

# Yoga teacher training

## Terms and Conditions

### INITIAL ENTRY REQUIREMENTS

Potential candidates must be aware that it is essential that you have completed a minimum of two years of regular yoga practice before you can be considered eligible for the YogaWellbeing Yoga Teacher Training course. Regular means a minimum of once a week for two years you have attended yoga sessions with a reputable and qualified yoga teacher. Written confirmation from your teacher(s) will be required to verify this requirement.

### 200-HOUR COURSE PAYMENT DETAILS

YogaWellbeing offers a fully accredited yoga teacher training course. On completion of the course successful students can then apply for membership from Yoga Alliance Professionals UK. This qualification will allow you to teach introductory yogasanas, pranayama and relaxation to beginner students. We're keen to make our training accessible by offering it on a pay-as-you go basis.

### COURSE DEPOSITS AND PAYMENT METHODS

A non-refundable deposit of £500 will reserve your place on the course. Note: Your place is not guaranteed until the deposit has been paid. Payments may be made by direct bank transfer or cheque.

Making payments by bank transfer to the following account:

Sara Jobling Consultancy Limited  
Account number: 35526560  
Sort code: 77-29-18

Making payments by cheque:

Please make cheques payable to Sara Jobling Consultancy Limited. Post dated cheques cannot be accepted.

The cost of each module is £600 which is due at the commencement of each module. Alternatively monthly instalment of £100 can be made by standing order. The total cost of the course is £2,900 over two years.

### What is included in the teacher training fee:

Included in the fee is all tuition and final exams. You will also be given a comprehensive Teacher Training Manual and access to online student resources.

- **What is not included in the fee:**

In addition to paying the course fees you will need to purchase the set texts listed in the acceptance letter. On completion of your course, you may apply to Yoga Alliance Professionals to receive accreditation. Please contact Yoga Alliance Professionals International directly for their latest membership fees.

## **CANCELLATION AND REFUND POLICY**

Applicants must consider the time and financial investments required to complete the YogaWellbeing Teacher Training, ensuring that you are able to commit fully to the dates and times of the course.

- Cancellations made up to 30 days prior to the training start date - you will receive a full refund minus the deposit
- Cancellations made less than 30 days prior to start of the training - you will receive a refund of 40% of the tuition price minus the deposit
- Cancellations made after the course start date - no refund is available

## **100% ATTENDANCE OF THE COURSE IS EXPECTED TO BECOME CERTIFIED**

The training course takes place in monthly sessions on Saturdays 9:00am-4:00pm. The course will take two years to complete. This course provides 181 hours of face-to-face teaching. The remaining 21 hours comprise of time for private study, reading and personal practice.

We appreciate that family, work and other commitments can on occasions, make attendance difficult. We recommend that you look carefully at all your obligations to ensure that you can commit fully to the teacher training.

- **Missed Lectures:** Making up a class means slotting onto another course (when available) for an additional cost of £20 per class missed.

Making up hours missed is offered only in the face of extenuating events and will be extended by the teacher training director on a case-by-case basis. No teaching certification will be offered until all course hours have been completed.

## **ASSIGNMENTS AND EXAMINATIONS**

We want you to succeed!

Written assignments will be required in each of the four modules. You will need to ensure that you complete these and submit them on time. Reading and home assignments will complement the class work and help you understand the subject matter more clearly. All assignments are to be completed before completion of the course.

Practical assignments are designed to enhance your skill as a yoga teacher and help you to practice your teaching skills in a safe environment. Practical assignments will be completed as part of your face-to-face training sessions.

There is both a written and a practical exam towards the end of module four. Both need to be completed successfully with 80% pass mark. We will help prepare you for these exams throughout the course.

For the practical, you are expected to teach a class of yoga students. They will not be your fellow student teachers, but genuine students. This session will be graded according to standards of teaching, demonstration, adjustment, use of modifications and/or props, use of correct language, observation of and adapting to student needs, clarity of instruction and ability to engage and motivate students. A maximum of three attempts to pass the practical are permitted.

## **YOUR PERSONAL INFORMATION**



- 1) YogaWellbeing collects your personal information to ensure that we can provide a service to you on the Yoga Teacher Training Course (YTTC200). We will always ask for your consent to hold your personal information.
- 2) We will hold your name, contact details and date of birth, details of your medical conditions, details of your previous yoga practice, teachers and experience, qualifications, examination and assessment information.
- 3) We do not sell any of your personal information to other persons, agencies or organisations for any purposes.
- 4) We only disclose your personal information to Yoga Alliance Professionals for the purpose of Accreditation for the YTTC200 course. We will only do this with your consent.
- 5) We do not transfer your personal information outside the UK.
- 6) Your personal information is confidential and kept in a secure manner. We will delete all the personal information we hold on you six years after the end of your YTTC200 course.
- 7) You have the right to have a copy of everything YogaWellbeing holds in your personal record, to request the record is amended, erased or to have it shared with organisations, agencies or persons of your choice. You have the right to withdraw your consent at any time. To do so you will need to contact us in writing, letter or email, at YogaWellbeing, 3 Norwood Court, Gateshead, Tyne and Wear, NE9 7XF or [sara@yogawellbeing.org](mailto:sara@yogawellbeing.org)

If you are not satisfied with the way in which we handle your personal information you can contact the Information Commissioner Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Tel: 0303 123 1113 (local rate) or 01625 545 745 if you prefer to use a national rate number