

# FAQ

## **Is the course certified?**

Yes. Our yoga facility is accredited by the Yoga Alliance, UK. Please see our [Accreditation](#) and [Yoga Alliance](#) for further details.

## **Will I be able to teach yoga if I do this course?**

Absolutely. Ours is a dedicated, certified teacher training facility. By the end of the course, you will be qualified to teach yoga anywhere in the world.

## **Can I participate in the course if I have an injury?**

This would depend on the type of injury you have. We advise that you consult a medical professional before applying for the course.

## **Which is the style of yoga that is taught?**

We offer courses in Traditional and Classical Hatha Yoga and Yoga Nidra

## **Is this course worth it?**

Absolutely. Courses with similar content are taught in Europe at four times the fees we charge.

## **What language is the course taught in?**

All classes, the practical aspects as well as the theory components, and all course material are in English.

## **Which kind of visa do I need to attend the course?**

You will require an Indian tourist visa. Please contact the Embassy of India in your country for further details.

### **Do I need to bring my own yoga mat?**

It is recommended that you do so, since each person has different preferences about the type of mat they use.

### **What else should I bring?**

We are located in a small town in India, where you may not be able to buy many luxuries. Please bring One Personal Yoga Mat (highly recommended), One hand towel, Notebook & pen, Alarm clock, Sun glasses, sun screens, Torch, Water bottle, Walking shoes, Toiletries, Swimming clothes, Modest, Casual, comfortable clothes, A few yoga outfits – whatever that means to you - suitable for yoga, Laptop or tablet (If you like to use Internet Wi-Fi), Modesty is a priority while you are travelling in India mainly at religious places. Travel First-Aid kit, some general medicines for pain and fever, oral rehydration salts etc.

### **What is weather like? What kind of clothes do I bring?**

The weather in Gokarna is pleasant throughout the year. Summers between March and May are hot and sunny. June to September brings the monsoons which at times gets humid. Light, loose cotton clothing is ideal through the year.

### **What is the food like?**

We offer healthy, nutritious Indian vegetarian food. Indian vegetarian food does not include eggs.

### **When should I arrive and depart?**

Please arrive on the Course Start Date. Please ensure that you arrive by 3 p.m. in order to attend the orientation program. On the final day of the course there is a graduation ceremony which finishes by 11 a.m. Please plan your departure after this ceremony, i.e. on the last or the 26th day of the course.

**Can I come earlier or stay for longer?**

Please do let us know in advance if you would like to arrive earlier than the Course Start Date or depart after the course completion date. We can help arrange your accommodation at your own expense.

**Will there be a weekly holiday?**

Yes every 7th day of the course