

Frequently asked questions for CCYOGA Level One and 200 Hour Yoga Teacher Training

Are yoga classes at the studio free for me during the training?

Since many participants in the training don't live in the direct vicinity of the studio yoga, classes are not included in the cost of the training. However, we do offer a great discount of 15% off of the current price of the [Green Club Unlimited Yoga Membership](#). And that discount will remain for as long as you stay a member at the studio, even beyond your training completion.

What if I need to miss a few hours from a training weekend?

While it is not ideal to miss in person training hours, on a case by case basis we can work something out.

The main concern for missing in person training hours is if you are wanting your teaching certificate for Yoga Alliance accreditation:

-If you are planning to teach at a studio, in your home or a park, then the facilitator can simply record the sessions you are missing and you can make the hours/assignments up before the next training weekend on your own time and send your work to the facilitator.

-If you are planning to teach at a city recreation center or fitness gym then you will want the Yoga Alliance accreditation and need to make your missed training weekend hours up with the program facilitator (there will be an additional fee of \$50/hour for in person makeup hours.)

What if I complete CCYOGA Level One and decide that I want to continue on to be a yoga teacher?

After Level One you will have 100 hours of training that, should you choose, you can continue onto CCYOGA Level Two (within 2 years of completing Level One) for a total of a 200 Hour Yoga Teaching Certificate. There is usually a Level 2 available to take within a few months of Level One.

I have a fear of public's speaking is this training for me?

About 90% of participants have some level of anxiety around public speaking and the way the training is setup the sharing is such a gradual process that it's really fun to watch everyone's progression. I am optimistic that you would have a breakthrough in this area of your life!

How long are the checkins in between training weekends?

The check ins are a full two hour commitment that you can do remotely. They will not happen on the Mondays directly following a training weekend.

What is the homework load in between training weekends?

There will be some reading and memorization needed between training weekend, in addition to meditation and yoga practices, to walk in prepared for the upcoming weekends together.

Is there a payment plan that stretches through the training?

Yes- we do offer 12 month payment plan options.

When I am done with my training can I automatically teach at Container Collective?

This all depends on if there is room on the schedule. If there is not, you may be invited to do our 8 week internship that is free and allows you the opportunity to grow in your practice of teaching.

What is the cancellation or refund policy?

We understand that plans occasionally change, and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent policies. We have endeavored to make these fair.

Container Collective Yoga reserves the right to cancel any program at any time. If this occurs, a full refund will be issued.

Should you need to withdraw from the training, \$250 from your full tuition is nonrefundable, but it can be put toward another Container Collective Yoga Teacher Training or Retreat.

If you need to cancel your participation in a Container Collective Yoga Level One or 200 Hour Training, a full refund, minus the nonrefundable \$250 deposit, will be provided as long as your request is made at least 7 days prior to the training start date.

Cancellations must come in the form of a written notice emailed to info@thecontainercollective.com.

Cancellation requests received between 7 days and 48 hours of the event start date will be refunded half of the training tuition in the form of Container Collective Yoga account credit. Cancellations received with less than 48 hours notice or withdrawals from active trainings will result in the loss of all fees and will forfeit the full tuition.

Transfer Policy

Current Level One/200 Hour Training enrollees may switch training dates to other open sessions for a transfer fee of \$100. The early bird discount will not be carried over. If the program which you are desiring to transfer to has a different and applicable early bird discount, you are eligible to receive it then.