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Is online yoga school legit

Ads can be a pain, but they are our only way to maintain the server. Please deactivate Ads blocker to read the content. Your co-operation is highly appreciated and we hope our service can be worth it. Last updated on February 2nd, 2022. Some links in this post contain affiliate links including Amazon Associate links. I may earn commissions from qualifying purchases if you use the links at no extra cost to you. Wondering if online yoga teacher training is worth it? I am going to show you exactly how to choose one, what mistakes to avoid, and how to make sure it's legit in this online yoga teacher training review! As someone who just loves learning about the human body, I was so against online trainings at first. That is until I signed up for a philosophy training with my mentor, with my home yoga studio, in another continent and totally changed my mind: I now love online yoga trainings. So keep reading to know everything you need to choose your next online yoga training: ESSENTIAL GEAR FOR YOUR ONLINE YTTA cork yoga mat (you'll need some support!) ←click here to see my selection[A high quality yoga towel (you'll be sweating!) →see my favorite here[A strap and carrier (best purchase I've made) →see why I love it here! Easier scheduling Unlimited access to the material: you can often keep the Zoom recordings Meeting people from all over the world Staying at home Accessing the best yoga studios without having to travel Learning to teach online classesCons: Less of a sense of community Less knowledge of the human body and no adjustments Harder to vet as often it is a new offering There can be a lot of pre-recorded content (sometimes!) Quality varies: while a lot of online yoga schools refer to themselves as offering accredited online yoga teacher trainings, the reality is more complex if you want to receive a certification.How to know if an online yoga teacher training is legit?Will you get the RYT certification?The Registered Yoga Teacher certification depends on the Yoga Alliance. Not all types of yoga traditions are recognized by this certification, but I'd argue that if you want to teach more types of yoga, it is probably better to get it. Currently, there are many Yoga Alliance certified online teacher trainings because of COVID. It is an exemption and we don't know if it is going to continue. Be careful: yoga alliance accreditation doesn't always mean you'll qualify to be a registered yoga teacher, it could just be counting towards continuing education credits. So do your research when you look at Yoga Alliance Teacher Trainings. Take a look at verified reviews from real people! Go on the school's Yoga Alliance page, their Facebook Page, and Google them extensively. Who are the Teachers?Google them all to see if you resonate with their approach. Read their blogs, see their reviews, and take a public online yoga class with them before to know if they really can teach online. Being a good in-person teacher doesn't always translate into good online teaching skills.What is the schedule?Get the breakdown of the schedule, day by day, hour by hour. If you're doing a 200-hour, compare it to the Yoga Alliance standards here. Add the hours up to be sure it's really 200 hours.How much interaction is there?How much interaction with the teachers will there be? Ideally, there should be some Q&A time and even one-on-one time with the lead teachers if you are taking your 200-hour yoga teacher training online as you'll be in need of feedback.Practice teaching with your peers is super important as constructive feedback on how things feel in someone else's body will help you improve. All types of trainings should have a big anatomy component since you are impacting people's bodies and they can get injured. Yoga is dangerous when done unsafely.How inclusive is it? Will you be learning to welcome all kinds of students no matter their background? As a yoga teacher, you have a role in cultivating diversity in the wellness space. This is an acquired skill as there are concrete techniques and mindset shifts that can help create inclusive, accessible classes for students of all walks of life.What is the best online yoga teacher training? My Online Yoga Teacher Training experienceI've done all of my Registered Prenatal Yoga Teacher certification and part of my 500-hour Yoga Teacher Training online. I've been really enjoying it as I've been able to keep up with and expand my US yoga community while currently being in Europe. I am doing my additional 300-hour yoga teacher training online with Yoga Vida and here is what I love:They have adapted their curriculum really fast to offer relevant topics in the online world (Inclusivity and Yoga, Business, Trauma-informed yoga, Yoga Therapy...)They have a BIPOC scholarshipThe community is still awesome as you are with the same people in various trainingsThey offer an online vinyasa yoga teacher training too! I've done my 200-hour with them and wrote about it here.As for taking my prenatal yoga teacher training online, it was hard to find a good certification that was recognized by Yoga Alliance but I chose Yoga Education Institute (they have a 200-hour online yoga teacher training as well) and I'm happy about it: They offer regular individual time with the lead instructorThey keep their groups small so the online yoga teacher training courses are very interactiveThe