Closed Captioning/ Transcript Disclaimer

CHRISTINA: Hello. Welcome. My name is Christina Griczin and I'm a specialist here at yoga alliance and so happy you are able to join us today. The topic for today's webinar is unpacking the up level standards for registered yoga school. This hour-long webinar will guide you step-by-step through the strengthen application and review process. That was launched in February of this year 2020. You we got it through what goes to a completely new epic expect application as well as a process for existing schools and is our goal to provide you with the clarity and preparation tools you will need to navigate this process whether you are a new school or ready to up level and there will be time for Q&A during this presentation.

Our presenter today is Marcel Anders-Hoepgen an international renowned yoga master, Mystic author and inspirational speaker. In 2004 he was awarded the title Yoga Master, in 2016 Marcel was invited where he was initiated into the state and a year later Marcel performed in over 400 concerts as a musician, published seven books and released 15 CDs and eight DVDs on yoga, meditation and healthy living.

And these were all done to a German publisher. Now I would like to hand off of her presentation to Marcel.

MARCEL: Thank you so much Christina for being here and having me do this webinar today and buy things to civil and Quana and Seville and I am so happy to help you all with this webinar here today to really understand what this of leveling process goes to.

For me if -- it is if you don't know what to expect it frightens you and then you feel you can do it and procrastinate and that is what we don't want to do. You want to go through this process and show you step-by-step what you can do to easily get ready, and hit the register button because that is all that it takes and a little bit of preparation.

For this today I will do a lotto screen sharing, so I will have the Yoga Plans website up and show you every single step of the process and being that you start as a new school or as a renewal, I will show you how to get there.

When you look at the bottom of your screen you see those two little speech bulbs Q&A and that is where you can communicate and people from our side will as your question right away as some questions that come back more often they will give to me and I will answer.

I would highly recommend for this webinar that you take notes, but not in what I am telling you, but where during the video you will find information that you did not know about. For example, say three minutes into the webinar when is it finally going to start with the application, and these kind of things.

So when you are tracking down the times you can use recording of this webinar that will be on the Yoga Lines.org website and use that as a tutorial to go step-by-step for the evocation.

Let us take a moment to start by grounding and everything becomes more easy and the other thing is we can utilize this as your yoga practice. So sit down, close your eyes and take a couple deep breaths into your belly, really slowly filling the belly and slowly emptying it.

One more time. Now just for a moment bring your attention to your sit bones and allow them to sink into your chair so you can feel how the pelvic girdle can really provide a good foundation for your spine to straighten out.

Also by focusing here for a moment you'll activate the earth element to keep your mind attentive and focused. Now set the intention for you for this webinar that this is going to be fun. That at the end of this webinar you will feel fully confident.

Then slowly wiggle your fingers, and place your hands on your face or neck for a moment just to regain the body awareness. Then open your eyes. Again, welcome to all of you and those who just joined in. My name is Marcel and I will guide you through this process and I will start screen sharing now so that you can see what I'm talking about, and

again, I apologize in advance because I am going to throw a ton of information at you and at the end you may think OMG I don't know what was what, but don't worry we are recording this and you can review and follow it step-by-step you're

We have the yoga Alliance website and I am at the point where nothing happened at. If you go to the website this is what you will see. So the first thing you should do is go to the button New Are what skip standards and it will show you the menu of all the things that you can go to and all the things that are highly recommendable and is a ton of information.

One thing I want to point out from the get go it will be your guide to do this entire application and that is a Common Core Curriculum for our Y's 200 and this part when you look at this it will show you the difference between the old application and the new application and you can look at it for your own personal information, but the thing really important is a tiny button in the corner that looks insignificant but this is what this whole application is a bout.

So when you click on it it will open a new document that you can download as a PDF, which you really should do. I will take a little moment here just to introduce a Google function to all of you who are not English-speaking by birth like myself and you find all these documents are highly confusing term

There is this wonderful function on Google and you click Translate it will pull up this window here in two years you can translate all the text and go to whatever documents you have, highlight the part, copy it and go into the translate document and paste it and now you can choose the language you want to translate into and you can go to your personal language. We will do Russian for today and for me that is one of the biggest tools that I used to really understand what these questions are actually about.

