

## **FAQ's for 3MTTC, The Yoga Institute, Mumbai.**

### **1) How long is the program?**

The program is from **1<sup>st</sup> March 2021 to 19<sup>th</sup> June 2021**

### **2) What is the training program cost and what all does it cover?**

The program fee for 900 hours teachers training course is INR 75,000. This fee includes the tuition fee-online and training material. Click the below link to know the details of the course syllabus:

<https://theyogainstitute.org/wp-content/uploads/2018/04/3mttc-syllabus.pdf>

### **3) Are you conducting the course online as there's lockdown currently?**

Yes, this course generally is conducted at the institute, which includes 550 hours of class engagement and 350 hours of assignments and other non-contact hours related to the course. We are conducting it online as an exception due to the lock down until the lockdown directives are lifted by the Government of India.

### **4) 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 basic internet connection to run the Zoom App for online classes.

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

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

The program would be conducted online till the lockdown, we will have both the options of online as well as offline after the lockdown gets released. Students are open to join us offline at the institute campus or may continue with the online sessions including the examination.

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

The program would be exactly the same which includes the syllabus, course material and the teachers conducting the sessions.



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

The 900 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 am to 9 am and 4:30 pm to 8 pm. Further details would be shared as you enroll. The students are expected to follow the program schedule strictly.

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

As we would be having both the options of online and offline, you may continue with the ongoing online option. If you wish to experience the course at the institute campus, you may opt to continue the course in the upcoming batches within year 2020.

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

The participants would be provided with the soft copy of the 3 months teacher training handbook and rest of the material shall be provided on arrival for the offline course at the campus in India or shall be couriered to students who continue with online course. **The courier charges have to be borne by the student.**

## **10) Will there be any changes in the fee structure when its offline?**

There would be no change in the fee structure for the sessions. Additional fee for 4 meals will be charged for nonresidential students and accommodation charges if you choose the residential facility at the institute.

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

The last date for the course would be **19<sup>th</sup> June 2021.**

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

On completion of the program with minimum required attendance, assignments, Practice Teaching sessions and Public speaking talks you would be eligible for the exam. Students who successfully pass the exams, would be rewarded with the certificate.

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

The certificates are rewarded to the students after successful completion of the exam by Dr. Hansaji, within the course duration. If the program continues to be online, we would be sending the certificate via email. If you want the hard copy of the same, extra courier charges would be applied.

## **14) Will the credibility of the certificate be the same as your regular 900 hours**



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**course?**

As there is no change in the structure of the exam, the credibility of the certificate remains exactly the same.

**15) Will my certificate mention that I have done the course online?**

The certificate would not mention these details. It remains the same as regular 900 hours program conducted usually at the institute.

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

The Yoga Institute is 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 RYT 900-hour course, fully accredited with the Yoga Alliance USA and the participant is eligible to apply on Yoga Alliance site as Register Yoga Teacher.

**17) How to register for the program?**

Click on the below link to register and make payment: <https://theyogainstitute.org/3-month-ttc-camp-form-online-course/>

**18) What if I am not able to finish the course due to any technical issue or emergency?**

In such a case, you may choose to join the upcoming batches, to finish the course and appear for the exam.

**19) 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

**20) Are the sessions live or recorded?**

All the sessions are live interactive sessions.

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



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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 [info@theyogainstitute.org](mailto:info@theyogainstitute.org), mentioning the details of payment, attaching a copy of the e-receipt or screen shot confirming payment, with the subject line "3month payment – your FULL NAME".

**Our bank account details are as follows -**

<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>

## 22) Will the course begin with the 7 Day Health Camp?

7Day Health Camp is an experiential activity wherein you have a first-hand experience of various aspects of Yoga unique to The Yoga Institute. As an exception we are omitting this camp from the course due to the current situation of lockdown. However you may at any point of time in the future may come and participate in the camp complimentary within a year, which is worth an experience even if you qualify as a teacher. Meals and accommodation will be chargeable.