



Yoga with Esme

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VINYASA YOGA TEACHER TRAINING COURSE POLICY

All participants of Yoga with Esme's Vinyasa Yoga Teacher Training (Vinyasa YTT), all yoga practitioners are required to read and sign the course policy.

Vinyasa Yoga Teacher Training focuses on teaching yoga practitioners how to:

1. Teach, structure and modify classes;
2. Create a complete yoga class that includes sequences for warming-up, standing, sitting and finishing poses;
3. Create sequences with intention and understanding;
4. Teach, practice, and incorporate various pranayama techniques, meditation and mudras into classes to bring the mind to a state of relaxation;
5. Read different types of bodies and determine what they need in order to give the right cues and adapt poses to individuals;
6. Create sequences to cater for everyone in the group and help with individual specific issues such as backpain, tight shoulders, core strengthening, etc.;
7. Create vinyasa kramas for general classes;
8. Use props effectively;
9. Recognise and understand their own limitations; and
10. Create a safe space for students and a successful business for themselves.

While the course will focus on vinyasa yoga, a new style of yoga will be introduced each week. These styles include: ashtanga, hatha, yin, yin and yang, restorative, chair yoga and myofascial release.

The course will also cover philosophy, anatomy, physiology and the history of yoga with experts in each field. Yoga practitioners will also receive invaluable information on how to start their own business and boost their online presence. A full list of teachers will be available for download soon.

By graduation, yoga practitioners will be knowledgeable and competent enough to run their own classes and be able to confidently offer advice and support to their students.

Yoga practitioners must be 18 and over to enrol and are required to have been participating in regular yoga practice for at least one year prior to the start of the course on Friday 24th September 2021.

What's Included

- Training, assessment and a certified qualification by Yoga Alliance Professionals.
- A subsidised trainee membership with Yoga Alliance Professionals.
- A subsidised join fee (with a saving of £35) if the graduate upgrades their Yoga Alliance Professionals membership within 14-days of graduation.

Upon enrolment, yoga practitioners will gain access to the portal, and will receive all preparatory materials including reading lists, homework assignments and more.

What's Not Included

- Travel to and from the training venue.
- Accommodation, food and drink.

PARTICIPATION

To qualify for certification, yoga practitioners are required to complete all 200 hours of study and show constant progression. Yoga practitioners who do not meet the course requirements will be given the opportunity to take part in one-to-one private mentoring. This does not include regular yoga classes which yoga practitioners are expected to attend, outside training hours, for the duration of the course.

100% attendance is required to complete the Vinyasa YTT course. To be considered present, yoga practitioners must arrive on time and stay for the duration of the class. Yoga practitioners are required to mark their attendance on a roster each week.

Should a practitioner not be able to attend a session, they are required to inform the organisers in advance. Make-up hours will be required to complete the certification at an additional expense to the yoga practitioners in the form of one-to-one sessions.

Homework assignments will be given every week, as well as daily meditation and pranayama practices. It is imperative these are completed.

PAYMENT

The course costs £2,500 and covers all eight modules, the Vinyasa YTT manual and all certification costs.

Yoga practitioners are required to pay a deposit of £500 upon enrolling. The remaining £2,000 can be paid in instalments on agreed upon dates with Esme Lopez. A £250 discount will be added to any participant who pays the course fees in their entirety upon enrolment. All monies paid are non-refundable.

CANCELLATION

We reserve the right to ask any yoga practitioners enrolled in the Vinyasa YTT course to leave should the School of Yoga determine the yoga practitioners is unfit for the course.

In the event of the course itself being cancelled, trainees will be given the option to postpone, or a full refund will be given. Should Vinyasa YTT not be possible in person, the organiser will provide training online instead.

Should a trainee be unable to attend the course for 2022, they can postpone their attendance until the next course. This option will incur an administration fee of £60 per hour and it is the responsibility of the yoga practitioners to organise this.

PLEASE NOTE: The course is not guaranteed to run the following year. Postponing their enrolment is at the risk of the yoga practitioners.

COMPLAINTS

If a yoga practitioner is unsatisfied with the Vinyasa YTT course, we ask that you request an informal meeting with the teacher. Should you wish to escalate your complaint, you can then contact the leaders of Yoga Teacher Training via e-mail. If you are still unsatisfied, please contact the governing body, Yoga Alliance Professionals.

We aim to resolve all issues as peacefully as possible within 48-hours.

I have read and understood the above Vinyasa YTT Course Policy.

Signature:

Print Name:

Date: