



ANANDAM YOGA SCHOOL

How to Choose Your Yoga Teacher Training in Europe

The 7 questions to ask any school before you pay a deposit, plus our 2026 and 2027 dates and prices. Use it to compare any school, including us.

The 7 Questions to Ask Before You Enroll

- 1 Who exactly will teach me, and how many hours will each teacher actually be present?**
Ask for names, not "our team of experts." In a small school, the founders teach. In a large one, you may meet seasonal staff.
- 2 Is the school in the Yoga Alliance directory, since when, and what do the directory reviews say?**
Verify the registration yourself at yogaalliance.org. Read the reviews there, not only on the school's own website.
- 3 What is the maximum cohort size?**
Beyond about 20 students, individual attention dissolves. Small groups mean real feedback every day.
- 4 Is yoga philosophy a meaningful part of the curriculum, or is it only touched on briefly?**
This is the difference between teaching exercise and teaching yoga. Ask whether the Yoga Sutras are actually studied.
- 5 How many hours of supervised teaching practice will I actually get?**
The honest answers range from 2 to 20. This is the skill you came for, so compare it carefully.
- 6 What is included in the price, and what is charged extra?**
Confirm accommodation, meals, materials, and certification. "All-inclusive" means different things at different schools.
- 7 Can I speak to a recent graduate?**
Any school proud of its record says yes in minutes.

Red flags to watch for:

- "Last 2 spots!" that never sells out, or early-bird deadlines that quietly move every week
- No named teachers anywhere on the website
- Stock photos instead of real cohorts
- Reviews only on the school's own site
- "Become a certified instructor in 10 days"
- Prices that appear only after you submit your email

Our 2026 and 2027 Trainings in Europe

Anandam Yoga School is a family-owned, Yoga Alliance Registered School (RYS since 2017). Our 200-hour trainings are led by the two founders: Yogi Sandeep Atri, of the Atri lineage, and Dr. Katharina Austermann, a doctor of science. Science meets tradition, taught by the two people who wrote the curriculum.

Where	When	Price (all-inclusive)
Germany Heimbach, Eifel National Park	August 2026 October 2026	€3,900 early bird / €4,400 Private room €4,200 / €4,700
Portugal Atlantic coast	April 2027 September to October 2027	€3,900 early bird / €4,400
Greece	Seasonal	On request

Every price includes: accommodation, three daily vegetarian meals, all training and materials, and Yoga Alliance RYT-200 certification. A €500 deposit secures your place, the balance is due before the course, and instalment plans are available. Just ask.

★★★★★ 5.0 from 67 graduate reviews

Have a question? Write to a teacher, not a bot, on WhatsApp: **+49 178 6115407**

[See our Europe trainings](#)

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