US dollars if you are paying with another currency.

Will I be a Yoga Alliance certified instructor upon completion of this program?
This course is Alanna's previously-offered, Yoga Alliance registered 200 and 300 hour live training, now offered online with expanded teachings, enhanced personal connection and extensive engagement and feedback. It includes far more content than is ever possible in a live training format.

This Kaivalya Yoga Method Teacher Training is not currently registered with Yoga Alliance. Though we work together in this course for well over 500 hours and are in constant contact with you as we provide a highly personalized experience, Yoga Alliance has informed us that according to their interpretation of "contact" hours, working online does not qualify for "contact" hours. We humbly disagree.

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This online program far exceeds the standards of a 500 hour Yoga Alliance training. Here's how:

- Personalized guidance, review, and feedback of coursework and assignments throughout the course
- Rigorous testing standards including video uploads of teaching technique
- ALL educators are 500++ hours trained in The Kaivalya Yoga Method and complementary techniques
- Classes, training and consultation available around the clock, and for review as many times as necessary
- Extensive body of knowledge covering all aspects of yoga & teaching technique that is viewable again and again at your convenience including:
  - » 35+ hours of training in anatomy for yoga: an essential body of knowledge for all teachers
  - » Safe and effective hands-on adjustments techniques
  - » Principles of bhakti (devotional) yoga, chanting and mantra
  - » Thorough sequencing skills based on body mechanics and subtle body principles
  - » Feedback and review of your teaching practice throughout the course
  - » Business skills and insider insights into how to land jobs, market, start teaching private and public classes and tailor teaching to specific demographics such as beginners and prenatal clients
  - » Training in how to translate the ancient practices including sacred texts, yogic mythology and philosophy to a modern audience

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None of these are required by Yoga Alliance, nor are they common among other teacher trainings. We, the developers and most importantly, you, the students, are adopting a new use of technology. As those to first use electricity faced adversity from those attached to the familiarity of the oil lamp, we are pioneers moving the potential of yoga forward–both into the future and to those who would not be able to participate in a teacher training in a traditional format. We will keep the dialogue with Yoga Alliance open in an attempt to change their minds, however, your path to becoming an impactful yoga teacher will not be affected by their decision.

Yoga Alliance is a registration body, similar to that of a trade organization. They do not certify teachers, nor do they test or require anyone to meet any of the standards they set. Because we recognize certification is important to you, we have created our own Kaivalya Yoga Method certification program. Completion of this course certifies you as a Kaivalya Yoga Method Instructor.

Your registration fee is included with the cost of this training, and you are never charged a yearly renewal fee. We have a website where your bio, teaching schedule and contact information are featured so the world can see that you've met our rigorous testing standards and demonstrated your ability to lead stellar classes for a wide variety of students. This is our sincere and grateful attempt at highlighting our approved teachers and providing you the chance to shine within our powerful network of teachers and students. Discover our certified graduates here: certifiedteachers.yoga.

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Together, we will show the yoga world the power of online education and the strength of the community that binds us.

If you have any further questions please do not hesitate to contact us at: tt@alannak.com.

WANT TO LEARN MORE?

Join Alanna on her next webinar to learn all about the program, take a peek at the inside of the teacher training.

REGISTER NOW

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