



DORSET SCHOOL OF YOGA

200 HR HOLISTIC YOGA TEACHER TRAINING

# Student Contract & Terms and Conditions

## 200h Holistic Yoga Teacher Training

Our aim is to provide you with the tools you will need as a yoga teacher, and to inspire you to continue your journey of discovery so that you can teach from your own depth of experience. You will be encouraged to experience different methodology and practices with an open heart, so that you can find what resonates with you and prepare to share this with your students.

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## Prerequisites

Updated - April 2025

To be accepted onto this course you will need the following:

- At least 1 year' steady practice, including one year of regular practice with a teacher
- References from two referees. Your referees should comment on your yoga practice, give an assessment of your suitability for the course and give a brief character reference. We cannot process your application without references, but you can email them to us later if you don't have them ready.
- If you don't have a regular yoga teacher or you are unable to give two references, you can make a short (approx 5 mins) video of yourself doing the postures below. We are looking to see that you understand the principles of these postures
  - Adho Mukha Shvanasana
  - Trikonasana
  - Parsvottanasana
  - Vrksasana
  - Setu Bandhasana

## Course Accreditation

You will receive a certificate from Joy Yoga and Wellness on completion of the course. Our course is accredited at 200 hour (foundation) level by [Yoga Alliance International](#). We will need to pass on your contact details (name, email and phone number) to Yoga Alliance Professionals so that they can contact you directly to invite you to register as a trainee teacher and as a qualified teacher at the end of your course. You have the option to opt out of this registration process, to opt out please email [joyyoga.wellness@gmail.com](mailto:joyyoga.wellness@gmail.com)

## Graduation Requirements

There are minimum requirements for graduation set by Yoga Alliance which Yoga Sampoorna School and Joy Yoga and Wellness meet and often exceed in order to provide high quality teacher training.

By applying for this course you agree to meet the standards set by Joy Yoga and Wellness and Yoga Alliance, and understand that a failure to meet the requirements set out below may prevent you from graduating.

## Attendance

It is of prime importance that you attend all of the training days scheduled as part of the course, so that you complete the required number of training hours set by Yoga Alliance International, and Joy Yoga and Wellness.

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You must arrive at least 5 minutes before the scheduled start time for each training day. If you are going to be late please text or call Joy Yoga and Wellness on 07480736824. You must arrive back from breaks promptly at the time agreed.

### **Catching up on missed hours**

If you miss any training hours you are required to catch up on the course content missed. If you miss more than 10 days you will need to defer – for more information on deferral see below.

If you miss the first or the final module of your course, you will need to catch up on a one to one basis as we don't allow students from another intake to attend the first or last module of a course.

We will try to be as flexible as possible and arrange the option that suits you best but this is at the discretion of your course tutor. **There will be a fee for all catch up as we need to cover the associated costs of teaching, the venue and administrative time.**

### **Catching up on a later course**

You may catch up on part of/a whole module by attending the same module on a later course, the administration fee for this is £100 per catch up session (regardless of length). Extra assignments may be given in order to ensure you have understood the content missed.

### **Catching Up on a One to One Basis**

You may catch up on missed hours on a one to one basis with one of our teachers. Prices vary depending on the teacher from £45 - £60 per hour. Extra assignments may be given in order to ensure you have understood the content missed. Once appointments are booked they can be rescheduled up to 24 hours before the start time. Within 24 hours we cannot reschedule and we cannot offer cancellations at any time.

## **Regular Yoga Practice**

You are required to maintain a regular yoga practice (ideally daily) at both a taught class (at least once a week) and self-practice at home.

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We ask that you keep a record of your regular practice in a 'yoga diary' which will be reviewed by your course tutor throughout the course. We will also ask for your regular yoga teacher to complete reports on your practice throughout the course.

## Karma Yoga

When you are at the studio we ask that you do your part to keep the studio space clean and tidy. Our studio is a shared space and there will be other guests and members of staff using the building.

We will divide up the cleaning tasks between the group, but be aware that these will take place at the end of the breaks and at the end of the day. Let us know if you need to leave immediately at the end of the day.

## Assignments

For many modules you will need to prepare with relevant study and homework. Please bring with you any relevant text and material, you can find the reading list on our website.

Over the course you will be required to complete various assignments including written work, presentations, class observations and teaching classes. Once your place is confirmed you will receive full details of the assignments and you will have the opportunity to ask questions about these on the first course module.

Please be sure to hand in your assignments on time. Assignments that are handed in late or that are not at the required level will be subject to a £30 administration or resubmission fee.

### **Assignments:**

1. Class Observations
2. Anatomy & Physiology Exam
3. Yoga Sutra Review
4. Practice Diary
5. Yoga Philosophy Review
6. Teaching plan provided

## Assessment

You are required to take part in continual assessment - both practical and theoretical. Graduation is not guaranteed - you need to be responsive to feedback from your

teachers and pass all the assessments. If any assessment is not adequately managed we will ask you to retake it. In the unlikely event that the teachers decide a particular student is unlikely to graduate this will be discussed with the student at the first opportunity on a one to one basis.

On completion of the course we will expect you to be ready to teach beginners yoga - to be able to competently teach relevant asana, pranayama, meditation and philosophy in a method and manner that suits you. We will support you in every way to achieve this, but we also expect you to develop your own practice and to practise teaching to support this achievement.