So Google, Translate and you can look up whatever you feel you need translated in this application. Let us go back those document and have a look at this because like I said this is your guide for the entire application. You see we have four big sections that you will have to answer which is technique, training and practice. Anatomy and physiology, yoga amenities and professional essential and I will come back to these all the time so keep them in mind.

The most important thing for me in this application process is you look at all the bullet points and these are night guidelines for you, these are actually requirements for you to answer, so what I would like for you to understand is each of those bullet points is a question that you have to answer later on in the process, so keep that in mind and I will get back to that and I will show you how I utilizes to upper-level my own school and show you what for me is probably the fastest way to do so.

So when we look at all these different questions you see they are very specific and you will need to answer them and also describe what you are doing. We will come back to this here in a moment. As I said, when you are here to Standards, and then common Core Curriculum, click on that and scroll down to the bottom of the page and click on this to open up into this new document that you will need to use.

Another very helpful tool that you will need to use is when going back to the front page and it says Become a Member and cover, and since you want to apply as a school and let us assume you already are a teacher and if you aren't you need to go through the application process and when ready to apply as a school click on this part in this first page for me is a little misleading because it looks like I found the button that I need to press enter missing all the information that is under here that will actually help you what to do.

For me personally I'm a little fast clicking buttons on the internet so don't hit the button yet need to prepare first. When you scroll down it gives you a ton of information on basically everything Yoga Alliance wants you to do and you have the cost for the application process and here it says is a $640 but it doesn't start off that way when you first apply you do have to pay $400 but only if your school gets accepted, which after this webinar I just assumed you will get accepted but when you are accepted then you have to pay the yearly fee which is $240.

When you look at this page it gives you all the background information that you really need to read and go through and we are not here to become a little club that we don't want anybody to join. We are here to build a community and with this feeling of community we want to make sure that the beautiful teachings of yoga stay at a very high level and for that we have this application process for you as a teacher, your students, and the teachings of yoga, so read through that to get understanding and so when we scroll down we will only look at the RYS 200 application because they are still in the process of being revamped and we will do those would be a ready.

Looking at the RYS 200 there is his guidebook to our application and this really is for the 200 application. So when you click on this it will open a new document again in this document, as you can see, is quite large. It is 52 pages. For

me personally I have to admit it is something that shocked me because I'm not big on reading manuals so with this one for me it was a big obstacle to even think about the application, so I will break this down for you a little bit.

Of course if you want to read the whole thing but you may not need to at the end of this webinar. You see the Table of Contents and each is a link so you don't need to scroll through the entire document to get to the points that you want to.

If you want to go to one of these points, which we will do in a moment, you can click on it and will take you to the page in the manual. In the beginning of the manual you see there are quite a lot: Templates and there is a reason which is you will need those in the application process.

So template means you can use it and it is made for you to utilize and we look at the antiharassment policy it takes refers to the description of what Yoga Alliance understands as harassment, sexual harassment and sexual misconduct and you scroll down a little bit and here it has templates for those letters.

And we always have a short form and a longform. And, like I said, the template is there for you to use so when in the application it asks for your antiharassment policies you do not need to come up with a new way of doing it you can use this verbiage and copy and paste it into your own letterhead of your center, so you can highlight it from here, and sometimes it takes two or three times.

It's real life for you here at (Laughs) and you can copy it and then pasted into Word document and letterhead and that you need to do for every single one of those policies that we have at the beginning of the Table of contents. Do that before you start with the application.

Failing to prepare is preparing to fail is a beautiful thing and we want you to succeed so make sure invested time As I said, every part in this manual you can go through, where I says template go through and read and have them ready. We have several tools that will help you prepare. For example, we have a budget calculator. When does it make sense to host a training. Your daily scheduler is also important when you want to figure out how many hours already have in my plan and how many hours do I still need.

