

Frequently Asked Questions:

What makes Kunga Yoga Teacher Training unique?

Kunga Yoga 500hr Flex Teacher Training Certification is a creative, dynamic, and multi-tiered program, designed to encourage individuality - focusing on the integration of yoga in a modern world. Our goal is to offer the training in such a way that participants can choose to study intensively in a shorter time frame, OR take the modules at a slower pace, completing in up to five years. You will receive your 500hour certification once you have completed all of your required Advanced Studies trainings; along with your 200 hour certification (from any Yoga Alliance registered school).

This training is multi-faceted, with a large emphasis on service and a comprehensive combination of advanced studies courses, retreats and optional outside volunteer opportunities. We also offer creative programs to choose from, such as learning Thai Yoga massage, Yoga & Live Music Exploratoriums and credits for traveling on retreat with us.

Who is eligible to participate in the 500-Hour Training?

Anyone who has earned a Yoga Alliance certification at the 200-hour level (from the Wilmington Yoga Center or elsewhere) is eligible for the 500-Hour certification. Also, those who are currently enrolled or planning to enroll in a 200-Hour Yoga Alliance training may participate. Teachers wishing to participate in specific modules without going through the complete 500-Hour training are welcome to choose the module or modules of interest without having to commit to the entire 500 Hour program.

What are the benefits of a 500-Hour Teacher Training Certification?

The 500-hour level certification enhances your credibility as a yoga professional and the Yoga Alliance designations are trusted symbols of knowledge, training and experience for employers and students. You can use the RYT® designation following your name and on your marketing materials. Your contact information, education and experience will also be listed on the Yoga Alliance website, allowing prospective students and employers to easily locate you. Wilmington Yoga Center is one of the few yoga studios in the Southeast to offer advanced 500-Hour Teacher Training. For more information please visit www.yogaalliance.org.

How long will it take me to get my 500-Hour Certification?

Our entire program takes place over the course of approximately 1 year and then repeats itself. Therefore, 500-Hour certification can be earned in as little as 1 year, or as long as five years, according to Yoga Alliance Standards, and your own life cycles. You may take the modules at your convenience, as long as you complete them within the 5-year time period. Certain module subjects and presenters change yearly due to director availability, however most core modules stay the same. Please keep in mind that certain modules may not repeat the next year.

Do I have to take the modules in a specific order?

No. You have 5 years to complete the training with modules available several times during that period.

What if I miss a course?

If you miss a module, no problem. You can take it the next time it is offered. There is also the option of completing some of your missed hours through private sessions, homework, and independent study, pending approval from the director.

Is there credit for training completed outside of Wilmington Yoga Center or past trainings that I have participated in?

Yes. Please fill out any credits you would like to seek approval for in the transfer credits section on your registration form.

May I attend an Advanced Studies course, without the intention of pursuing the 500-Hour certification?

Yes, many of our Advanced Studies courses are open to teachers and students of all levels who wish to take these courses for personal enrichment or CEUs.

What if I decide later on to pursue the 500-Hour certification?

If you decide at a later date to pursue the 500-Hour certification, prior attendance in any Advanced Studies courses will be fully credited towards your certification. You may take up to five years to complete the entire training. You will receive a letter of completion at the end of each teacher training module, documenting your hours. Save your letters of completion should you decide at a later date to pursue certification.

What Advanced Studies courses are offered?

Please note that all 10 of the modules listed are required. Then you have a choice of doing an assistantship, or additional approved modules from the list above. Other optional (not mandatory) opportunities for you include a Kunga Service project and or teaching classes to those in need at our Wilmington Yoga Center location. The Kunga Service project is not required to obtain certification, just tools to expand your understanding of yoga and how it relates to you as an individual, as well as society.

Are there any requirements in addition to the modules listed?

No, just your assistantship of 20 yoga classes anytime over the course of your training. You may also choose to forego the assisting in exchange for the additional elective modules above.

What if I can't afford the time and financial commitment of Retreats?

No problem. Retreats are completely optional and not required. Also, we sometimes offer discounted assistantship positions on retreats, and discounts to teacher trainee alumni and/or those currently enrolled in our trainings. Please let us know if you would like to go and need financial aid, or are interested in assisting.

What days and times will the modules take place?

Please view our workshops and trainings page.

What is the cost of the training?

The ballpark cost of all of your modules will range from \$2800 - \$3200 once you have completed all 10. The factors that effect your pricing include how diligent you are in signing up for each of your modules (early bird or late bird pricing), the host studios policies and fees and any discount that you may be granted for enrollment in our 200 hour program.

The individual costs for each module ranges from \$200 - \$550, depending on the location. Your two longest modules, Kunga Vinyasa & Prenatal (35 hours each) are the highest cost, at \$500/600 per module. Most other modules range from \$200 - \$350. You may pay as you go for each individual module. Your final cost for all of your modules if you sign up with early bird pricing would be approximately \$2850. If you late register for your modules your total cost could be up to \$3200, so sign up early each time! In addition you will add \$100 for your registration (\$25) & completion (\$75) fees, and any additional books.

Are books and materials included in the price of the training?

Presenters often provide a resource packet at no charge with the training. Some presenters will include a larger bound manual and are an additional cost of \$20 - \$30. Any additional books are not included.

Will I have to keep up with any documentation for the 500-Hour Teacher Training?

Yes. Student documentation includes the following:

- * Registration & Transfer Credit Form
- * Letters of Completion for each Module
- * Assistanship Record & Final Report OR additional modules letter of completion

What other optional Kunga Service Projects & Kunga Journeys retreats may I participate in?

Kunga Project Challenge (Optional)

This challenge includes teaching yoga & meditation as a free service to an underserved population, particularly with populations that do not have access to yoga classes. This may include the homeless, poverty-stricken, handicapped, prison inmates, at-risk youth, seniors in nursing homes, etc... You may choose to turn in a written report and any photos so that we may share your work on our websites/blogs. In doing so, you may inspire other teachers to do the same!

Service Retreat (Optional)

Includes coming on one of our Kunga Journeys – local and global service retreats. These retreats give you an opportunity to deepen your yoga practice on ALL levels. We get our hands dirty and get involved in projects that work with underserved populations, such as orphans in 3rd world countries, as well as local projects improving our local environment or volunteering with needed communities in the U.S. Completing one of our Kunga Journeys retreats will satisfy your Living Yoga – Service Requirement module above – no need to take the local training if you come on retreat with us! Continue to check our website for upcoming Kunga Journeys projects

What is the schedule of the modules?

MODULE & ELECTIVES SCHEDULES:

Below are current samples of the daily schedule for the modules. Please note this may be used as a general guideline & may change slightly due to presenter availability and location.

35-hour (4.5-day) Modules

Prenatal & Kunga Vinyasa

Wed 7-10pm

Thurs 9-1 & 2-6pm

Fri 9-1 & 2-6pm

Sat 9-1 & 2-6pm

Sun 9-1 & 2-6pm

25 – hour (3 day) Modules

Anatomy, Therapeutics & Thai Yoga

Friday 12 – 5 & 6 – 9pm

Sat 9 – 12pm & 2 – 5pm

Sun 9 – 12pm & 2 – 5pm

15-hour (3-day) Modules

Rhythmic Flow Yoga & Arts Exploratorium

Living Yoga in Action – Service Training

Detox Flow

Ayurveda

Fri 6-9pm

Sat 9 - 12 & 2 - 5pm

Sun 9-12 & 2 - 5pm