1. WHAT MAKES THIS YOGA TEACHER-TRAINING FOR MENTAL HEALTH PROGRAM UNIQUE?
   • Fast track education, finish the program in 1 year
   • Convenient schedule for long-distance learners
   • Two start dates each year: January and July
   • Cost effective (approximately $15 per hour)
   • Payment plan available
   • Supervised practicum is done in your hometown, no need to travel
   • Yoga in the tradition of T. Krishnamcharya & related models
   • Educational experience cohesive from module to module
   • High quality teachers with decades of experience in Yoga and Yoga Therapy
   • A balanced approach that includes traditional Yoga Philosophy Models, Integrative Medicine & Ayurveda.
   • Respects that you have a home life and family
   • Includes requirements of daily yoga, breathing or meditation practice
   • High quality clinical supervision during your practicum

2. HOW LONG IS THE YOGA CERTIFICATION PROGRAM?
   6 months of course work
   1 year or less of supervised practicum in your hometown

3. HOW MANY HOURS IN THE TOTAL PROGRAM?
   • 300 total hours
   • 170 hours of In-Person Modules
   • 30 Online Distance Learning hours (via audio and video)
   • 100 hours of supervised Clinical Practicum in your hometown

4. DOES THIS PROGRAM QUALIFY FOR CONTINUING EDUCATION UNITS?
   We are now able to provide Continuing Education Credits for Psychologists, LCSW, LPCC, LEP, LMFT and Nurses in California through the Spiritual Competency Resource Center. There is an additional administrative fee of $50 if you are submitting for CEUs.

5. WHAT KIND OF CERTIFICATION CAN I RECEIVE FOR THIS PROGRAM?
   The 300-hour Optimal State Mental Health Specialist Teacher Training Program can be taken as a standalone program or used for the IAYT hours toward our 885-hour Optimal State Certified Yoga Therapist program that is accredited by the International Association of Yoga Therapists (IAYT).

6. HOW MUCH DOES THE PROGRAM COST?
   The cost of the program is $3,050, plus your practicum mentor fees. There is a $50 application fee (non-refundable) and once accepted, a $500 deposit (non-refundable). The balance $2,500 to be paid before the class begins or through our payment program. Please see our Payment Terms document for more information on our payment program.

7. WHAT ARE THE PRE-REQUISITES FOR THIS PROGRAM?
   The student must have a 200-hour Yoga Teacher Training Certificate or equivalent 200-hours of training and experience related to yoga and meditation to apply.
8. ARE THERE ANY EXTRA FEES TO PARTICIPATE IN THE PROGRAM?
Your practicum mentor fees are estimated to be $1,000 for 10 hours. Your practicum mentor fees can vary and are paid directly to your mentor.

Please note that these costs cover tuition, curriculum and instruction. The costs of the program does not include travel, airfare, hotel, rental cars or food. Each student will be responsible for negotiating their own room and board.

You have the option to purchase books from our recommended book list. You will provide your own yoga mat, bolster, blankets, notebooks, etc.

You may need to purchase a computer if your computer is outdated; as older computers are not likely to play audio and video for distance learning modules.

You are encouraged to apply to be a member of the International Association of Yoga Therapists when you begin the program. See www.iayt.org for details.

We also highly recommend that you attend one of more of the IAYT yearly conferences, often held in Southern California, if your budget permits.

There is an additional administrative fee of $50 if you are submitting for CEUs.

9. IS THERE FINANCIAL SUPPORT FOR THIS PROGRAM?
We do have a payment plan available to help you budget for the program. Please see our Payment Terms document for more information on our payment plan.

10. IS THERE A WORK-STUDY OR SCHOLARSHIP OPTION FOR THE PROGRAM?
Not at this time. As the program grows, we hope to offer this option.

11. IS THERE A LOWER OR UPPER AGE LIMIT FOR POTENTIAL STUDENTS?
No. If you can comprehend the material and have a passion for the work, you are welcome to apply.

12. HOW DO I BECOME REGISTERED WITH YOGA ALLIANCE AFTER COMPLETION OF PROGRAM REQUIREMENTS?
You will be given a certificate showing that you completed the requirements of the program. You will then apply for registration with Yoga Alliance when you have completed the requirements of the program.

13. ARE YOU AN IAYT MEMBER SCHOOL?
Yes, we are an IAYT member school. This is different than having an accredited 800-hour Program or being Certified-IAYT. We will be working to expand this program over the next few years to become an 800-hour C-IAYT program. Amy Wheeler has already been successful in certifying another 800-hour C-IAYT program in Nashville, TN. We do not anticipate any problems with this process.

14. WHERE CAN I DO MY SUPERVISED PRACTICUM?
The student will do a 100-hour supervised practicum at the site of their choosing.

They may choose to develop their own business in their local area. These might be paid or unpaid practicum hours. The supervisor will go over each case and help to give guidance and course corrections. These meetings with the practicum supervisor will be one-on-one via Skype or in person.

Students must choose yoga clients with a variety of issues. The student must see a minimum of 5 unique people or groups over the course of the practicum. Optimal State Mental Health Specialist students must attempt to meet with each client at least 4-6 times and follow the progress over many months. The 100 hours of practicum include both hours with the client, as well as planning and recording progress.
15. WHO WILL BE THE MAIN TEACHERS FOR THIS PROGRAM?
We have chosen to make this a very cohesive program with teachers that share the same philosophy of Yoga and Ayurveda. Each module will blend well with the next for a comprehensive and deep experience. Amy Wheeler will attend every module and share in the teaching duties at each module. The main yoga tradition that will be represented will be that of Sri T. Krishnamacharya (the teacher of TKV Desikachar, BKS Iyengar and Pattabhi Jois). However, because this program has a focus on Mental Health, we will also include teachers and traditions that follow the same function as the T. Krishnamacharya tradition, even if the form is slightly different. The Ayurvedic medicine teachings will also be cohesive with the philosophy of the overall program. Each teacher has been carefully vetted and chosen so that the student has a deep experience with many different teachers, all arrows pointing in the same direction. Please note that all students, from all traditions are welcome to join this program.

