

INVOKE STUDIO TEACHER TRAINING BALI FREQUENTLY ASKED QUESTIONS

How much does it cost?

\$2900 for the 2 week program and \$4500 for the one month. A 15% discount will be given to those that share a room. Please note that Roam Ubud rooms include only one King bed.

How much do I need to hold my place?

You can enroll with a \$500 deposit. You must pay in full by November 15, 2017.

Where is the training held?

You will train and stay at Roam, Ubud.

Once I have completed my Level One 200 hour Yoga Teacher Training am I eligible for registration with Yoga Alliance?

Yes, once having completed the Yoga Teacher Training certification our students are eligible for registration with Yoga Alliance.

I want to be a yoga teacher - is this course for me?

Yes, you will choose the one month 200-hour program.

I don't want to be a yoga teacher - is this course for me?

Yes, you can either attend the two week immersion or the entire month and have the intention of deepening your practice.

When should I arrive?

You should arrive on January 31; training will start on February 1 (both trainings 100 and 200).

If you are enrolled in the 100-hour training you will depart on February 15. (Training days are 2/1-2/14). If you are enrolled in the 200-hour program you will depart February 28. (Training days are 2/1-2/27)

	Arrival Date	Program Start Date	Departure Date	# of nights
100 Hour Program	1/31/18	2/1/18	2/15/18	15
200 Hour Program	1/31/18	2/1/18	2/28/18	28

Do we get any time off during the training?

Yes, most evenings are free and participants will have one full day per week off to enjoy the beauty of Bali.

If you choose the 100-hour In-Depth Studies Course you are given the option of not attending all sessions, giving you more time to travel the island or rest.

Please note, you will need to fully complete/ attend the 100-hour program if you intend on attending the 200-hour program within the next one year. The 100-hour In-Depth Course can be a prerequisite for the Yoga Alliance Registered 200-hour program but only if taken in its entirety.

What is a typical day like?

An example of a typical day on our training would be:

7:00 – 9:00 am – Asana (with Pranayama/Meditation)

9:00 – 11:00 am – Breakfast

11:00 – 2:00 am – Lecture/workshops - Posture breakdown, Biomechanics of Alignment, Philosophy, Anatomy, Practice Teaching, Meditation and Pranayama Techniques, Hands on Adjustments and Assists, etc.

2:00 am – 3:30 pm – Lunch

3:30 – 7:00 pm – Lectures/workshops/asana

7:00 dinner and evening free

****Please note that hours are subject to shift.**

I am fairly new to yoga. Will I be able to attend the training?

While an advanced practice is absolutely not necessary, nor is there a requirement on the length of time you've been practicing, we do require that you know the foundations of the asanas to take this training. Familiarity with the vinyasa style is beneficial.

What books do I need to buy for the training?

Upon acceptance into the program a list of the reading materials will be provided. There are 2 books for the 100-hour training and 4 books for the 200-hour training. You can purchase eBooks to keep your luggage weight at a minimum if you like.

What do I do for food?

Ubud includes a variety of healthy and affordable food options including the renowned restaurant Alchemy, just steps away from Roam, Ubud. Roam hosts a roof top cafe as well as a communal kitchen. Each room will have a small basket in a communal fridge. Do you want to mention the one weekly meal here?

What is the currency for Bali?

The currency for Bali is Indonesian Rupiah.

What is the weather like in Bali?

Bali has a warm and tropical climate. Be prepared for some rain, although it usually comes in bursts and then the sun may come out.

What Visa is required to enter Bali?

The Visa required for the training is the 30 day tourist visa which you can pay for upon arrival into Bali and is \$35 US. If you choose to stay in Bali longer than 30 days you can purchase an extension, for another 30 days, for approximately \$100. Details available upon request.

What vaccinations do I need for Bali?

Please visit your doctor if you feel that you are in need of vaccinations. Please review here: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/indonesia>

Do we need to hold our own personal insurance?

Yes, we insist all our students take out full travel insurance covering illness, accidents and theft.