

200 Hour Yoga Teacher Training

LAURA GREEN TRAINING & MENTORING LTD

200 HOUR DIPLOMA

POLICY DOCUMENTS



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Refund Policy & Course Fees

Early Bird Full Payment Discount:

- Early Bird Total Fee: £3,250
- Non-refundable Deposit at time of booking: £750
- Balance to be paid in full 8 weeks prior to starting the course (non-refundable): £2,500

Standard Course Fee, with option to Pay by Instalments:

- Total Fee: £3,500
- Non-refundable Deposit at time of booking: £750
- 2nd Payment due 8 weeks prior to starting the course (non-refundable): £750
- 4 further payments of £500 due by 10th of each month, as agreed, payable by confirmed standing order. On a payment plan you are bound contractually to fulfil the full payment schedule. (This is non-refundable)

Discount for Graduates of the Laura Green Yoga Immersion Course:

- Immersion Course Graduates Total Fee: £3,150
- Non-refundable Deposit at time of booking: £750
- 2nd Payment due 8 weeks prior to starting the course (non-refundable): £400
- 4 further payments of £500 due by 10th of each month, as agreed, payable by confirmed standing order. On a payment plan you are bound contractually to fulfil the full payment schedule. (This is non-refundable)

What's Included/Not Included

- 180 Contact Hours + 20 Hours Assigned Homework (£20 admin fee for each assignment handed in late)
- A minimum of 70% of these hours will be taught by the Principle Teacher
- 6 Hours Assisting Laura at Class + 2 Hours Observation
- 100% Attendance is required to complete the course. If you miss any sessions you'll need to book a 'Catch Up Day', at an additional cost of £150/half day – the cost can be split between participants if applicable.
- First Aid Course/Certification, Saturday 2nd June '18 – if you can't make this date you'll have to arrange/pay for your own course, no refund will be given.
- Extensive Course Manual, Final Assessment & Certificate
- Complete Yoga Kit with 1 Bolster, 2 Blocks, 1 Flat Block, 1 Strap (Not Included for Immersion Course Graduates)
- 7 Night All Inclusive Retreat in Tarifa, Spain (except flights) in twin accommodation, en-suite bathrooms
- Free Membership to Yoga Alliance Professionals as a Trainee, plus options to include insurance for the duration of the course. Please note that your details will be passed on to Yoga Alliance Professionals so that they can contact you directly about yoga insurance
- Not Included: Books, Catch Up Sessions, marking late assignments, flights for Spain Intensive

Frequently Asked Questions on Refund Policy:

What happens if I need to leave or can't complete the training?

Due to the very limited group size and financial commitments involved in hosting a training, especially with the intensive in Spain, the course fees are non refundable if you leave the training. If you have signed up to pay by instalments you will be contractually obliged to complete the payments even if you drop out of the course.

Frequently Asked Questions on Refund Policy continued:

What happens if I become pregnant?

In the event that you become pregnant, Laura will be as flexible as possible and support you to work out the best way to complete the course.

What happens if I get injured?

In difficult circumstances e.g. injury, Laura will be as flexible as possible and support you to work out the best way forward to complete the course. Subject to prior consultation with a fully qualified medical practitioner, if you suffer an injury you may come to sessions and adjust the poses to suit your condition or observe as is appropriate.

Code of Conduct

CODE OF EXCELLENCE

- To provide teacher trainees with an outstanding course of the highest standard that equips them with the knowledge, skill and confidence to excel as a Yoga Teacher.
- Students who enrol on this course must have a minimum of 2 years consistent yoga experience verified by a written reference from a qualified teacher. Students will need to be committed, focused, open minded and open hearted.
- This course is focused on teaching yoga in the community to a broad demographic of society and as such will offer tuition in Vinyasa Yoga, Restorative Yoga, Yin Yoga, Remedial Yoga and Chair Yoga.
- Students must consider themselves part of the overall Satsang, or group, and aim to be supportive and caring to fellow students.
- 100% of the course hours must be completed and verified by the course director, Laura Green, for successful graduation.
- This course will provide students with a brilliant opportunity for learning in an environment that priorities hands on real world learning.
- A Teacher will never alter the historical or sacred teachings for their own personal agenda or beliefs
- You will teach by example, holding yourself to high standards of authenticity and training

As a Senior Yoga Teacher of Yoga Alliance Professionals, I agree to uphold the ethical goals set forth in the following Code of Practice:

- To provide the public with access to safe and effective yoga teachers
- To maintain and uphold the traditions of Hatha Yoga: to teach yoga from the experience of these traditions and to disseminate these teachings to anyone, from any background, who earnestly desires to follow these traditions
- To uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
- To acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
- To create and maintain a safe, clean, and comfortable environment for the practice of yoga.
- To encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
- To respect the rights, dignity, and privacy of all students.
- To avoid words and actions that constitute sexual harassment.
- To facilitate an independent observer to mentor, listen and allow any complaint to be voiced and discussed openly. (Privately if deemed so by the observer).
- Follow all local government and national laws that pertain to my yoga teaching and business.

