**FAQ - KANSAS SIDDHI YOGA YOGA TEACHER TRAININGS**

**1. How long will it take to fulfill the 200 or 300/500 hour program?**

The 200-hour program consists of 5 required modules, each one spanning a 4-day weekend (Thu-Sun). After applying for and being accepted into the 200-hour program, you can expect to be finished within 3 months.

The 300-hour program will likely take 2-3 years, depending on your life rhythm. You are required to complete 270 contact hours (in the presence of a program teacher) and this can be accomplished by registering for and attending weekend workshops that have been specially designated as applicable towards the KSY 300-hour program. Upon applying for and being accepted into the 300-hour program, you will receive a program matrix that will allow you to track your hours in the required categories. In addition to the 270 contact hours, you will be required to attend a minimum number of public classes at KSY as well as at-home assignments and a final exam.

**2. Am I eligible for your 300-hour program if I completed my foundational 200-hour Teacher Training somewhere else?**

Yes! Your 200-hour program plus our 300-hour program will make you eligible for registration through Yoga Alliance at the 500-hour level. However, please note you are not eligible for our 300-hour program without already having completed a 200-hour Teacher Training, whether at KSY or another Registered Yoga School. You can take the same workshops for personal edification but may not enroll in the actual Advanced Teacher Training for certification without already having completing a 200-Hour Foundational Program.

**3. If I completed my foundational 200-hour Teacher Training somewhere else, are there any special requirements for me to participate in your 300-hour Advanced Teacher Training?**

Yes, you must take Modules 4 & 5 of our 200-hour Teacher Training. These hours (approximately 100) will count towards your 300 hours. See the website for dates and pricing on these two modules from our Foundational Program.

**4. Can I take any of the 200-hour or 300-hour modules and workshops just for my personal interest and edification?**

Yes, you can attend the modules and workshops strictly for your personal interest. You will not receive a certificate of completion, which only goes to students enrolled in our Teacher Training Programs. One requirement, however, is that you attend whatever you've signed up for in it's entirety.

**5. How many modules or workshops will I need to fulfill the 200 or 300/500 hour program?**

The 200-hour program consists of 5 required modules. The 300-hour Program will vary depending on the workshops you take. Each workshop will be about 15-20 hours each, some more, some less. So you can expect to take somewhere between 14-20 workshops to complete the Advanced Program. The 500-hour program is the 4 required modules of the 200-hour program plus the 14-18 workshops that make up the 300-hour program.

**6. For the 300-hour Program, when I am selecting which workshops I'd like to attend to fulfill my hours requirement, are there are required number of hours in particular subjects that I must adhere to and keep track of?**

In selecting which workshops you'd like to attend to complete the 300-hour Program requirements, you will need to take into account subject area requirements determined by Yoga Alliance, as designated on the Program Matrix you will receive upon admission.

**7. What is the certification process?**

First you must complete and submit an application that will be reviewed and you will either be accepted or offered guidance on how to become eligible for acceptance. Then you must complete ALL Teacher Training hours of the course/module/workshop you are enrolled in. Upon completion of all requirements, which may include an exam, additional reading, required projects, required public classes, etc, you will receive a certificate of completion. Afterwards, if you choose to seek registration through Yoga Alliance, you will need to complete an application on their website and submit it along with the certificate of completion from Kansas Siddhi Yoga. Yoga Alliance now requires that all Teacher Training hours (either the 200 or 300 program) be completed at one school – you can no longer compile hours between other schools unless they are affiliates. (You can, however, complete your 200 and 300 hour trainings at different schools.) Yoga Alliance will contact you regarding your registration after submitting all the required materials. You can find more information on their process on their website www.yogaalliance.org.

**8. How much do these programs cost?**

The 200-hour Teacher Training has a set price for the 5 modules. You can find the current fees on our website by clicking on the "Teacher Training" button in the menu bar. From there find the Information Sheet for the 200-hour Program.

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The 300-hour Teacher Training is made up of weekend workshops that will all have varying costs depending on the content, the teacher and the number of hours. In general, these weekends will average about 15 hours each. The cost per weekend may be between $140-250. Please see the Workshops page on our website for a listing of eligible workshops and their exact costs.

**9. How many times a year do you offer the 200-hour Teacher Training? How many 300-hour Advanced Teacher Training modules will you offer each year?**

The 200-hour Foundational Training is offered at least once per year in Kansas City. Additional Trainings may be offered based on demand.

Our intention is to offer at least one 300-hour Program eligible weekend workshop each month, as schedule permits.

**10. Can I take weekend workshops with Shiva or other Prana Flow teachers in the country and have them count towards my 300-hour Teacher Training at KSY?**

Possibly. Eligibility for credit will be determined on a case-by-case basis. If you definitely want your hours to count, please contact Gina before (not after) you attend so you can verify eligibility in advance.

Other questions? Please email teacher_training@moyoga.com.