MINDFUL GRIEVING 200 HOUR
YOGA THERAPY TEACHER TRAINING FAQ'S

Q: Are there any prerequisites for taking the training program?
A: In order to apply for GSN's Mindful Grieving 200 Hour Teacher Training Program, applicants must fulfill these requirements: Certification from a 200+ yoga teacher training program plus a minimum of 25 hours of personal growth work, which can include, workshops, private therapy sessions, retreats or professional trainings.

Q: Where can I find an outline of the course content?
A: You will find detailed information about the course structure and content at bit.ly/mindful200

Q: How do I apply?
A: An application/intake form is the first step in the registration process. This can be found online at bit.ly/mindful200. You will be notified of your acceptance within 2 – 3 business days. Upon acceptance, you will be asked to choose your payment method, sign a financial agreement and make payment. A welcome letter will follow close to the start of the program.

Q: Is there any type of financial assistance?
A: Potential students are invited to apply for a scholarship by using the online application form at bit.ly/gsnscholarship. We also have payment plans available. Should you need to discuss any special needs, please feel free to reach out to us at info@griefsupportnet.org.

Q: Do I need to purchase books or supplies for this program?
A: You will receive a training manual on the first day of class. There is no additional cost for this resource.

Q: Can I attend this program even if I decide not to teach in the future?
A: Students are invited to take this program for their own personal knowledge even if they have no desire to teach GSN's programming.

Q: What is included in the certification process for becoming a GSN teacher?
A: To graduate from this program and receive certification, the following needs to be completed: classroom hours, out of classroom reading / writing assignments, reflection papers, daily meditation / yoga practices, journaling and six week practicum. Requirements are subject to change and details could vary by geographical location. The exact course requirements will be available for each training course offered.
Q: Once I graduate am I ready to teach GSN Programs?
A: If you wish to teach GSN programs, membership as a certified practitioner is required and upkeep of required certification is expected. A sample of the membership agreement is included in this packet. It outlines the support and membership benefits offered by GSN. It also spells out the terms of teaching, licensure, membership fee, continuing education, confidentiality and liability. Upon signature, you will be given all the materials you need to teach along with access to our GSN Teacher ToolKit online.

Q: What teaching options are there and how will I be compensated?
A: There are three options for teaching GSN’s programming. The terms and financial compensation are outlined in the attached document called YTT Benefits and ROI. For each program that you teach, you will be signing a program contract covering the duration of that program. If you are interested in being a substitute teacher (subbing for someone else’s program), there is a separate contract for that relationship that is current for one year. This allows a teacher to be placed on a list of acceptable substitute teachers. Sample contracts are included in this packet.

Q: Who do I contact if I still have questions about the training?
A: Wendy Black Stern, Founder and President of the Grief Support Network, is available by email at wendy@griefsupportnet.org.

ABOUT WENDY BLACK STERN & THE GRIEF SUPPORT NETWORK

Wendy was born and raised in Allentown, PA and has devoted the last 20 years to being a student and teacher of yoga. She dedicates her life’s work to supporting people to heal and transform through the process of grief. The Grief Support Network’s mission, programs and network of resources are inspired and informed by Wendy’s personal experience of loss and professional background as a yoga therapist, yoga instructor, teacher trainer and group facilitator. She has a Bachelor of Arts in Psychology and is certified as a Phoenix Rising Yoga Therapist, teacher, reiki practitioner and facilitator of yoga therapy groups for grief support and self-empowerment.

Founded in 2012 by Wendy Black Stern after the loss of her son, Noah, The Grief Support Network is a community–based, non-profit organization that offers a new and positive perspective on the process of healing from grief and loss. GSN is committed to breaking the silence around grief in our culture and to serving as a beacon of hope for all who are suffering alone.