anatomy and safety components are very detailed and science-basedAlso, I'm just happy I decided to try another studio than Yoga Vida for my training and expand my horizons! As much or as little as you want since it depends on your business sense. Yes, teaching yoga is absolutely being an entrepreneur. On my side, having advised innovative businesses on their strategy and operations for 4 years before making the switch, I love the business side as much as the actual teaching! I feel you can't serve others well unless you treat your yoga teaching career like an actual business and always ask yourself "What do people want?". It is important to note that you are working with your body and your voice so you need to be mindful and preserve your energy when you accept opportunities. So get paid in dollars, not in visibility, and don't teach for free to anyone to get experience, your friends and family are here for that! If you teach yoga for free, you won't have enough energy to serve people well, and the quality of your classes will probably deteriorate. Yoga teacher burnout is real! Of course, don't let that keep you from teaching donation classes or charity classes, as it can make yoga more accessible to certain populations that would not have gone to a yoga studio, but make sure you are doing so mindfully to support a cause or a group of people rather than offering a low-cost, low-quality experience. I hope you've enjoyed this article and feel ready to find the best online yoga teacher training certification. Feel free to share this with anyone who might benefit from it! Photo Courtesy: fizkes/iStock Yoga is becoming a popular way to stay active and in tune with our bodies. Whether you are an experienced yogi or trying for the first time— you have different types of yoga you can try. Here is a breakdown of the different types of yoga. Yoga focuses on both the mind and body. Yoga is intended to reduce stress and anxiety — and many people enjoy these mental benefits. It also focuses on breathing techniques to help mental focus and relaxation. But it also physically increases your strength and flexibility. Each type of yoga may have a different focus, including: RelaxationCardioMuscle strengthFlexibilityBalance You may try yoga to help with some symptoms of a chronic health condition, such as cancer, chronic pain, and depression. Yoga can also help with insomnia, fatigue, and your overall mood so you can better handle your chronic health condition. Different Types Of Yoga Yoga comes in many forms that focus on different techniques. Here are a few of the most common types of yoga: Hatha Beginners generally start here because the practice is gentle and slow. The focus of Hatha is on your posture and to have you hold positions for extended periods to build strength. Hatha also teaches you breathing and relaxation techniques. Bikram Bikram yoga is an intense workout in a hot room, so this type of yoga may not be for everyone. It is a type of hot yoga where the temperature in the room is about 105 degrees Fahrenheit and 40 percent humidity. You will want to drink a lot of water to stay hydrated if you try Bikram yoga. If you have health conditions, like heart conditions or heat intolerance, you may not want to try Bikram yoga. Other types of yoga may be good for you. Ashtanga This style of yoga is pretty new compared to some yoga forms that were practiced thousands of years ago. It also has more defined movements and has different levels, which you progress through over time. To progress, you have to master the poses and breathing techniques. Iyengar The main focus of Iyengar is to correctly do and hold poses for an extended time. You often use props such as blocks and blankets with this yoga type. Iyengar can help with chronic pain and injuries as it helps to strengthen your core and improves your flexibility. Yin Yin focuses on holding poses for up to five minutes. This helps blood flow and increases your flexibility over time. This style of yoga can help with relaxation and mental patience since the poses are held for a longer time. If you like Bikram, this type of yoga can be done in a heated room. Prenatal Prenatal yoga can help both before birth and after. This style focuses on breathing exercises and positions to help balance, strength, and endurance. It can also help with stress and reduce the pain associated with pregnancy. Restorative Restorative yoga is a great way to help you with an injury. This style of yoga has a more gentle pace that can be good for people with limited physical abilities. And, it's an excellent way to relax and reduce stress for everyone. There are only a handful of poses, each held for up to 20 minutes. Holding poses for a longer time can help with joint pain, stretch your muscles and calm your mind. Tips For Beginners Photo Courtesy: fizkes/iStock If you plan to try yoga for the first time, there are a few things to keep in mind before starting: Make sure your instructor is certified.Find out if the class is for beginners or those who already have experience doing yoga.Purchase a yoga mat if one will not be provided in your class.Talk to your instructor if you feel any pain or discomfort during or after your sessions.If you have any chronic conditions or other health concerns, talk to your doctor before trying yoga for the first time. Resource Links MORE FROM SYMPTOMFIND.COM

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