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## YOGA TEACHER TRAININGS ARE *NOT* ALL ALIKE!

With the popularization of mainstream yoga, there are a number of yoga trainings to choose from. But, they are not all alike!

Even if a school is a member of the Yoga Alliance, the Yoga Alliance does not certify you. The individual school does. Each individual school decides the curriculum, the number of hours with the directors, the electives, the depth of the studies and the tuition. The Yoga Alliance is a fee-paid advertising registry, setting very minimal standards for individuals and schools to become members, something like a chamber of commerce for yoga.

It is difficult to compare “apples with apples”.

### **Did you know that the Yoga Alliance only requires:**

- 65 of the 200 hrs (only 36%!) with the lead trainers?
- A lead trainer to have only 2 years, yes, only 2 years, experience after getting their own 200 hr. certification?
- A lead trainer only needs 1,000 hours of teaching experience and does not have to do any other special training to be the lead trainer of a program?

### **Consider Bhumi's Yoga Teacher Training (YTT) which offers much more:**

- Bhumi's YTT has all 200 hours with the lead trainers, the directors!
- Director Bhumi has been training yoga teachers for *30 years*. Assistant Director Nikki has been practicing yoga *20 years* and teaching yoga *14 years* since her certification from Bhumi's, and works fulltime in the corporate wellness industry.
- Director Bhumi is not just a Yoga Teacher, but actually *trained* as a Teacher Trainer for years!

When you complete Bhumi's Yoga Teacher Training, you will have a quality education with breadth and depth, and the name of a reputable school as your certification.