

CSE KRIYA YOGA MEDITATION TEACHER TRAINING FAQs

- **Is this training in-person or online?**
 - o The core of this training is in-person for the assigned dates. There are also online requirements after the in-person portion. The pre-requisite studies are also online courses.

- **What is a typical day during the program?**
(see sample schedule)

- **Is lodging included in the tuition fee?**
 - o While some lodging is available, it is not included in the tuition fee.
(see lodging options)

- **What kind of food is served? Can you accommodate special dietary needs?**
 - o All meals provided are vegetarian with vegan and gluten-free options. Meals are included in the tuition cost.

 - o Most dietary needs can be addressed if the information is provided. at least 14 days before the training starts.

- **What kind of clothing should I wear or bring?**
 - o The program is held at CSE World Headquarters, which is an ashram environment. Dress comfortably and modestly. Do not wear scented products or perfumes, as some people are sensitive.

 - o Some sessions will include gentle yoga. Wear clothing that you can move in with ease.

 - o We remove our shoes when entering the temples and the onsite living quarters. Bring socks to wear in the temples. If you are lodging onsite, you may want to bring slippers.

 - o **Masks are not required but recommended for those with health concerns.**

- **What does being a certified CSE Kriya Yoga Meditation Teacher require and provide?**
 - o Completing this program and the follow-up practicum requirements qualify participants for certification through CSE Headquarters as a CSE Kriya Yoga Meditation Teacher.

 - o Certified CSE Kriya Yoga Meditation Teachers are affiliated with CSE Headquarters, where they receive support and guidance for teaching classes and leading groups.

- **Can I teach and/or start a CSE Kriya Yoga Meditation group as soon as I graduate?**
 - o Yes, upon receiving certification, you are qualified to proceed.

- **Are there requirements to maintain certification status?**
 - o Yes, you will need to be in good standing with CSE World Headquarters and follow all guidelines that are put forth moving forward.