

# Trainings in Yoga: how do I find the right training for myself to deepen the practice & understanding

More and more Yoga practitioners are looking for a training to become a yoga teacher. But what „Teacher Training“ is the best to choose from? Four questions for Karin Rüger-Thomi, experienced Hatha and Anusara-inspired Yoga teacher of Magglingen (Switzerland):

How do you value six weeks intensive trainings? Is it really possible to teach as a Yoga instructor after completing?

A six week training can be a wonderful beginning or a great addition, ideally one continues to develop the knowledge afterwards. You'll become familiar with the basics of Asana, Pranayama, Meditation or Mantra. I have myself completed a 108-hours intensive training, before embarking on my first Hatha Yoga teacher training. You'll learn the Alphabet of Yoga, but you won't be able to write great poems yet. Many people are looking for a deeper understanding in their Yoga practice, without the goal of becoming a Yoga instructor initially. Such intensive courses are great personal choices.

Who should be part of such a Yoga intensive training?

Human beings, that have a deep desire to get to know their very true, divine essence, which is completely happy and healthy. This is fundamental to follow the path of Yoga. Through the practice of yoga the thought waves become calm, one's well-being is raised and body and mind are kept healthy. As a result better concentration and efficiency develop and one reaches a state of great contentment and balance, which in turn serves to reach ones highest potential.

How do I find the right Teacher Training for me?

I recommend to visit different schools, studios and teachers. Which style - if necessary to talk about "styles" - would you like to instruct and which teachers inspire you most? I always looked to talk to the teachers which I found outstanding in order to

receive more information about their journey. Most important though is to feel comfortable and "at home" when you practice Yoga and it will be exactly there, where you will find your "entry".

What criteria are important in a teacher training?

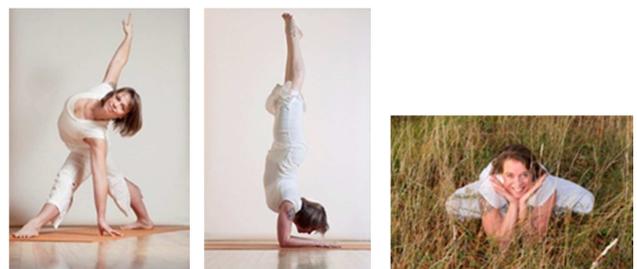
The ratio between theory and practice should be well balanced. The theory should contain philosophy, ethics, anatomy and physiology as well as didactics. The practice contains study of Asana, Pranayama and Meditation. After the first basic training of usually 200 hours, it might be helpful to register as a teacher's assistant – especially for trainees with no teaching experience yet.

Many programs are certified by the international Yoga Alliance, the Wheel of Yoga or with national Yoga associations like Yoga Schweiz YS or Schweizer Yogaverband. This gives a good orientation, but there are also other recommended programs that are not registered with renowned associations.

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**Karin Rüger-Thomi** - is registered with Yoga Alliance on a E-RYT 500 Hatha Yoga level and holds the licence as an Anusara-Inspired Yoga teacher. She is recognized as a professional member of Yoga Schweiz YS and the Int.Association of Yoga Therapists IAYT as well as Yoga for the Special Child, LLC licensed practitioner. She has been teaching yoga classes and workshops since 2009 and co-leads with Senior registered Yoga Teacher Nakul Kapur, India, 200-hour and 300 hours advanced trainings in Magglingen , in the region of Biel/Bienne (Switzerland) since 2012.

Information on the school and the trainings please visit [www.yogassva.com](http://www.yogassva.com)



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