



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.

The perfect balance between hard work and fun, this is a unique opportunity to learn more about yourself, create a yoga family, and progress passion into profession.

From the very first weekend, you will be teaching, sequencing and body reading. By graduation, you will be knowledgeable and competent enough to teach, structure, and modify your own yoga classes. This includes being able to:

- Create a complete yoga class that comprises of sequences for warming up, sun salutations, standing poses, arm balances, sitting poses, and finishing poses;
- Create sequences with intention and understanding;
- Read different types of bodies and determine what they need in order to give the right cues and adapt poses to individuals;
- Create sequences to cater for everyone in the group, and help individuals with specific issues such as back pain, tight shoulders, core strengthening, etc.;
- Create Vinyasa Kramas for general classes; and
- Use props effectively.

You will also be able to teach and incorporate various other techniques into classes, including pranayama, meditation and mudras to bring the mind to a state of relaxation. Moreover, you will be taught to recognise and understand your own limitations, create a safe space for students where you can confidently offer advice and support, and begin a successful business for yourself.

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. We will also cover ayurveda, and the history and philosophy of yoga.

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 Saturday 28th September 2024.

What's Included

- Training, assessment, and a certified qualification by Yoga Alliance Professionals
- A subsidised trainee membership with Yoga Alliance Professionals (with the option to upgrade within 14-days of graduation)
- Yoga with Esme's YTT manual
- 25-hour online Anatomy and Philosophy Applied to Yoga course with Dr. Yogi
- A Yogi's Guide to Social Media, a comprehensive guide written by professional social media managers with the aim of helping you use social media to set up your yoga business, PLUS 25% off a handful of exclusive related services

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

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 £3,000, and covers all seven modules, the Vinyasa YTT manual, an online course with Dr. Yogi, certification costs and all offered extras.

Yoga practitioners are required to pay a deposit of £500 upon enrolment. The remaining £2,500 can be paid in instalments. A full list of these dates can be found in the Welcome Packet which is sent upon acceptance. A £200 discount will be given to any practitioner who pays the course fees in their entirety upon enrolment.

All payments 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, 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.

Should a trainee wish to pull out of the course entirely, they are required to pay for every month they have already participated. They are not entitled to a refund on their deposit.

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: