**FAQ – online course**

***What is the difference between the online course and the face to face course?***

* The online course is **more in depth**. It takes place over a period of 10 weeks and this gives time for reflection and assimilation of the new things you are learning. Much of the activity is organised to allow you to fit it in to your day. You can do much of it at the time that suits you.
* As there is a longer duration you are able to engage in **group projects** that extend your learning, in ways that you cannot in a five day course
* You also have **direct 1 to 1 tutorial support**: you have an online meeting for thirty minutes in each module, where you discuss the module and your progress with your tutor, who will be an experienced teenyoga teacher who can help you clarify issues.
* It is also involves **more hours** in total, around 100, (though this varies from person to person) whereas the face to face course is around 60 hours.

***What are the similiarities between the online course and the face to face course?***

* Both use a **community approach** to ensure the same high quality interactive and participatory experience that Charlotta has always provided.
* Like the face to face course the online course is **both practical and theoretical** – meaning you will be spending time on your mat investigating and experiencing sequences frequently used with young people, as well as engaging in discussion with your peers and individual reflection.
* As in the face to face course there are opportunities for **direct interaction with Charlotta**, and with your tutor.
* The course focuses on the **same areas of content** as the face to face course

***How much time will it take per week?***

You will need to allow between 7 and 10 hours per week. One module takes 2 weeks to cover. The 10 hours cover home practice, reading, writing and direct online interaction with others on the course, the tutors and the course leader (Charlotta) as well as watching videos and participating in group and individual assignments.

***What if I can’t attend all the online seminars***

As the course depends on a community approach, it is extremely important that you are actively involved, participating in the forums, your group assignments and the direct interactions (webinars). If a person is not fully participating this lets down the others in the group, as well as affecting your own progress. **This is not a self-study course like some online courses**

However, it is sometimes the case that a person has to miss an activity, and this would mean having to catch up on it. We treat these issues on a case by case basis. It is important to point out that unless your tutor is satisfied that have participated fully in the course, and covered all the modules appropriately, it will not be possible to certify you as a teen yoiga teacher.

***What is the orientation module?***

In order to make sure everyone gets the most out of the course, there is an obligatory orientation period for five days before the start of the course. This involves introductory activities that help you to get to know the online space you will be using in the course, and the other people participating in the course, which is very important as you will be working with them throughout, especially on group assignments and discussing different aspects of teen yoga. This initial period is very important in the community approach we use, and is crucial to your progress on the course, and your enjoyment of it.

***What support do we get during the course?***

At the start you are assigned a tutor (an experienced teen yoga teacher) whose job it is to follow your progress and support you throughout the course. You have a regular meeting every two weeks with your tutor (time fixed before the start selecting from a wide range of slots) to deal with any issues you may have and discuss your progress.

It is also important to mention that a community approach like this also involves the support of your peers. You will work together in groups and have opportunities to discuss and share your experience with others.

***Is it accredited?***

It is accredited by Yoga Alliance US, but not Yoga Alliance UK.

***Who are the tutors?***

The tutors are all experienced TeenYoga teachers who have taken the TeenYoga course and worked extensively with teenagers in various capacities, whether as a teacher, a counsellor or therapist. They are also Senior Yoga Teachers and in some cases yoga therapists. All are mentored directly by Charlotta. There is also a 1.5 webinar every module with Charlotta.

***What materials do we get?***

You will receive infographics, research papers and facts and figures. The main course reference book will be “TeenYoga for yoga therapists” by Charlotta Martinus which can be bought from TeenYoga (proceeds go to charity).

***What support do we get afterwards?***

You will be automatically added to our newsletter for Teenyoga students and also be part of the closed Facebook group where you will be supported in any questions that come up.

***What are the recommended books to read?***

We recommend you read Simon Haas’ The Dharma Code and Dan Siegel’s Brainstorm – they will help you understand the two topics of yoga philosophy and neuroscience and mindfulness. Charlotta Martinus’s book Teenyoga is essential reading and will be referred to as your textbook throughout the course.