Here's a checklist for yourself to see if you have all these things already and I can highly recommend one more time to have them ready before you get started in the application. You will need a sample certificate and that certificate has certain guidelines as well. You should really make sure you are following those guidelines here. The one thing we see most often is this last point. The space for the training completion date and a lot of people just write down date. That is not sufficient you should write day, month and year or you can give a sample date for example like November 15, 2020. It doesn't have to do anything with your actual training dates. This is just a sample that shows us you will have a month, day and year in it. It is important for us because later on once your students and in these certificates to us we need to see when they actually completed that. It's not enough to say November 15 we do not see the year.

Once you have all of these things prepped we will go back to the part where it says apply now. First I will walk you through this process just briefly what it looks like when you're starting a new school. So you hit apply now. It takes you to this site here… Sorry I am already locked in give me one moment.

All right. So you want to register your school, click school. Hit apply now. This is a moment you can utilize to take a few deep breaths and practice yoga while you are on the computer.

This is real life Internet lagging for you here, so bear with me a second. It can only be another five minutes tops. We will come back to this in a second. I'm going to show you what to do when you are already a registered school.

You go to your account, you log in. I'm going to log into my personal school account now. I have not done the uploading process yet so I can show you exactly what to do. Pay close attention so you can find it. Your logging into your personal school account. Now, I am in my teacher dashboard. The first thing you need to do is go to school dashboard.

Then you go to manage school and now you need to go down to – sorry, I will go a little slower – you will go down to where it says training programs. Once you click on that it will open up the programs that you have registered. For me I have the 200 and 300 our registered. You can see in my 200 our tract it says the upper level now process. This is where you need to click to work on the part where you can work on up leveling or go through the process where you can register school.

I will not do that here, I will show you in a moment what that looks like. One thing I can highly recommend for all of

you using Apple like myself, for this whole process of working on the Yoga Alliance website please use the chrome browser. That goes for all the other computers as well. If you are using Firefox or whatever for this process please use chrome because it seems to work best when you are ingrown. And Safari you will encounter so many problems and it's not guaranteed you will still feel saying at the end of this process.

You click on school, this is how you get into if you are starting new. You hit apply now and then it takes you through this entire process of creating an account. You need to do that, go step-by-step. It will take you to all the different parts where you have to put in your ID and all these kinds of things. Go through that diligently and once you have all of that set up you will see in your account the teacher dashboard in school dashboard I showed you earlier.

We can close this out for now and I will take you to a test account where we already set all of that up and basically are in the place where we can work on the application. When you're in your school dashboard and you want to create a school, I would ask you how you describe yourself right now with the school. Of course, we work with a lot of different applications to test if it works. Today I will start a new one for you and really do every single part of it so you can see what it looks like in there at every single step. You hit apply now and now the process starts.

We will take you to a window that looks like this here. You need to click on "click here to begin a new submission." If Yorty have a school that is registered, this is what you need to do, click here to begin a new submission. This one is here if you want to take a break in between and come back at a later point. I highly discourage from that. Have everything ready so you only need to upload and copy and paste in this process will only take you 20 minutes or so.

Again, we need to of course, read through these kind of things. Appears you have tabs you can go to. As long as you are in part one you can go back and forth between them however many times you want to go.

If you feel like you do not want to do the first part yet, let me start at the end, you could do so. Once you are done at the end and you click a certain button and you will have no access to this anymore so make sure it's all taken care of. I'm going to go step-by-step today.

You will be asked all of these kinds of questions. First thing is what designation do you want your school to be in. Today we are discussing the 200 hours so that is what we will select. We will call it test for today but that is the name you must give it. Must have this name the way you wanted to be on your certificate. If you have your certificate name being test also this would be appropriate but if not please call by the training program you wanted to be.

You click you read the standards, you should probably do that before you continue and go to save and next. Save means basically we will stay here and but it is saved. Say the next means go to the next page.

We will continue. Now, we go to the park with the lead trainer. This is an amazing feature right now. You say yes my lead trainer is RYT 200 or 500 and it will give you the chance to search you can search by email, name or Yoga Alliance ID. For today I will use my name here and search by name.

