

ARIZONA YOGA TEACHER TRAINING SEARCH GUIDE



The only decision more important than deciding to advance your yoga education and practice with a yoga teacher training program is deciding which program is best for you.

This guide is designed to help you zero in on the the very best yoga teacher training program for your unique needs. Whether you're wanting to advance your yoga education to serve others or for your own personal development, this guide will help you clarify your priorities and start the search that will lead you to the next step in your yoga education and personal evolution.

For best results, follow the instructions on the pages that follow, keep an open mind, and follow your heart.

Of course, if there is anything we can do to be of service, please let us know. We're here to serve you no matter where your search leads.

With blessings for your search and beyond,



Eric Walrabenstein
Yogacharya & Director, Yoga Pura

The first and most important step in finding the right yoga teacher training program for your unique needs is becoming clear on your own motivations and goals. This crucial step will allow you to successfully assess the quality of prospective programs and teachers as they relate to your unique circumstances. For best results, set aside some quiet time to read through the following questions. Make no attempt to answer them at first. At a later time, come back to the worksheet, take the time to contemplate each question, and write down your most honest answer to each. Use your answers to guide your search using parts II and III of this guide.

1. What initially drew you to the practice of yoga? _____

2. List the top three ways that yoga has most significantly impacted your life. _____

3. In what ways would you like to be better versed at how to utilize yoga philosophy and techniques?

In formal practice? _____

In your home life? _____

In your career or life mission? _____

4. How does your formal practice as performed in the studio translate into your everyday life? How could that be improved? _____

5. What is your overall goal when it comes to the practice of yoga? _____

6. Are you interested in teaching yoga, are you considering yoga teacher training for own personal development, or both? _____

7. What inspires you most about advancing your yoga education?

In service of yourself? _____

In service to others? _____

8. For those who wish to teach...

8a. In what environments are you most interested in teaching? _____

8b. Are you interested in translating yoga for persons with strong faiths in other traditions? _____

8c. What populations are you most interested in serving? _____

8d. Is there a particular style that you'd like to specialize in (list as many as apply)? _____

8e. Are you interested in using yoga therapeutically? For physical needs? For psychological/behavioral needs? _____

9. For those who wish to use the program for personal development...

9a. In which areas are you most interested in expanding your practice or understanding?

- | | |
|-------------------------------------------------------------------|-------------------------------------------------------|
| - Performing techniques (postures, breath work, meditation, etc.) | - Applying yoga wisdom and technique in everyday life |
| - Applied anatomy, kinesiology, and physiology | - Using yoga techniques for therapeutic needs |
| - Understanding of yoga history and philosophy | - Employing yoga as a spiritual catalyst |
| | - Other |

9b. How would you like to see your day-to-day life change as a result of your enhanced understanding and practice of yoga? _____

Once you've clarified your own needs, it's time to ask some questions from various schools. First spend some time on the websites of prospective programs to make a first assessment of their offerings (the program guide on the following pages is a good place to start). Be interested in how they present their school, the look and feel of their materials, the credentials of their director, and their stated goals, and the content and structure of their curriculum.

Once you've narrowed your search, set up some time to speak to program staff, teachers, and course director. Aside from the obvious questions around schedule, tuition, and other costs, some questions to consider:

1. In what ways does the program seem to match with your intention?
2. Are there any ways the program seems to be lacking in relation to your intention?
3. What is the stated goal of the program (beyond creating yoga teachers)?
4. Does the program have a special focus that supports your unique goals?
5. What are the credentials of the course director?
6. Who does the bulk of the teaching? The course director? Assistant teachers? Contracted instructors?
7. How long has the program been in operation?
8. What are some of the success stories of past graduates?
(if possible take classes from program graduates to get first-hand experience of the type of teachers it creates).
9. What is the overall time commitment? (include class, homework, and practice requirements both at the studio and at home).
10. Are there any hidden fees or graduation requirements that you should be aware of?
11. Do you feel inspired and excited by the prospect of attending this particular program?
12. Last, but not least, don't forget to breathe, smile, and HAVE FUN!!!

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Arizona is home to a wealth of diverse and amazing yoga teacher training programs. Below is a list of many of the programs currently in operation. While we've made every effort to be inclusive, some programs may have eluded our research. Our apologies to any that are not listed below. Please feel free to contact us to be included in future editions of the guide.

