

**Thank you so much for your interest in the University of Utah's Yoga Teacher Training program.
Listed below are basic details and FAQs most have about the program (Catalog 2019/2020)**

PLEASE READ THOROUGHLY!

The U of U Yoga Teacher Training (YTT) program currently offers a 200 hour YTT certificate, recognized by Yoga Alliance to authorize our students becoming a Registered Yoga Teacher (RYT) through Yoga Alliance, should they choose to. YTT is available for both college credit through the College of Health, and non-credit seeking students through the Continuing Education department.

When enrolling for the credit/non-credit YTT classes through the College of Health, please look up the codes ESSF 1800/800, 1801/801, 1802/802. If signing up through Continuing Education's Professional Certification program, look up the codes PEPEC 800/801/802.

To **qualify** receiving your YTT certificate, **successful completion** of YTT courses:

ONE (ESSF 1800/800, or PEPEC 800)

TWO (ESSF 1801/801 or PEPEC 801)

THREE (ESSF 1802/802 or PEPEC 802)

is **REQUIRED** one year from enrollment of 1800/800.

	COST*	UNITS	SEMESTERS*	DEPT/Course #
Credit (ESSF)	Standard tuition rate managed by University	2.5 credits per course	FALL: T/W/H 6-8:30pm SPRG: T/H 12:55-3:15pm W 6-830pm SMR: T/W/H 9-11:30am	College of Health ESSF 1800,1801,1802
Non-Credit (ESSF and PEPEC)	\$2100 for all 3 courses (Fall 2019)	N/A	FALL: T/W/H 6-8:30pm SPRG: T/H 12:55-3:15pm W 6-830pm SMR: T/W/H 9-11:30am	Continuing Education ESSF/PEPEC 800, 801, 802

***Be advised, cost/days/times subject to change!**

FAQs

Q: What are the codes/terms used for each class?

A: There are 3 enrollment options potential YTT candidates can choose from: college credit or non-credit, through the Kinesiology/ESSF Dept of the College of Health, or the non-credit but professional education certificate program (PEPEC) hosted by Continuing Education Dept. When enrolling through the Professional Education program for the traditional schedule's time, know that enrollment is handled by them.

ESSF 1800/800, PEPEC 800: Course 1 and is held on Tuesdays

ESSF 1801/801, PEPEC 801: Course 2 and is held on Thursdays

ESSF 1802/802, PEPEC 802: Course 3 and is held on Wednesdays; its day of the week may change due to room scheduling needs. Please check the Semester catalog you plan on enrolling to locate when/where it is held. If interested in the ProEd's YTT Weekend Intensive program, please visit <https://continue.utah.edu/proed/academy/certificate/yoga-teacher-training-intensive> for more information.

Q: I don't have much yoga experience. Is this necessary to have if I enroll in a yoga teacher training?

A: Although a basic understanding of a yoga class is helpful, being an advanced practitioner of yoga is *not needed*. This training is designed to give the general student all the skills he/she needs to understand the premise of yoga and how to lead a class on their own by its end, and is also a great program for personal enrichment. *Should you have less than 3 months experience under your belt, you may be asked to consider prolonging full completion of your teaching final until you and the lead instructors feel you're ready to teach.*

Q: Are there any class prerequisites needed?

A: Course 1, (1800/800) *must* be completed *before*, or enrolled *alongside* the same semester as course 2 (1801/801). Course 3, (1802/802) is open to all as it is a workshop style class designed to introduce a variety of yoga styles to the average student. If a student is seeking the YTT certificate, all 3 courses are **required registration**.

Q: What requirements for enrolling in your YTT program are most important to know?

A: Attendance is our biggest requirement. This is a program after all, not a typical yoga class. Our syllabus goes into more specific detail about this, but 100% attendance should be your goal! If you know beforehand that you would be out of town for more than 3 class times, recognize your work schedule may consistently interfere with arriving to class on time (or at all), have extenuating circumstances such as pressing family needs or severe health issues, please consider enrolling when you know you can fully participate.

Q: I'm not a U of U student. Can I still register for your YTT program?

A: Yes. Reach out to the U's Continuing Education dept. Enrollment and payment is handled by them. Space is limited. Please visit <https://continue.utah.edu/search/advanced?s=Yoga> for more details about general registration. There is also a YTT Weekend Intensive option, for those that work during the week. This maybe a better option. Please visit <https://continue.utah.edu/proed/academy/certificate/yoga-teacher-training-intensive> or [email here](#) with questions about the Intensive.

Q: What is the difference between the Professional Certificate Program (PEPEC) and regular Continuing Education non-credit classes?

A: Continuing Education professional certificate seeking department (PEPEC courses) offers an additional professional recognition for completing the program. To learn more, please visit <https://continue.utah.edu/proed/academy/certificate/yoga-teacher-training-certificate> or email Shelby Love at shelby.love@utah.edu for more details.

Q: I'm a current U student, but don't need the credit units offered. Do I need to enroll through Continuing Education instead of the ESSF department?

A: No. You can still enroll as a student for non-credit through the College of Health, Kinesiology/ESSF dept. This includes those who would like the additional recognition of receiving a professional certificate, offered through Cont. Ed.'s Professional Certification program.

Q: Can I use Financial Aid/GI Bill to pay for this training?

A: Yes. If you are a **registered** U of U student with access to Financial Aid, enrolling for any one of these courses is like signing up for any other class. *This is only available to students seeking college credit.* For those using the GI Bill, please reach out to the Financial Aid department for details of payment. *The YTT Instructors DO NOT handle any type of tuition/fees/payment for class registration!*

Q: Do I need to enroll in ALL the courses at once to receive my certification?

A: No, you do not. It *is* possible to take all the YTT courses concurrently (all together) a semester and finish the in-class contact hours training, but you are not required to do so all at once, should your schedule not allow it. Only 1801/801 has prerequisites, being registration and completion of YTT course 1, 1800/800.

Q: What if I *don't* finish all the required out-of-class hours the training requires during the semester I am enrolled in?

A: As per Yoga Alliance standards of a 200 hour training, contact hours (instruction with a master teacher) and non contact hours (out-of-class hours) are how you receive a yoga teaching certificate. A student has up to a year after the semester of their enrollment **for that course** to complete the out-of-class hours needed to qualify receiving their YTT certification. We want to make sure a student feels confident and comfortable teaching a yoga class on their own, before they receive their certificate.

If you have any other questions that haven't been answered, please email Rebecca Davenport R.Davenport@utah.edu. Due to the number of emails received, please accept apologies beforehand for any delay in answering. Thank you!