



# OMSHANTI

YOGA LIVING TEACHER TRAINING

## POLICY DOCUMENT

### Practice Experience

Students must have a minimum of 2 years of experience in Yoga including Asana, Pranayama and Meditation with a consistent practice of at least 2 classes per week/ and or self-practice.

Where necessary a reference from a registered Yoga teacher may be requested.

Applicants will be required to attend a pre-application meeting to determine their eligibility for the course.

Applicants need to have a deep interest in Yoga beyond the Asanas and a clear understanding of what a 200hr Teacher Training involves.

### Booking

A non-refundable deposit of £500 is required at the time of booking.

Full payment of the course is required by 1<sup>st</sup> September 2023

Payment instalments can be arranged on an individual basis.

Applicants will be refused their place if full course fees are not paid in full within the required time frame.

### What fees include/ what is not included

Included:

Training and assessment by a qualified Yoga Alliance Professionals SYT.

Full Training Manual and Presentations.

Trainee Yoga Insurance

Complete Yoga Kit to include mat, bolster, 2 bricks and belt.

OYL Merchandise

Mentoring with Lisa McCabe throughout and after the course.

All meals and refreshments throughout the course.

Not included:

The course does not cover the costs of travel and accommodation.

### Refund Policy

Payment Deposit Dates:

A non-refundable deposit of £500 is payable upon booking to secure a place on the course.

### Cancellation Policy:

Cancellation has to be given in writing.

If for any reason a student needs to cancel their place the following fees apply;

Cancellation up to July 2023 50% fees payable

Cancellation after July 2023 100% fees payable

### During the Course:

Students are required to attend all contact hours (200hrs).

If for any reason a student is absent, course notes are to be obtained and a follow-up session is to be attended with Lisa and a report written for the missing sessions - **An additional cost of £85ph** will be applied to make up sessions.

No more than 10hrs can be missed.

If through injury you are unable to participate in practical sessions, students must use this time to observe and take notes.

All assignments and reports are to be submitted prior to the final practical examination.

Each training will begin with a 90-minute class which will be relevant to the lecture on that day.

### Cancellation of Course:

Should the course have to be cancelled students will be given a minimum of 4 week's notice and for unforeseen circumstances, notice will be given at the earliest convenience.

### Complaints Procedure

Stage one - An informal chat on the day.

Stage two - Written complain - Written complaints will be responded to within 24 hours.

### Expectations:

1. Follow the attendance policy.
2. Arrive at least 10 mins before class to set your space.
3. Be respectful of those around you.
4. Participate actively to allow yourself to absorb the information, the more you partake the easier you will find the training.
5. Sleeping and lying down in the studio is not allowed. Ensure you are comfortable at all times.
6. Support and encourage each other to allow for maximum learning.
7. Maintain your self-practice and attend as many classes as you can to help broaden your understanding and allow yourself to really connect to the training.
8. Respect your boundaries in your practice, avoid pushing yourself and follow the non-competitive aspect of the practice of yoga.
9. Be open-minded at all times and accept and embrace the changes that may arise throughout your learning.
10. Gratitude and thankfulness to the teachers before us who have passed their knowledge on.

### Code of Conduct

All successful applicants will be required to sign a Code of Conduct. This Code of Conduct is a declaration of acceptable, ethical and professional behaviour. To ensure that safe and effective teaching is available to the public. Failure to do so will disqualify the student from completing the teacher training.

Please note this document is to be signed and dated and will be kept on your student file.

To the Student:

1. To provide the public with access to safe and effective yoga teachers.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Provide my services in a nondiscriminatory manner, welcoming all students regardless of gender, race, ethnicity, religion, sexual orientation, and financial status.
4. Maintain complete confidentiality with regard to all information I acquire throughout my classes and care of my students. Follow all laws relating to Data Protection and GDPR.
5. Have an accessible privacy policy available on my website or marketing material.
6. Maintain professional boundaries at all times, avoid any relationships that could exploit student / teacher trust.
7. Make only realistic statements about yoga, keep your students informed through explanation of practices and recommendations.
8. Refrain from teaching if unable to do so due to substance abuse, physical or psychological impairment.
9. Provide the highest quality of care and encourage students to continue with their medical care, as Yoga teachers it is not our job to diagnose but to refer to medical professionals where necessary.
10. Not to receive commission or payment for referral of students
11. To charge students fairly and timely.
12. To create a safe, clean and inviting environment for the practice of yoga.
13. Follow all laws both local and internationally that pertain to the art of teaching yoga.
14. To be mindful of entering into a sexual relationship with a student after the teacher/student boundary has been broken, understanding the effect it could have on your relationships and reputation as a teacher.

To the Profession:

1. To continue your education to stay informed of new developments in the field of yoga, through CPD workshops and further trainings.
2. To uphold the highest of standards of the profession to ensure professionalism at all times. Dedicate yourself to maintaining exceptional standards of competency and integrity.
3. Be non-judgmental of other teachers and other styles of yoga. Show complete respect of the yoga lineage and the teachers that came before us.
4. To continue the study of the Yamas and Niyamas as a code of ethics to maintain your competency and integrity.

To the Public:

1. Be honest and truthful at all times of your training, experience, education and professional affiliations.
2. Make and advertise only honest, accurate and truthful statements about the benefits and practice of yoga.
3. Do not mislead the public through false advertising of non-proven benefits of the practice of yoga.
4. Have a clear understanding of other health and wellbeing providers and traditions to ensure you can provide the highest quality of care for your students.

Course name: OYL 200hr Teacher Training

Student name /Signature -

Date signed –