Laura Green, Yoga Alliance Professionals SYT

Complaints Procedure

Yoga Alliance Professionals handles all complaints concerning yoga teacher training schools that they accredit. Should any student wish to make a formal complaint they should do so, in writing, directly to Yoga Alliance Professionals.

The Laura Green Training & Mentoring Ltd teacher training school takes the views of its trainees seriously, and has several avenues through which trainees are encouraged to feedback on their experience at the school. We aim to continuously improve our training approach and methods and do so via:

- the feedback provided through an independent observer who meets privately with the group of trainees during the course and is available for email conversations outside of the course.
- the final feedback form completed by trainees upon their graduation from the school.
- inviting independent assessors and other senior yoga teachers to the school for their input.

Course Syllabus

Personal Practice

Minimum contact hours: 30 hours

Minimum non-contact hours: 30 hours

- On training weekends trainees will participate in 30 hours of lead group classes
- Outside of training weekends, trainees are expected to continue exploring their own Asana practice, covering a range of yoga styles and taking classes with a variety of yoga teachers. Trainees are expected to attend a minimum of 16 yoga classes through the duration of the course with a variety of experienced Yoga Teachers and record in a Class Attendance Diary signed by the teacher.
- In addition, Trainees are expected to establish a regular Personal Yoga Practice and record this in a Personal Practice Diary. Practicing for a minimum of once a week, the practise should last anywhere between 10 – 60 minutes to include asana, pranayama and meditation.

Teaching Practice

Minimum contact hours: 45 hours

- Teaching practice starts on day one of training and is central to every aspect of learning at the school. On each Sunday of the Training Weekends, Trainees will work together to teach a full 75 mins mixed level yoga class to a real live class of visiting yoga students from Laura Green's local community. Trainees will learn to demonstrate, explain, teach and adjust students across a range of poses from the five main categories of asana (standing poses, forward bends, backbends, twists, and inversions), as well as basic practices from the other aspects of yoga. Once trainees have completed 5 full weekends at the school, they should have developed the necessary skills to begin teaching in their community, and will be supported and encouraged to do so.
- As part of the Final Assessment each Trainee will plan and teach a 75 min Yoga Class to their peers during the retreat intensive in Spain.
- As part of the Final Assessment each Trainee will submit a full lesson plan for week 1 of a 6 Week Beginners Course and an outline for the entire course.
- On both days of the Training Weekends students will do small group practice teaching of Pranayama & Meditation.

Philosophy and History of Yoga

Minimum contact hours: 25

Yoga is an ancient discipline involving much more than physical exercises. This learning area will engage trainees with the roots of yoga by outlining key texts and through philosophical discussion. Trainees will be encouraged to practice some of the approaches discussed and to feedback their experiences to the group.

- Module 1 on the first Weekend each Trainee is to deliver a 15 minute Presentation to the group reviewing a Chapter from The Spiritual Teachings of Yoga
- Lectures and Discussions covering:
 - The History of Yoga
 - Yoga Margas
 - Patanjali & The Yoga Sutras
 - The 8 Limb Path with focus on Yamas and Niyamas and their application in class

- The Upanishads in particular The Bhagavad Gita
- The lens of Tantra and its application in modern yoga
- Dealing with Yoga Teaching Ethics through the lens of The Yoga Sutras

Anatomy and Physiology

Minimum contact hours: 35

Knowledge of the structure (anatomy) and normal function (physiology) of the human body is necessary for the safe and effective practice of yoga. With the assistance of high-quality software, trainees will explore the human body from the surface to the innermost organs and systems. Each component will be discussed in terms of its physiological function, common pathologies (diseases, injuries, defects) and how specific yoga poses or practices can affect its working to promote normal function.

To Cover:

- Key Terminology
- The Skeleton, Joints, Muscles, Ligaments & Tendons
- The Science of Breath and the Anatomy of the Lungs
- Understanding the difference between Stability / Strength / Flexibility / Mobility
- The Science of Stretching
- Detailed focus on the anatomy, biomechanic and injured and conditions effecting:
 - The Spine
 - Feet & Ankles
 - Hips, Legs & Pelvis
 - The Trunk
 - Arms & Shoulders
 - Head & Neck

Teaching Methodology

Minimum contact hours: 35

Lectures and discussions designed to prepare Trainees for an authentic and successful career as a yoga teacher to include:

- What is the Role of a Yoga Teacher?
- Supporting Students with Injuries
- The Art & Science of Sequencing
- Class Room Management
- Self Care for Yoga Teachers
- How to Teach One:One
- Voice & Language
- Dynamic Imagery
- Healing Yoga
- Teaching Mixed Level
- How to Utilise Props
- Community Yoga
- Structuring & Delivering Beginners Yoga Courses

Business Methodology

Minimum contact hours: 25

Lectures and discussions designed to prepare Trainees for an authentic and successful career as a yoga teacher to include:

- Job to Yoga Teachers
- What You Must Do (Insurance, Governing Bodies, First Aid, CPD etc)
- Marketing Part 1 & Marketing Part 2
- Money & Tax
- Building a Private Client Base
- Customer Service

Hours of Structure:

- 200 Hours (180 Contact Hours + 20 Hours Home Study)
- 8 Weekends | 09:00 – 18:30
- 1 Week in Spain | 52 Contact Hours + Leisure Time
- + Additional 6 Hours Assisting a Teacher
- + Additional 2 Hours Class Observation
- Essential & Recommended Reading

Example Structure of the Days:

09:00 – 10:30

Dynamic Practical Yoga Class – following a Focus/Style with clear learning objectives

10:30 – 12:00

Theory & Discussion: Anatomy & Biomechanics / Applied Yoga Philosophy / Teaching or Business Methodology

12:00 – 13:00

Practical Session Exploring Content of Theory & Discussion Topic

13:00 – 14:00

Lunch (lunch is not provided, please bring a packed lunch, a kitchen is available for reheating)

14:00 – 14:20

Small Group Practice Teaching of Pranayama and Meditation

14:20 – 16:20

Asana Clinic: Detailed exploration of Foundational Asanas including Alignment, Verbal Cues, Assists, Modifications, Use of Props, Counterpose, Sequencing, Contraindications

Saturdays 16:30 – 18:00

Theory & Discussion: Anatomy & Biomechanics / Applied Yoga Philosophy / Teaching or Business Methodology

Sundays 16:30 – 18:00

As a Group teach a real life yoga class to Laura's students under Laura's guidance

18:00 – 18:30

Review, Recap and consolidate learning

Terms and conditions

1. Introduction

1.1. These terms and conditions (the Terms) apply to the 2018 200 Hours Yoga Teacher Training Course provided and operated by Laura Green Training & Mentoring Ltd with registered no. 10651100 and trading address at Laura Green Training & Mentoring Ltd, 59 Nutshalling Avenue, Rownhams, Southampton, Hampshire SO16 8AY (we, us or our).

1.2. Please read these terms carefully and the Frequently Asked Questions before you submit the Course application form to us. Your Application and attendance on the Course shall be governed by these Terms and any other documents contained in these Terms, which will form a legal contract between us and you. By submitting your Application you are agreeing to be legally bound by the Terms and Frequently Asked Questions.

1.3. If you would like to contact us for any reason please do so using the following details:

Address: Laura Green Training & Mentoring Ltd, 59 Nutshalling Avenue, Rownhams, Southampton, Hampshire SO16 8AY

Email: laura@lauragreenyoga.co.uk

Tel: 07866 459208

2. Changes to the Terms

2.1. We may make changes to these Terms as a result of legal or regulatory requirements or when there are changes to our business practices which are unavoidable.

2.2. We will give at least one month's written notice of any changes to these Terms before they take effect. You can choose to cancel the contract in accordance with Clause 7.

3. Course

3.1. We shall provide the Course over a period of 9 months commencing on 17 March 2018 (Course Start Date), and the Course shall consist of 8 weekend workshops, 1 week intensive in Spain, 1 Saturday first aid course, assignments, course projects, examinations and personal study. For more information please see the Course details.