When you hit search, it goes through the entire database of Yoga Alliance and will show you, hopefully, the person you are looking for. If the search is not successful it means that person is not registered with Yoga Alliance and if that was your lead trainer you probably have a problem.

We are searching the database right now and it should pull up the solution because I am registered. Now gives you an option. If you have a name that is not unique is mine and you have several options that is with the select button comes in. Understands when this pops up it is not automatically already selected. You do need to select the trainer you want to have as your lead trainer. So you hit select and it shows you lead trainer, name and allowed Yoga Alliance ID. You need to put in the email of the trainer and that is to verify the trainer is doing that.

If you're putting in my name I will receive an email that says this training program has you as the lead trainer, is that correct? And of course, we hope it is. Right now we just go save in next.

Here is the part of training manual, training schedule and policies where you need to upload a lot of things. If you have all of them ready it really is just upload, upload, upload. For today I created a word document that basically has nothing in it. I will upload the same document over and over for today.

So we click on yes and now you have the chance to upload something in here it shows you the supporting documents with some of them, like for example, PDF or Excel it will show you an example of what it looks like with all of the Apple documents like pages, numbers etc. it will say that it did upload but will not show a sample. I'm going to hit choose file and this is my sample so I'm just going to upload this and it will show you a little simple just to make sure is this really the right document that you uploaded. Imagine this was your manual it also asked if you have additional

files you want to upload, you can but you do not have to. You would click now and go to next.

Now we go to the training schedule and that is something that really needs to be very specific. I will show you an example of that later on. You need to show I have planned my training for 10 weekends in those 10 weekends I will always teach ready night 6-9 and on that first weekend 6-9 I will have 30 hours of the Atana yoga and that is basically what you need to know.

Let's say yes we have a schedule and for right now I'm going to upload the same document that I had before. Again, it shows you what it looks like and we are going to save and next. Now comes to this part of the policies that I showed you earlier in the manual where you can – where is it. I forgot where I have it. You remember the manual where you can see the different policies that you can copy and paste. This takes you through the entire process. Anti-harassment policy -- yes I have it. I'm going to do that right now so you can see if you have everything ready it is not a long thing. Anti-retaliation policy, of course I do have it. A tendency policies. Yep. Code of conduct. Grievance. Situations and Refund Policy. And I affirm that all this year -- all this here is Greg. Once I press save and finalize there is no going back so make sure you have all of that done but you can see my documents, I uploaded them step-by-step and that went really, really quickly and took not even a minute so let us assume I go to upload, save and finalize and this Pop-up asks you one more time…are you sure, do you really want to continue so once you are sure you hit OK and it takes you to Part two – or actually not quite yet it takes you to this says you could've completed part one and if you want to go to kippered you you click and then for you it will just show one and these are all of our test parts but we will go to the one we just started.

And here is Part Two and you see you can still have the menu points you worked on before that they are just for you to see and we will work our way through Hard To and I will show you all how -- through part two and I will show you so you don't have a nervous breakdown and I will go to this part of the document that I showed you earlier.

There it is. Remember I showed you in the beginning that the RYS 200 core curriculum where we have the four main parts we will ask and the description of how many hours each you need to have and you have all those little bullet points that are questions.

For me, what I will do is I will have an Excel spreadsheet open already for that and I prepared that hear a little bit and I just copied each of those questions into one. Historical context, poses specific to RYS etc. and these are all the questions that you need to have, all the answers you need to have two later copy and paste in the application and I personally do it with different tabs so I don't get confused and now I have the questions and for me personally I will write my answers into the next column.

For those who are not native, English speakers we can answer it in our own language and I will copy and paste in my own language into the application then it will be translated and reviewed. All that we are asking for you are looking at historical contexts, how and what are you using to discuss this subject.

So please make sure when the question is a sauna historical context it should be about historical context so make sure this always matches other than that -- otherwise it will be approved. In their answering of the question there are three things and you should write them down right now, that you need to answer every single one of those and I them the 3W's which is: how, what and why.

