



## Frequently Asked Questions Fluid Yoga Teacher Training

### **Is Fluid Yoga a Registered Style?**

Yes, Fluid Yoga is trademarked style of Vinyasa Yoga as well as a Registered Yoga School with Yoga Alliance. Our approach is intelligent by design, Fluid by Nature.

### **How do I reserve my spot? What are the requirements?**

Reserve your spot by completing and submitting the application for consideration. We max out our training at 25 students per training to ensure an intimate experience. The requirement for training are to commitment to following the Fluid Credo, the physical ability to practice asana, and to show up for the session with complete presence and open mind.

### **What are the benefits of taking Fluid Yoga training vs. other trainings?**

Fluid Yogi's believe in the lifestyle of the yoga practice. It is through the deep connections between the body, mind and spirit, that we begin to make transformations in our everyday life. Our program is designed to be transformative and educational and our hope is that Fluid teachers will be positive catalysts for good in this world. Because of this, we spend a lot of time on mind training, philosophy and life skills.

Graduates of the Fluid Yoga training program have been successfully in making the transition from the practice of yoga to the teaching of yoga. Our students are drawn to our tight knit community and the bonds made while passing through the teacher training program. In addition, they receive a 10 pack of classes for use at Stil Studio once entering the Fluid Teaching portion, are assigned a personal mentor, create bonds that will last a lifetime, while finding their own lives dramatically improving from the dedication to the practice.

### **What do I need to do bring to the training and what is included in the cost?**

Bring a healthy body and an open mind. Your own mat is preferred, but not required. A sweater or shawl for meditation, a notebook, folder, and water bottle is suggested.

The training includes a comprehensive and detailed manual covering all the curriculum. Additional readings and books are not included in the tuition price and will be your responsibility.

**What is the difference between the 200 and 300 hour programs?**

The 200 hour program allows students to discover the foundation of their practice. This program is comprised of 7 weekends including Fluid Mind, Fluid Spirit, Fluid Body and 4 weekends of Fluid Teaching. Once completed, one will be certified to teach Fluid Yoga, and be able to register for a 200 hour certification with Yoga Alliance.

The 300 hour teacher training program is designed for graduates of any 200 hour yoga training program. This program is comprised of 3 weekends of Fluid Mind 2, Fluid Spirit 2 and Fluid Body 2 as well as an additional 100 hours of teaching practicum. Once completed, the graduate will be eligible for a 500 hour (200 + 300 hours) certification with Yoga Alliance.

**Can I take the Fluid Mind, Fluid Spirit and Fluid Body modules if I have no interest in teaching?**

Absolutely. Each module is designed as an independent immersion. They can be taken in any order, but all three must be taken before (really?) one enters Fluid Teaching. These modules are a way for a student to deepen their interest in meditation through Fluid Mind, spiritual philosophy through Fluid Spirit or asana & alignment through Fluid Body.

**What are the qualifications? What if my asana practice is not strong enough? I can't even do the crow!!!**

Most students enter training programs, not with the desire to teach, but the desire to change their lives through the practice of yoga and meditation. That is exactly what is required. A dedication to change one's lives and to live a more meaningful life. All other benefits of strengthening your asana will come as an extra bonus through the dedication of the practice. Your practice, combined with the love of yoga, is all you need to pursue the 200 hours of training.

**How long does it take to complete the training and get my certification?**

The 200 hour training takes 200 hours to complete (hee hee)

We break it up into several sessions over the course of roughly a 6 month time period

The 500 hour training takes 300 additional hours of education to complete.

We break this up into 3 weekends as well as 2 – eight day sessions. This time period is 6 months.

**What if I skip a session or an emergency happens and I can't make a weekend?**

Our training program is a rolling program so each Module can be taken independently. If a student cannot make a session, he/she must make up the time with private session time with a Fluid Apprentice. You are allowed up to 8 hours of absence without any private

make up time. Otherwise, the private session time will require homework review as well as asana review and one on one training at a private session fee.

**Do I have to convert to Buddhism or Hinduism to become a teacher?**

Absolutely not. Yoga is an experience meant to only enhance devotion and belief systems. By practicing and learning from an experiential level, Fluid Yogis' deepen their beliefs through dedication and personal commitment to practice on and off the mat. We do not believe in preaching nor enforcing dogma on others.

**Who can guide me during the training?**

You will be assigned a Fluid Mentor to help guide you on your path of becoming a teacher. Your mentor is your contact person during and after your training. He/She will guide you through your homework assignments, sequencing, questions on cueing and teaching instructions and more.

**What happens when I am done with my training?**

Once you complete, you become part of the Fluid Sangha. A tight knit community of like-minded teachers that supports one another on the path. The Fluid Sangha participates in a Meditation in Action program to take the practice of yoga and meditation off the mat and into the community by helping others. It continues to have meet ups, reunions, a social media page and much much more. You become something larger than yourself and will have many opportunities to continue with continuing education, teacher's only retreats, workshops and opportunities to grow.

**How do I get my certification and become registered with Yoga Alliance?**

You will be required to take a final written exam covering all the points from your training. Once this is passed, you will receive a Certificate of Completion stating you are a registered Fluid Yoga Instructor.

After receiving your Fluid Yoga certification, you must create an online id with [www.yogaalliance.org](http://www.yogaalliance.org) and upload your certificate of completion. After a few weeks, Yoga Alliance will send you a 200 hour letter of certification.

**Why does Fluid want me?**

We believe that every single person has an extraordinary gift to offer this world. We help our teachers find their gift. Many students have concerns that it is too late for this, or their practice isn't strong enough or they won't make a good teacher, etc. etc. We help our student appreciate that their life experiences are what make them great teachers. Every student has something truly unique to offer and the best teachers are simply authentic versions of themselves, not carbon copies of any one else. And so that is why we want to share our Fluid Yoga experience with those willing to receive.