16. DO I NEED TO FINISH THE WHOLE PROGRAM TO BECOME A REGISTERED YOGA TEACHER?
Yes. Becoming a Registered Yoga Teacher with Yoga Alliance is dependent on mastery on all assignments and course requirements. Registration is also dependent on the evaluation of the Yoga Practicum Supervisor who will observe your skills and help you to improve areas of deficiency. You will be given written feedback so that you can work on areas of improvement and work toward a successful outcome.

17. I AM DISABLED AND MAY NEED ASSISTANCE, OR I AM WORRIED THAT I WILL NOT BE ABLE TO DO THE YOGA PRACTICES. CAN I JOIN THE PROGRAM?
Yes. We are committed to making sure that your needs will be accommodated. We have chosen a yoga studio location/facility that is handicap ready (including bathrooms). The hotel is also able to facilitate the needs of anyone with a handicap. The teachers are happy to wear hearing friendly devices to meet your needs. It should be noted that the videos provided in the program are not closed-captioned. Regarding the actual yoga practices, these are very gentle techniques including postures, breathing techniques and meditations. They are available and modifiable for people of all ages and abilities. We have taught students that are advanced asana practitioners as well as students who have special needs; for example, a quadriplegic. Every practice can be modified to meet the needs of the students.

18. WILL I BE REQUIRED TO WRITE A THESIS FOR THIS PROGRAM?
No. This program is very experiential in nature. There will be homework assignments, but it will not include a formal thesis paper.

19. HOW MUCH HOMEWORK TIME SHOULD I PLAN FOR EACH MONTH?
You will receive a link to the audios and videos for the Friday morning Case Studies each month. If you cannot be live on the call, you can listen at your convenience. This will take about 1-2 hours per week of your time.

You will also have a “Study Buddy” during the program. You may choose your own Study Buddy for maximum effectiveness. If you do not have one, we will assign you one. It is a good idea to go over the material that you learned in the previous module with your Study Buddy for maximum comprehension of the material.

20. WHAT HAPPENS IF I HAVE A LIFE EVENT THAT INTERRUPTS MY PROGRAM?
We will do our best to help accommodate your life circumstances. It may be that you will join another class the following year. We will determine the best solution on an individual basis at the time of the event.
21. WILL I BE ASSIGNED AN PRACTICUM SUPERVISOR FOR THE PROGRAM?
Yes. We will match you with your Practicum Mentor for your personal practice and clinical practicum supervision. Please note that your practicum mentor fees are estimated to be $1,000. Your practicum mentor fees can vary and are paid directly to your mentor. We anticipate that you will need 10 hours of supervision, depending on your experience level.

22. WHAT DOES IT MEAN THAT I NEED TO DO A DAILY YOGA PRACTICE DURING THE 10 MONTH PROGRAM?
In order to serve others, you must nourish yourself with a practice each day. You will be asked to record a short journal entry about your practice several times a week. You will work with your mentor, peer-mentors and intuition to develop a practice that is right for you. It might include postures, breathing practices or meditations. This is mandatory to graduate from the program.

23. WILL THIS YOGA SCHOOL HAVE EXCELLENT ETHICAL GUIDELINES?
Yes. Our yoga school will follow the ethical and professional guidelines of the IAYT. These ethics will be followed during your coursework as a student. When you become an Optimal State Mental Health Specialist, you will be expected to follow these ethics with your students, as well. You will be asked to sign a Code of Ethical Behavior before you begin the program.

24. WHAT IS THE APPLICATION PROCESS LIKE?
The application process is now open. First, you will fill out the application, submit a letter of recommendation or have one sent on your behalf (only if this is your first program with Optimal State of Living or Amy Wheeler), and pay a $50 non-refundable application fee. If you are accepted into the program, this will be applied to your total program fee. If you are not accepted, we will not refund your fee, as it is used for administrative purposes.

If this your first time participating in a program with Optimal State of Living or Amy Wheeler, we will set up a time to interview you. Once you have submitted your application, you will receive a call within 2 weeks. We will set up a mutually agreed upon time for an interview via Skype or Web-Ex video. This interview will last no more than 30 minutes.

After the interview you will receive an email within 4 weeks regarding your acceptance status (4 weeks after you have submitted your application if you have already taken a class with us). You might be accepted immediately and we will ask for you to submit your $500 deposit at that time. You may be asked to complete some remedial work to prepare you for admittance and then admitted when this work is complete. Or we, in some cases, may not be able to accept you as a student at this time. In this case you will be notified.

Applications will be ongoing. In rare instances, a qualified student may have the background to join a cohort a few months late.

25. WHAT ARE YOU LOOKING FOR IN THE IDEAL CANDIDATE?
We are looking for a heart-centered person with integrity and passion for becoming an Optimal State Mental Health Specialist. High levels of intellect are appreciated; however, the most important thing is to be able to empathize with the client, be an incredible listener, and create a safe atmosphere for the client to heal. You do not need to memorize Sanskrit or chant mantras to be an excellent Optimal State Mental Healthy Specialist.

If you have additional questions, please contact cd@amywheeler.com. We will respond within 48 hours and add your question to this FAQ tip sheet.