

200-Hour Yoga Teacher Training Covid-19 Protocol FAQ

Will weekend sessions be live or virtual?

The intention is to offer a live program but if circumstances change, we are prepared to offer the program virtually.

What is the plan if we have another lockdown?

We are prepared to move forward virtually. We have experience and tools to support your journey should we need to host some or all of the training over Zoom.

What is the protocol if a teacher needs to self-isolate?

Either another teacher will substitute to lead sessions, or classes will be offered via Zoom.

What is the protocol if a student needs to self-isolate?

We will make the Zoom platform available at the time of class allowing you to join from home.

What are the social distancing and mask precautions?

All measures are in place for social distancing and the group will not exceed the recommended numbers by public health (12 persons). The most current Ottawa Public Health recommendations will continue to be in place.

If you have other questions or concerns, please contact Sylvie at: sgouin@beyondyogaottawa.com



The Time is now!
Join us!