### **Assessments:**

1. Anatomy & Physiology exam
2. Main essay
3. Final exam
4. Personal practice assessment
5. Final teaching assessment

## **Ethical Standards**

Set out below are the basic ethical standards with which we expect all our students and graduates to comply. They supplement the yamas and niyamas and other basic norms of yogic behaviour.

We expect students to be aware of the yamas and niyamas and to live with awareness of these principles. Should the behaviour of a student fall short of the standards we expect, we reserve the right to refuse certification.

- Respectful attention of the teacher and course peers
- Be focused throughout the course modules
- Respect your fellow trainees and the course tutors/assistants, e.g. turning phones off
- Preferably sitting up attentively in sessions (unless ill/ injured)
- Listen attentively to each other
- You are responsible for your own body and your own practice. If you need to come out of any physical poses or experience pain then please stop and rest to avoid injury. Joy Yoga and Wellness cannot take responsibility for any injury caused while training.
- Complete the training to the best of your ability.
- Do not make inaccurate statements about yourself or your experience/training
- Do not attempt to diagnose a student's physical/ mental condition (unless you are qualified to do so professionally)

- Be honest and straightforward in business dealings
- Respect your student's beliefs and values
- Engage an attitude of compassion towards your students
- Do not criticise your students or talk about them in a disrespectful way
- Do not undermine other yoga teachers/ trainees or any other system of yoga
- Do not discriminate on grounds of any personal preference or on grounds of race, religion, age, sexual orientation etc.
- Do not undermine any medical advice/help your students may receive
- Always act with tact and consideration in talking to your students, sometimes you may need to wait for a quiet space in which to talk away from others.
- Do not engage in any personal relationship with a student that takes advantage of your position as a teacher. This includes sexual relationships.
- If you feel unable to continue teaching a student for any reason try to provide a referral to another suitable yoga teacher.

## Other Requirements

You will need to have public liability insurance to teach classes as a trainee yoga teacher. Once qualified you will also need to take out public liability insurance that is appropriate for teaching yoga.

## Online Learning

By submitting my application I agree to complete any online learning that is assigned as part of the course.

In order to facilitate our online learning platform, we need to record all livestream sessions which will create a recording of your image and your voice. By applying for this course you are consenting to participate in livestream sessions via zoom which will be recorded. These recordings will not be used for promotional purposes and will only be viewed by teachers, staff members and Joy Yoga and Wellness' students.

## Changes to Course Delivery

In exceptional circumstances where access to the studio is restricted, due to any circumstance, such as extreme weather, act of God, or pandemic; Joy Yoga and

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Wellness will aim to continue the course. Any affected training modules or courses will be delivered in an online format. In this way, Joy Yoga and Wellness will provide all materials needed to fulfil its obligations.

You are obliged to see the training through whether in person or online. Refunds will not be given due to amendments being made to how a training course is delivered in unforeseen circumstances and where Joy Yoga and Wellness is forced to change the advertised description of the course.

## Complaints

Complaints must be submitted in writing to [joyyoga.wellness@gmail.com](mailto:joyyoga.wellness@gmail.com)

## Deferral

Deferral is necessary if you are missing more than 10 days of tuition. Please note it is only possible to defer to another course within the next 18 months, and you can only do this once.

If you need to defer to a later course due to extenuating circumstances, please put this in writing to [joyyoga.wellness@gmail.com](mailto:joyyoga.wellness@gmail.com). The deferral fee is £1000.

## Teachers & Support

All of our teachers have a wealth of experience to share with you and we anticipate that you will thoroughly enjoy the course. If you do experience any doubts or concerns please contact us:

Email: [joyyoga.wellness@gmail.com](mailto:joyyoga.wellness@gmail.com) Phone : 07480736824

## Tuition Fees

Full course fee - £2,780, or £2641 early bird\*

*\*early bird discount offered until the end of June 2024*

**If your application is unsuccessful then we will refund any course fees paid in full. If your application is successful any course fees paid at application are non refundable.**

It is your responsibility to ensure your payments are made in full and on time. By accepting a place on a Joy Yoga and Wellness course you commit to paying the course fees on the scheduled dates agreed. All late payments will be subject to a £10 late payment fee.

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You cannot graduate from the training course if any money is outstanding. Please be aware that once you have commenced the teacher training course with us you are in a contractual agreement to pay ALL of the course fees, regardless of whether you decide to complete the course or not.

**By submitting your application you are committing to paying the course fees in full, on time, and understand that a failure to do so will result in failure to graduate.**

## Payment Plans

**You are welcome to pay the course fees in full or sign up for a payment plan. If you choose to pay the £500 deposit and your application is successful, you will be automatically signed up to the payment plan which is available on your application date, using the payment method you provided to pay your deposit. Your first payment is due one month after you pay your deposit, and then every month for 12 months thereafter. Once agreed to, your payment schedule can only be changed with agreement from Joy Yoga and Wellness.**

## Cancellation Policy

It is highly unlikely that you will start the course and then decide not to continue, however if for any reason you feel unable to continue please put this to us in writing.

**No refunds, credits or transfers are available on cancellation of the course prior to, during or after the start date.**

Please be aware that once you have commenced the teacher training course with us you are in a contractual agreement to pay ALL of the course fees, regardless of whether you decide to complete the course or not.



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## Agreement

I understand that by submitting my application I agree to abide by the terms set out in the contract above if I am offered a place on a course at Joy Yoga and Wellness. I understand that if I break the terms of this agreement then I may not be able to graduate or complete the course, and will not be entitled to any refund.

Signed

Date