

Frequently Asked Questions

How is this yoga program different than other 200-hour yoga teacher trainings?

Sumits Yoga teacher training program is designed and devoted to intensive practice and analysis of postures (asanas) and the breathing techniques (pranayama) that link them. Sumit Banerjee, along with other extensively trained instructors, will join Sumits Yoga Nashville instructors to offer a broad variety of background and styles of yoga.

The bulk of learning will include technical alignments, adjustments and breathing techniques. Sequencing and posture awareness is studied and teaching tips will be reviewed. An introduction to the history and philosophy of yoga is summarized and will increase your awareness of the internal-self during your personal practice.

I am not sure if I want to teach. Is this training appropriate for me to deepen my practice?

Yes. Many students enroll in teaching training unsure if teaching is in their future. It provides an opportunity to deepen your understanding and relationship to your practice.. While we do spend a great deal of time practicing instruction, this is also a journey into self-awareness that can be life changing. In the process of learning to help others practice more effectively, we learn a great deal about ourselves.

Is attendance for all sessions mandatory? What if I have to miss a class?

Yes, attendance is mandatory for all sessions. We have created a training that is progressive and inclusive and requires attendance. If there is an emergency during a session, discuss with the trainer for make-up requirements.

What if I can't do advanced asanas?

Yoga is so much more than our physical practice. The desire to study and learn further is the only pre-requisite.

How do I receive my certification?

After successfully completing all requirements (100% attendance or make-up work, homework, reports, testing, assisting, and group classes) you will receive a certificate of completion and become a RYT-200 (certified yoga teacher at the 200-hour level).

How do I find work after graduation?

Sumits Yoga Nashville offers an opportunity to recent graduates to sign up and teach a weekly community class (Sumits Shining Stars). This allows new teachers to become more comfortable leading group classes.

Besides our weekend meetings are there any outside requirements?

Yes. You will be required to take at least one class a week. You will be asked to observe 10 classes and document observations. These can be done in any regularly scheduled class. There is homework given each week and a final test. Successful completion of all requirements is necessary to receive your certification. **Please contact Sumits Yoga Nashville with any questions at info@sumitsyoganashville.com.**

Are there any discounts on classes/workshops or boutique items for trainees?

Yes! You will receive unlimited classes at Sumits Yoga Nashville for the duration of the program. You also will receive special discounts on classes/workshops and boutique items from the time your tuition is paid in full. Please ask the desk staff for further details.