These are the three things you need to answer. How many and what kind of teaching or learning tools are using and how to deliver the content of your is it electric hot discussion, a PowerPoint presentation, is it a guided practice, utilize the manual that you have or utilize a book you are reading.

These should be the first things you write into the description. The second thing is what. What is the content. If the question is historical context is not sufficient to just write and lecture will discuss the historical context and you need to really show what you are teaching.

It doesn't need to be a hobo, but just a few points. In the why is why are you teaching these to your students. This could be for their own personal development or for the students as a tool to utilize to their own practice as a teacher so when you have that in your description you later on can copy and paste it from here into the application.

So you can work your way through all of these questions and once you are done having all the descriptions now I can see how much time did I calculate to utilize. You all have your curriculum set up already so you can look at what and where am I teaching these kind of things, how am I teaching it and how much time have I located for a.

For example, use two hours for this part and five for this etc. and those who do not know Excel that well there is this amazing function so just to show you…when you are going to the bottom of your line you click and you have this

window and now you just pull it up to the top of this, you hit the little E and it sums up the hours you already have automatically for you.

For me I will type how much time I have and time spent and it will show me how much time I have left or if you want to go over hours that is totally fine also. Is the requirement of time in any of these things, the requirement is this entire part has 75 hours.

If, for example, I focused a lot on meditation and that can take up a big chunk of hours and other things may not get that much time, so this is really more about you, but you do need to answer every single one of these questions. These are not suggestions. They are a requirement.

Now when you are done with all of these descriptions for each of the four categories and they match what you have in here, 75, 30, 30, 50 and personally I look at my schedule and I know I will do this is a 10 week program or however you want to do a. You know how much time you want to spend your

For me it is Friday 6 to 9,…and that is 20 hours with breaks in between and now I can start giving it hours of what I want to do. Again, I have the four columns of TDP, anatomy, professional education and I use the same function that I used earlier to sum up hours NIC week one Friday 1 1/2 hours, and after one and 1/2 hours of professional education.

Saturday it goes three hours the entire day, three hours anatomy, four hours philosophy or whatever and you can spread out the hours and you always have the checkpoint to see if it really does end up to all the hours and once all of that is correct you have 75, 30, 30, 50 or something like that then you know OK, I am ready to go now.

This is a preparation that you need to do. It doesn't take much time for me personally and once I get going it doesn't take more than two hours so don't think it is such a huge chunk of work, so in your application you have all of that prepped and you are ready to just plug in the second part.

Except I have to find the right window. Alright. We are here and I have everything prepared, I have a template that I need to upload. You choose my file when I am ready for it and I have my sample certificate.

Remember you have all the descriptions of that in the training manual or the handbook which shows you all the things you need, so it needs to have the school designation showing it is a 200 hour training, a space for the Trinity, it needs to have a space for the certificate of date, month and year and a space for the lead trainer to sign.

Here to come to this point again where is this Trainer Search and even though you did it in the beginning you need to do it again in case you want to have other teaching. For me I will search for Marcel and do the same thing with just looking for it to the Yoga Alliance and again I have to press Select and hear go through the same thing.

You need to add your email, and I see something original. You put in your Yoga Allies ID and Trainer Status and this part is something you do you need to do as well which is background and experience of the trainer.

Remember this also should work as an advertising for your trainings so if someone browses for you, for your training and under Yoga Alliance they get it under the description and the bio and you can type it here also, you can type in the website and what ever social media handles.

We will do this right now. And you click Add and here you have Other Faculties, people helping with your training can be added to hear.

How would you describe the requirement for the students to enroll and you have additional prerequisites for trainees?

What is the training teacher training ratio? We continue, save and next. This part here is where you need to fill in the information of what you are actually doing, so remember, we have the core curriculum.

Each step, historical contest – in context is specific and you see where it says And Training area I will do in a moment, but down here you will see all the questions you just had on the core curriculum and this really goes step by step by step and follow the same sequence you have here and those boxes indicate you do need to fill in every single one.

