



## YBB Yoga Teacher Training FAQs

### **1. Who is this training for?**

This training is for anyone working with trauma and vulnerable populations. The training is an opportunity to deepen your own practice and broaden your tools for offering trauma-informed yoga and other movement based therapy to adults and children in prisons and beyond. Having a personal yoga and meditation practice will make this training more meaningful and impactful.

### **2. Do I have to be a yoga teacher to participate in the training?**

No, you do not have to be a yoga teacher to benefit from this training! Many attendees are social workers, medical professionals, people working in the criminal justice system, as well as yoga practitioners looking to deepen their practice.

Please note: If you are interested in becoming a volunteer instructor for Yoga Behind Bars after this training, you will need to have completed a 200-hour yoga certification or comparable experience.

### **3. What kind of follow up training do you provide?**

If you go on to volunteer as an instructor or classroom supporter for YBB, you will be invited to participate in our free quarterly continuing education workshops on topics such as meditation, use of props, restorative yoga for specific populations, yoga teaching in Spanish, etc. These workshops are available in person for all our volunteers, and will soon be available online as well.

If you are not an active YBB instructor, we will offer continuing online education modules for a fee starting in fall 2018.

### **4. Are there scholarships available?**

Yes! YBB offers three types of scholarships, a scholarship for People of Color, one for formerly incarcerated folks, and a \$50 off "Ambassador Scholarship" for people who help us set up and breakdown the training.

Recipients of the Ambassador Scholarship are expected to help set up before and clean up after the teacher training, and bringing some snacks to share.

Please contact [Jess@yogabehindbars.org](mailto:Jess@yogabehindbars.org) for more information.



## 5. Can I use this course for Yoga Alliance continuing education credits?

Yes, YBB's trainings are eligible for contact continuing education credits with Yoga Alliance. Please ask us to provide you with a certificate upon completing the training if you require the certificate.

## 6. Can I pay in installments?

Yes! You can register with the \$40 deposit (select the pay by check option on our registration page) and then contact [Jess@yogabehindbars.org](mailto:Jess@yogabehindbars.org) to set up a payment plan.

Installments can be paid

1. By mail (Yoga Behind Bars, PO Box 84494, Seattle WA 98124). Please mark "YBB YTT" in the notes section of your check, or;
2. On the donations page on our [website](#). Please mark YBB YTT Payment Plan under "in honor of".

*The training fee must be paid in full by the first day of the training.*

## 7. Can I come to only one day/ part of the training?

No. An important aspect of our training is to build community and trust amongst the participants. Having people leave halfway to the training would be disruptive to the other participants.

### Out-of-State Inquiries

## 8. Can YBB come to my city and put on a training?

Yes! We have been honored to teach trainings all over Washington state, as well as in Denver, CO, Missoula, MT, and Portland, ME. We may be able to bring a training to your city and would love to explore your ideas. In order to take our training to your city, we need our hosts to source a training location and to take responsibility for registering local participants. Please reach out to [Jess](#) if you think this arrangement might work and we can discuss details.

## 9. Are you starting a Yoga Behind Bars chapter in our city/state?

No. Yoga Behind Bars teaches in Washington state prisons, jails and detention centers. We conduct trainings across the country to support those who want to start new programs, giving them the tools necessary to teach behind bars. We have been doing this work for over a decade and are excited to help grow a national movement towards a rehabilitative and restorative justice system!



We currently have no plans or capacity to start programs outside of the state of Washington.

**10. Will you cover the logistics of how to start a prison yoga program?**

At our trainings, we provide participants with the tools to teach trauma-informed yoga behind bars and beyond. If you are interested in starting your own program, we can send you some information helpful to start a prison yoga program, and in the training we focus on best practices and self-care once you're inside. We are developing additional online modules to cover this topic in more depth, which we hope to have available in fall of 2018.

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