Studio	Website	Location	Start	Tuition	Contact Info
7 Centers Yoga	7centers-yoga.com	Sedona	1/6	\$3,295	yoga@7centers.com 928.203.4400
Barefoot Studios	barefootstudiotucson.com	Tucson	3/10	\$3,000	barefootazschool@gmail.com 520.797.2881
Core Power Yoga	corepoweryoga.com	Phoenix	2/21	Unknown	corepoweryoga.com 303.532.5112
Dave's Astanga Yoga	davesastangayoga.com	Scottsdale	Rolling	\$2,200	davesauthenticyogatt@gmail.com 480.216.2602
Desert Song	desertsongyoga.com	Phoenix	10/1	\$3,000	yoga@adesertsong.com 602.265.8222
The Foundry	thefoundryyoga.com	Various, AZ	TBD 2018	\$3,499	info@thefoundryyoga.com 602.971.6999
Gilbert Yoga	gilbertyoga.com	Gilbert	1/27	\$2,250	info@gilbertyoga.com 480.225.1881
Holy Yoga	holyyoga.net	Varies, AZ	1/8	\$3,295	info@holyyoga.net 866.737.4653

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Studio	Website	Location	Start	Tuition	Contact Info
Hot Yoga University	hotyogau.com	Scottsdale	1/8	\$3,500	hotyogau@cox.net 480.664.2299
Ignite Yoga	igniteyogastudios.com	Goodyear	2/16	\$2,500	bentley@igniteyogastudios.com 623.374.7812
Inner Vision Yoga	innervisionyoga.com	Chandler	2/1	\$2,700	quanda@innervisionyoga.com 480.632.7899
Kharma Life Center	kharmalifecenter.com	Phoenix	2/6	\$2,900	info@kharmalife.com 602.795.9767
Laughing Buddha	laughingbuddhaaz.com	Tempe	3/9	\$4,100	yoginisnow@mac.com 480.664.2515
Lifetime Fitness	lifetime.life	Goodyear	3/13	\$3,495	achreech@lt.life 623.536.9595
Lotus Bloom Yoga Studio	lotusbloomyoga.com	Prescott, AZ	3/23	\$2,650	cheryl@lotusbloomyoga.com 928.499.1553
Metta Yoga	newmettayoga.com	Phoenix	2/10	\$2,500	jessica@newmettayoga.com 602.522.0662
Modern Yoga	modern.yoga	Scottsdale	2/6	\$2,850	buddha@modernyoga.com 480.797.6899
Moksha Yoga	mokshayogaphoenix.com	Phoenix	2018	\$3,100	mokshayogaphx.com/contact-us 602.368.3462

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Studio	Website	Location	Start	Tuition	Contact Info
Motto Yoga	mottoyoga.com	Queen Creek	2/20	\$2,800	training@mottoyoga.com 480.819.3648
Pima Community College	yogapatricia.com	Tucson	Fall	\$2,995	www.yogapatricia.com/contact 713.443.7725
Radi8 Hot Yoga	radi8love.com	Scottsdale	Spring	\$2,888	karma@radi8love.com 602.888.2288
Santosha Yoga and Wellness	studiosantoshayoga.com	Glendale	TBD 2018	Contact	amber@studiosantoshayoga.com 623.204.7587
SW Institute of healing arts	swiha.edu	Tempe	2/5	\$3,045	www.swiha.edu/contact 480.994.9244
Sumits Yoga	sumits-yoga.com	Various, AZ	TBD 2018	Unknown	sumits-yoga.com/contact 480.563.9642
Sutra Midtown	sutrastudios.com	Phoenix	Rolling	\$3,200	see "Contact Us" at sutrastudios.com 602.253.9525
The Masters Institute	themastersinstitute.net	Sedona	3/23	\$3,195	info@themastersinstitute.net 928.203.6726
The Yoga Connection	yogaconnection.org	Tucson	6/18	\$3,250	yoga@yogaconnection.org 520.323.1222
True Hot Yoga	truehotyoga.com	Various, AZ	TBD 2018	\$2,950	patty@truehotyoga.com 480.767.9642

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Studio	Website	Location	Start	Tuition	Contact Info
Urban Yoga	urbanyogaphx.com	Phoenix	2/16	\$2,850	info@urbanyogaphx.com 602.277.9642
Yoga Breeze	yogabreeze.com	Cave Creek	1/19	\$3,300	info@yogabreeze.com 480.595.2855
Yoga Pura	yogapura.com	Phoenix	2/18	\$2,950	heatherk@yogapura.com 602.843.7872
Yoga Nirvana	yoganirvanastudio.com	Tempe	1/15	Contact	yoganirvanastudio@gmail.com 815.570.9642
Yoga to the People	yttpaztt.com	Tempe	2/16	\$3,150	tempe@yttptraining.com 480.719.0019
Yoga Village	yogavillage.net	Scottsdale	1/12	\$3,100	yoga_village@cox.net 480.905.8801

Questions about finding the best program for you? We're here to help.

Get a free, no obligation consultation.

Call us (602) 843-7872 or drop us a note at info@yogapura.com