When you do so you start adding a training area the first thing you should do is please select the competency from the core curriculum. Here, again you have the same questions as you do on the core curriculum so we will start with the Asana Historical Context and for me personally I will copy but the question is so I do not get confused.

Historical context and now we come to the description and here is where the magic happens, I go to my Excel spreadsheet, historical context, I highlight the whole thing, copy it, paste it into this description and I'm done.

Does this include in person classroom hours you work how many hours did I have for this again? Too, so I will add two hours in here. Who will be facilitating is in person classroom hours for this training? And you can say Marcel Anders-Hoepgen and this is the person you have as a trainer and you in here.

Now you at the next training area and you work your way through and check which core competency and copy the text appear again. Like this you work your way through the entire process every single step. It adds the hours up for you to make sure you did not have a mistake in your spreadsheet. In the end it should say remaining zero and all of these kind of things should be done. You scroll down a little more and you find have another few questions and this is a very important tool which is how are you testing your students on that. How do you make sure they did their homework and they really had that down and you need to click whatever you are using for the categories. This goes for each of those categories in total. For TTP you could say you have a written assessment let's click this. Are we have a final project, let's say other to make it interesting. You can write written assessment students will answer questions on the practice of Asana. That is one and then you can say other would be evaluation of mastery of poses during class. And maybe one final thing, an oral assessment. Let's click that answer and use it as a sample. Students will be tested on how to do whatever, I don't know. Something. When you are done with all of those here, you go to save and next. The cool thing is you are now again in part two of the application process. Here the forming things you need to work on others for categories to plug-in information but you can go back and forth if you need to.

I do think if you are prepared like I just showed you, there is no need for that. You can copy and paste each category so you do not miss out on anything. There are so many pages here, it's easy to lose track. At the end when you want to hit apply or send it out and it does not allow you, you have to go through each page again to find what you missed. Try to stick with one thing and get it done.

This is basically in summary the entire process. You need to prepare this. You need to have it ready before you start going into the website so you do not lose your mind in the website. The preparation is very simple. Use the core curriculum as a guideline for you. Fill this out. If you have not thought of any of those subjects here that you should teach them, you have to. Fit them in. You do not have to spend a ton of time on the things you do not have any gray come, they just need to be in there. Make sure you have your policies ready. Copy and paste them from the books. That is one thing I did not show you, let me go back to that. If you do not remember how to find the policies, there are links to them in each of the parts.

I'm going to start a new one quickly so you can see. I did not how -- know how to get back there, I do not know which one is open. That is already part two.

When you are in this part one where you have all the things with the policies that you need to plug in, it has those little hyperlinks here. If you go to anti-harassment policy and you forgot how to find them in the manual, you can click on this year and it will take you to a spot in the manual where on the anti-harassment policy. You copy and paste that into your letterhead. Just the uploading of those kind of things take you a half-hour or so. It does not take much.

Work your way through this. We still have a little bit of time for question and answers. I have not seen the questions because I was speaking the entire time so if you all could fill me in if there is a need for any answers, please do so.

OK. Question, could I show were to upload all those things, I think I answered that. I showed how to choose the trainers and all these kind of things. What do we want the training manual to look like? Imagine it really like a manual. It's not a compilation of word documents that you throw together. We need to be able to see that your students will find their way around so we need to find our way around that also. It should have a table of contents. It should be structured in a way that is not just like page 55 speaks about Asana and page 55 speaks about... We need to see there is a structure and you need -- but the time in there and this is something your students will benefit from. Organized -- organization is key to learning. It should give an outline of the lineage you are from, the topics you will be covering, so put some effort into it. It is like a little book for your students to work with. It can be a full on description at, it can be as a workbook for you students, that is up to you. It does not need to be a totally professional design and layout thing, but it should look in a way that your students can work with it.

QUANA: Is another question. This person says that they did not understand what you meant by describing the training areas with how, what and why and they want to know if they have to list all of this.

