

Training FAQ's

What do I need to bring? Bring a yoga mat unless you are flying into town, then I can provide one. Bring a change of clothing in case you work up a sweat in practice (although they are not too intense). Bring snacks and your favorite beverage/water bottle.

What is provided in the cost of training? A Light lunch is provided each day of the training and a water with light snack. A welcome gift bag will be given out on the first day. You will receive my Yoga 911 manual that is the core of the training curriculum. Yoga sessions of all types and practices that correlate with the 8 limbs of yoga are incorporated as well as nervous system/trauma education

What if I have a special diet? There are several restaurants and a grocery store within a mile of the venue. If you have a restrictive diet, you may have to bring your own lunch.

Do I have to practice yoga? Yes. Yes you do; all 8 limbs of it. Do not fret. There is no competition or judgment in yogic practices.

What if I can't attend the whole 20 or 30 hours? Contact Lisa directly. While it is important not to miss any of the course, arrangements can possibly be made to accommodate some time off. It is not advised, but I understand how life goes. Consider this a retreat, a vacation without the toxins!

What if I am a yoga teacher and attend the training? Well, you have 2 options.

1. You can attend just as a participant who seeks to gain knowledge in the nervous system and common stress related ailments, a tactical skillset in trauma-sensitive yoga, and yoga as a mind/body therapy in specific populations. A course completion certificate will be given to you but it will not be eligible for the 30 CEUs with Yoga Alliance. Contact hours are 25.

2. You can attend as a teacher who is looking to become certified to teach trauma sensitive classes and/or teach yoga to First Responders. This requires extra course work, including assisting on the training, watching some videos, and teaching 5 free classes after the training to First Responders or trauma-sensitive populations in your area that you arrange with some outside entity. You will then write a brief summary of the experience, get a letter of reference from a participant or employee where you taught, and submit all to Lisa. Once accepted, Lisa will send you your certificate and you will have 24/7 support and will have enough CEU's (30) to renew your full membership with Yoga Alliance. Let's get this good practice out there! Without the five outside classes being taught, you only qualify for 25 CEUs. Go for the 30. Then you're done with renewal requirements for the Alliance for 3 more yrs

Do I have to speak a funny language and pray? While Sanskrit may be used as it is part of Yoga, you are not expected to speak it or memorize it. Yoga is not a religion. No one will force you to do anything. Come and honor yourself. You're worth it

What are the attendance hours? 8:00am-6:00pm on Friday (for Yoga teachers only) Saturday and Sunday, 8am-6pm for Yoga teachers and First Responders and their family members (optional)

Attention: Yoga teachers must attend all 3 days. Other professionals and First Responders need only attend two days.