

Yoga Sutra Shala - Yoga Teacher Apprenticeship programme



We are happy to announce our Yoga Teacher Apprenticeship programme!

This is open to anyone with a regular and strong yoga practice of more than 2 years, who would like to gain our Yoga Teacher Training Certificate (200 hours) in Hatha, Vinyasa & Yin Yoga, and offer their service as one of our Karma Yogis.

The 3-stage programme not only offers you the comprehensive course and the resulting 200 hour certificate, it also gives you the opportunity to build your confidence as a yoga teacher, continuously sharing with and learning from other teachers and giving weekly classes to a broad section of people.

Before the apprenticeship begins we ask you to come for a period of 1-2 months and work with us as a breakfast volunteer (working 30 hours per week), to see if there is a mutual connection. Cooking experience is required.

Stage One:

The apprenticeship starts with a 5-6 week programme, firstly assisting on one of our 4-week teacher training courses led by Namit, during which you would:

- attend and assist in Namit's morning classes
- fulfil the dinner shift tasks, Monday to Friday, 16.00-21.00. (25 hours per week).
- complete extra course assignments

Stage Two:

You would teach on 1 or 2 of our retreats (working 30 hours per week), in order to gain sufficient teaching practice hours for your certificate.

Stage Three:

You would then continue for at least 12 months as one of the yoga teachers on our team - initially receiving further guidance from your mentor.

You would work 30 hours per week, which includes 4 volunteer shifts and teaching on YTTCs and on retreats, being paid €75 per week.

The first stage will be very intensive and require you to be calm, alert and able to manage your time well. The following stages will give you the opportunity to further your own practice at the same time as discovering, developing and improving your ability to teach others.

Throughout your stay you would be accommodated in the volunteer house close to the retreat centre, sharing with other team members.

During the week (not at weekends) you will receive all your organic, plant-based meals, snacks and drinks.