MARCEL: Thank you. That is a great question. That is something that is necessary. Those three points have to be an every single one of your descriptions. We need to understand when we are reading for your application how do you

intend on delivering the content. If the how does not make sense to you they beat the delivery part would be to you. You can say everything is lecture, but that's not true since you are giving yoga classes. Yoga class is not a lecture, it is a guided practice. You have certain ways you can deliver content. I will name a few for you to relate to that. It can be a lecture or you are teaching. It can be a discussion are you throwing a question into the room and you want your students to be involved. It can be a PowerPoint presentation which is different from face-to-face lecture. It can be a guided practice. A guided practice would also be, for example, analyzing how to Asana is performed. How you do stuff, how you do a posture is a also in a way a lecture discussion depending how you want your students to be involved. Postings should always be at the top of your description.

You could start for example through lecture and discussion we will and now the content itself comes. Again the first example is Asana historical context. Through lecture and discussion we will look through how Asana is described in there. This is your content you will deliver and then the why is for the students to understand that the practice of Asana is rooted in the lineage of or is rooted in whatever. So for them to understand. It's not something I came up with us we can.

We can understand OK that your idea or peer idea is to lecture and discussion we will discuss by analyzing regarding the historical context of Asana for the students to be able to teach that to their students. These are two things you should always have. Either for their own understanding, is it something for the students to be able to take into the classroom later on. What is your goal with teaching is to your students? How do you deliver? What do you deliver, why do you deliver?

For example, I threw in the banana bread earlier, I love banana bread. I think there is a high value and how to teach banana bread baking but for yoga training there is none. You could say baking a banana bread I teach my students of the end of the class they could get that to their students wouldn't really go along with the idea of yoga teacher training, does that make sense?

QUANA: Absolutely. Thank you, Marcel. And looking to see what other questions are coming through. Are there any differences in terms of the application if they want to offer an online training program?

MARCEL: At this point, due to COVID, we have the exception all of these things will be held online. That is not going to stay like that. That is something we need to be clear about. We will not have full on yoga teacher trainings at this point. Right now we allowed because we want to make sure all of us yoga teachers can survive. We want to make sure we can continue teaching. In the regular standards, the way it is written right now, you can see and let me share my screen one more time – there are a certain amount of hours that are allowed to be taught online and you find appear in your core curriculum hours where it says anatomy, a total of 30 hours and out of these 30 hours you could teach 20 online. Same for yoga humanities. It is not necessary but it is allowed that is something you can plan for.

QUANA: I want to say if there are questions we do not get to please email info@yogaalliance.org. There are some coming through and we will not be able to get to them in time. So please email us and we will have the answer.

MARCEL: All right. If you want to shoot a few more questions we still have a couple minutes.

QUANA: There is one is is working we submit an application – I think they are discussing with a with the bio information.

MARCEL: Is that the bio information or is that where they can find out what the requirements are?

QUANA: That is both two questions in one.

MARCEL: One is you can find on the Yoga Alliance website. Let me share my screen again. When you go to this here, you see new RYS standards. This is basically we find all the things you need to know about. Enhanced lead trainer requirements would into the first question. It shows would you as with the lead trainer have the qualifications to be able to lead the lead trainer. You can review that on there. For where do you put that in your application, you don't have to because to be a lead trainer you need to be registered with the Yoga Alliance and for that it will have all the requirements in your personal trainer account. Lead trainer and you are searching by name and this will dip into the U Yoga Alliance database and if you aren't register you will not pull up your information.

You do not have to worry about that because once your trainer account is established and it shows has all the requirements to be the lead trainer and you can search in this bar. OK. So like you just heard if you have any more questions please feel free to reach out to us, uses recording as your manual and work your way through it and I headed back to Christina.

CHRISTINA: Thank you. You did a wonderful job and thank you Quana for moderating and is been a pleasure to have you here. This will be available recorded so be on the lookout for that and if you have any questions at all like we said, these reach out to info@yogaallies.org -- info@yogaAlliance.org

MARCEL: (Chanting) thank you for your attention and have a wonderful rest of the day.