



## The Yoga Institute

### **FAQ's for 1MTTC, The Yoga Institute, Mumbai.**

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

The program fee for the 200 hours teachers training course is INR 22000/-. This fee includes the online tuition fee and the training material. Click the below link to know the details of the course syllabus: <https://theyogainstitute.org/one-month-ttc/>

#### **2) Are you conducting the course online as there's 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 lock down.

#### **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 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.

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

The program would be conducted only online till the lockdown, we will have both the options of online as well as offline after the lockdown gets released. Students who can come to the institute, may join the offline batch, others can continue to take it online, along with the examination.

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

The program would be exactly the same. There would be no change 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 10:00 am to 6:00 pm. Further details would be shared as you enroll. The students are expected to follow the program schedule strictly.



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### **7) 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 choose the ongoing online option. If you still wish to physically attend the course by visiting the institute, you may opt to join the same in future with the upcoming batches till June 2021.

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

The participants would be provided with the soft copy of the 1 months teacher training handbook.

### **9) 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 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 April batch would be 30<sup>th</sup> April, 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 after successful completion of the exam by Dr. Hansaji, on the next day of the exam. 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 exam, the credibility of the certificate remains exactly the same.

### **14) Will my certificate mention that I have done the course online, if I choose that option?**

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



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### 15) 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 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/camp-form-online-course/>

### 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 it's 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 [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 "1 month 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>