



THE TRAUMA • CONSCIOUS
Yoga Institute

Frequently Asked Questions about The Trauma-Conscious Yoga MethodSM Teacher Training

Q: I am not a registered/certified yoga teacher or yoga therapist. Can I take this training?

A: Yes! You do not need to be a yoga teacher or yoga therapist to attend.

Q: I am new to yoga. Can I still take this training?

A: Yes! We typically will have people with a diversity of experience levels in the training. While we have had registered yoga teachers and even those who have taken other trauma-informed yoga certification trainings attend and say they learned new information and grew their knowledge base, this training is also a deep-dive and comprehensive starter-course for those new to yoga.

Q: Will I get CEU's for completing this training?

A: More than likely, yes. [Here is the list](#) of providers for which we are able to offer CEU's- this includes social workers, professional counselors, and marriage and family therapists in most states. We are accredited with Yoga Alliance and yoga teachers will receive CEU's via Yoga Alliance.

Q: Are you accredited with Yoga Alliance?

A: Yes, you can upload your certificate of completion to the YA website.

Q: I can't afford the training. Do you offer scholarships and/or work-study opportunities?

A: We typically do not offer scholarships at this time. We offer work-study opportunities on occasion. The best option for those who want to attend but are concerned about the finances is to utilize one of our payment plan options.

Q: Do you offer payment plans?



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A: Yes. These can be found when registering for each course. To access the payment plans, from traumaconsciousyoga.com click on “events” and then “upcoming trainings.” Click on the training of your choice. “Enroll” in the course and then toward the middle of the screen, on the right, you will see a button that says "contracts." Please select the payment plan that pertains to you: Student/Non-Profit Employee or Professional (everyone who is not a student or non-profit employee). This is a two-part payment plan (you'll be asked to make one payment now and the next will happen 30-days later).

A: Do you offer refunds?

Q: We have a strict cancellation policy. Please read below:

Cancellation Policy: If you cancel your attendance at a training:

- Before 90 days prior to the start of a training: 100% Refund
- 31 - 90 days prior to the start of a training: 50% credit of the full amount paid to be put towards another training within 12 months, and will forfeit the remainder.
- 0-30 days prior to the start of a training: no refunds or credits will be given during this period.

Q: Will this training lead toward my 200-hour yoga certification?

A: It's possible, but you need to check with the specific 200-hour program you intend on participating in to confirm (it is up to them). This training and all trauma-conscious yoga trainings are considered electives or specializations by [Yoga Alliance](#). Most 200-hour yoga teacher trainings have a set curriculum that they abide by to meet Yoga Alliance's standards for 200-hour certification. Trauma-informed yoga is not a part of Yoga Alliance's 200-hour standard, however some 200-hour YTT's will allow this training to count.

Q: What is the case presentation?



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A: At the end of both the in-person and online trainings, trainees will participate in a case presentation. This involves you taking a client with whom you currently work (using an alias), or an imagined client if you do not currently have clients, and considering why The Trauma-Conscious Yoga MethodSM would be useful in your work with them.

- For the in-person trainings you will break into a dyad and do a mock-session, with your partner pretending to be your client. You will get to practice how you would teach your client from the trauma-conscious vantage. Clinicians, you would take a therapy client and practice integrating yoga into your clinical work with them. Yoga teachers, you can teach a practice class or private session. It's flexible what you do, and designed to be a fun, hands-on learning experience! Former trainees have found that the case presentation profoundly increased their confidence level and ability to implement what they learned in the training immediately with their clients.
- Trainees in the online training will record a video of themselves explaining their case and demonstrate how they would teach several techniques to a client (there are several options around how to do this). Nityda will review your video and give you feedback prior to your certification. To learn more about online requirements please [click here](#).

We didn't answer your question?

Please email Nityda at nityda@traumaconsciousyoga.com to inquire further. Peace, love, and namaste!