



## The Yoga Institute

### **FAQ's for Part-time 200-hour 2 MTTC, The Yoga Institute, Mumbai.**

#### **1) What does the training program cost?**

The program fee for the 200 hours teacher training course is INR 22000/-. This fee includes the online tuition fee and the training material. The medium of instruction is English.

#### **2) Are you conducting the course online as there is a lockdown currently?**

Yes, this course generally is conducted at the institute, which includes 150 hours of class engagement and 50 hours of assignments plus guided self-practice. We are conducting it online as an exception due to the lockdown.

The part-time option is an exception as people are busy with household responsibilities and/or working from home. So in the online format, we have added the option of reduced hours per day.

#### **3) What are the prerequisites for this online program?**

As the TTC program would be conducted online, you would need a device (smartphone/laptop/iPad, etc.) with a basic Internet connection to run the Zoom App for online classes.

About Zoom App: Available free on Google Play Store/App Store/laptops. Free sign up using your mail ID. Specific login details would be provided to enter sessions of the program.

Besides this, you must be 16 years or older in age.

#### **4) Will the entire course be online even after release of the lock down?**

The format of the part-time course is such that it is being conducted online during the lockdown and will continue in the same online format until the end of the course, even once the lockdown is released.

#### **5) What would be the difference between the regular and the online program?**

The program would be exactly the same. There would be no changes in the syllabus, course material provided as well as the teachers conducting the sessions.

#### **6) What is the teacher training program schedule?**

The 200 hours teacher-training program is very disciplined. It will require 80% of attendance, 100% of your involvement in all sessions and full commitment to the process. The daily schedule would be from **Monday to Saturday from 7:00 AM to 8:30**



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**AM (IST) (MORNING) 6:30 PM to 8:30 PM (IST) (EVENING).** Further details would be shared as you enroll. The students are expected to follow the program schedule strictly.

### **7) What if I don't feel safe to travel after the lock down has been released?**

As the part-time course is only being offered online, you are not required to come to the centre even after the lockdown is released. In case you have any doubts regarding any asana or yogic practices, you may attend any of the upcoming full-time batches till December 2020.

However, please note that you need to pay for the meals and accommodation.

### **8) Will you be providing the course material to study at home?**

The participants would be provided with the soft copy of the teacher training handbook and in case they wish any further books for reference they can purchase it from us which will be couriered post lockdown and the courier charges will be borne by the students.

### **9) Will there be any changes in the fee structure when it is offline?**

There would be no change in the fee structure for the sessions. An additional fee would be charged if you choose the offline option for the meals provided during the day and if you opt for residential facility at the institute.

### **10) When would the course end?**

The last date for the batch starting on **25<sup>th</sup> January 2021 to 20<sup>th</sup> March 2021**

### **11) How will I be assessed for the certification?**

On completion of the program with minimum required attendance, assignments, you would be eligible for the exam. Students, who successfully pass the exams, would be rewarded with the certificate.

### **12) When will I get the certificate?**

The certificates are rewarded to the students by Dr. Hansaji after the successful completion of the exam, on the next day of the exam itself. If you choose the online mode, we would be sending the certificate via email. If you want the hard copy of the same, extra courier charges would be applied.

### **13) Will the credibility of the certificate the same as your regular 200 hours course?**

As there is no change in the structure of the course content as regular 200 hours TTC, the credibility of the certificate remains exactly the same in this case too.



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### **14) Will my certificate mention that I have done the course online or in a part-time format if I choose that option?**

The certificate would not mention these details. It remains the same as the regular 200 hours program conducted at the institute.

### **15) Why 'The Yoga Institute'? How will the course benefit me?**

The Yoga Institute is the oldest yoga school of the world, recognized by the Government of India (Ministry of Ayush) and is the first Yoga school to be accredited after the AYUSH-QCI scheme was launched.

This is the RYT 200-hour course, fully accredited with the Yoga Alliance USA and the participant is eligible to apply on Yoga Alliance site as Register Yoga Teacher.

### **16) How to register for the program?**

Click on the below link to make payment and register:

<https://theyogainstitute.org/200-hrs-part-time-ttc-online-english/>

### **17) Can students get the recording of the missed class; can students record the sessions?**

Students are prohibited from recording these live sessions. We don't use any Pre recorded videos, rather its a live session where you can directly interact with the teacher

### **18) Are the sessions live or recorded?**

All the sessions are live interactive sessions.

### **19) Is there any other option to make payment of the fees and register?**

You can transfer the funds to the below-mentioned bank account. Please mention your FULL NAME while making the transfer, followed by an email to email id: mentioning the details of payment, attaching a copy of the e-receipt, or a screenshot confirming the payment, with the subject line "1-month payment – your FULL NAME".



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## THE BANK DETAILS

<b>Account Name</b>	The Yoga Institute
<b>Account Number</b>	0711679519
<b>Name of the Bank</b>	KOTAK MAHINDRA BANK
<b>IFSC Code of the branch</b>	KKBK0000674
<b>Address</b>	1A, 1B, 2 & 3, Majhithia Apartments, 189 - S. V. Road, Mumbai - 400 056, Maharashtra
<b>Type of Account</b>	Savings Account
<b>Swift Code (For Overseas Payment)</b>	KKBKINBBCPC
<b>Beneficiary Contact Details</b>	022-26110506 Email : <a href="mailto:info@theyogainstitute.org">info@theyogainstitute.org</a>