**Jilandra School of Yoga - frequently asked questions.**

**What if I do not want to be a yoga teacher?**

Maybe you just want to deepen your own practice, or go on a journey of self-discovery and inner enquiry. This course is perfect for you too.

**What if I miss sessions due to illness, family or work commitments?**

This is the idea behind the rolling programme, we know that life happens and so if you miss sessions it is ok, you will have a buddy who will keep your work for you and you can make up your hours by just continuing until you have 200 hrs.

**What if I cannot continue with the course because I am moving away?**

You will be able to take your hours accrued and give a months notice, this means that you may be able to find another Yoga Alliance course in your new area and register on their rolling programme.

**If I have starting the course somewhere else with the Yoga Alliance or have a REPS qualification and have accrued hours, can I complete my course with you, and still be qualified?**

Yes if you have a certificate valid from the Yoga Alliance / REPS, you will be able to continue your training with us.

**What if I cannot do all the posture due to my body limitations or injuries? ?**

We believe that being a yoga teacher is about being honest and humble, it’s not about being able to do pretzel like contortions. Although it is great if you can. “Remember its all about you” this is a journey, and acceptance is what we are teaching, to accept yourself, where you are now, and progress slowly. That way you will make a great teacher, and accept every one that comes to your classes.

**What if I have not been doing yoga very long?**

We think that having 2 years experience of yoga is a good platform to start, then by the time you qualify and start up your own classes you will be much more experienced and credible. Also you will feel much more confident in your own ability. If you have only been doing yoga a few months with no real experience you might find it more challenging. Continue with your practice, and join us when you have the 2 years experience, we will still be here.

**What on going support is offered?**

Jill’s workshops and days of yoga count toward CPD (continued professional development) you will meet other teachers on these days, which will add to your network of support, finding other courses to take you're teaching further once you graduate. I also welcome you to attend my regular weekly classes, and I am very happy to come and mentor you at your classes once they are set up and running after your graduation. While on your teacher training you’re teaching practices can be done at your classes, if you have started teaching, in my weekly classes or with your peers on the TT. This means you will be able to use real students.

My promise to you is to support and help you after your graduation,  with what ever comes your way.

I am providing a community for us to share, with like minded people - together we really are better.