3.2. The 8 weekend workshops and 1 day First Aid Course shall be held at across 2 different venues. The Saturdays will be at Fryern Community Pavilion, Greenways, Chandler's Ford, Eastleigh, Hampshire SO53 (Location 1) between 09.00-18.30hrs and the Sundays will be at Chilworth Village Hall, Chilworth, Southampton, SO16 7JL (Location 2) between 09.00-18.30hrs; on the following dates (which may be subject to change):

17/18 March

7/8 April

12/13 May

2 June | First Aid Course

9/10 June

7/8 July

11/12 August

8/9 September

13/14 October

The course will finish with a 7 night intensive retreat in Tarifa, Spain 10 – 17 November 2018. Places on the Course are subject to availability, the Course is limited to a maximum of fourteen students for each intake. We will only run the course with a minimum of 10 students, if we do not achieve the minimum numbers we will reschedule the course later in the year. Should we have to do this, we will notify you as soon as possible.

3.3. Whilst we will try and avoid making any changes to the Course, the modules, assignments, suggested texts and materials, teachers, times, dates and locations are all subject to change. We will notify you of any changes via email.

3.4. You are responsible for making all travel and accommodation arrangements for weekends in the UK necessary for your attendance on the Course. We shall not be responsible for any travel and accommodation costs you incur as a result of any changes made to the dates, times or Locations. We recommend that you take out suitable travel insurance. For the intensive in Spain you are responsible for booking your own flight and will be given details on the recommended flight. Your accommodation and food in Spain is included in the course fee. You are only expected to pay for your flight, transportation to the airport in the UK and travel insurance.

3.5. We accept no responsibility for any student who does not follow the instructed class or has not disclosed medical conditions, recent injuries or pregnancy. Please be aware that it is your responsibility to inform the instructor if you are pregnant, or if you have any injuries or medical conditions or if you feel unwell or any discomfort during any of the session or otherwise on the Course. The Course is suitable and can be adapted for those that are pregnant, please contact us for more information or speak to your Course instructor.

3.6. You accept that there is risk associated with all forms of exercise and the nature of the Course includes physical activity. You take full responsibility for your own health and wellbeing. We recommend that you obtain approval from your medical practitioner to participate on the Course if you have any medical conditions, injuries or are pregnant before you submit your Application or during the Course (as applicable).

3.7. To be eligible to successfully complete and graduate from the Course you must:

- a) attend all 8 Weekends;
- b) attend the First Aid Course;
- c) attend the 7 night intensive in Spain
- d) complete and pass all projects and assignments (the pass rate is 75%);
- e) complete 2 hours of class observation and 6 hours of assisting a taught class;
- f) successfully complete the final practical examination, where you will be asked to teach a yoga class in which you are able to demonstrate sufficient comprehension of the material taught on the Course, and which is based on the following criteria: (i) proficiency in commanding a class; (ii) engagement with students in the class; (iii) intelligent and safe sequencing; (iv) alternative options for all students; (v) terminology and use of appropriate language; (vi) demonstration skills; this examination will happen during the intensive in Spain.

3.8. In the interest of maintaining the highest possible standards for graduates of the Course, graduation is not guaranteed unless all the above requirements (in Clause 3.7) are met in full. Graduates of this Course will be certified and considered RYT-200 by the Yoga Alliance Professionals.

3.9. It is your responsibility to attend and complete all the elements of the Course. In the event that you are unable to attend one a weekend or portion of a weekend or complete any of the other elements of the Course, please contact us to arrange a private tutoring session which will be subject to additional fees of £150 per ½ day. Late submissions of assignments are subject to additional fees of £20 administration charge.

4. Eligibility Criteria

4.1. To be eligible for a place on the Course you must:

- a) be 18 years old or over;
- b) have been practising yoga consistently for at least 2 years before the date of your Application;
- c) provide a completed Application including contact details for one reference
- d) be available to attend all weekends on the specified dates and the week intensive in Spain

5. Application Process

5.1. To request an application form please contact us at laura@lauragreenyoga.co.uk To apply for the Course you must

fully complete and submit your Application to us at the above email address.

5.2. Please ensure that you read these Terms carefully, and check that the details in your Application are complete and accurate, before you submit your Application. An incomplete Application will be rejected. If you think that there is a mistake or require any changes, please contact us to discuss. We will confirm any changes in writing to avoid any confusion between you and us.

5.3. When you submit your Application to us, this does not mean we have accepted your Application for the Course. All Applications will be assessed against the eligibility criteria (as detailed in Clause 4 above).

5.4. Payment will be taken once your Application has been accepted and you will receive an email confirming that your Application has been accepted. Your place on the Course will not be confirmed until the Course Fee Deposit has been paid. Places on the Course are subject to availability, and prior payment of the deposit.

6. Fees Course Fees:

6.1 The Full Standard Course fee is £3,500 including the Deposit (Course Fee) with options to pay by instalment. A Non Refundable Deposit of £750 is due on successful acceptance of your application. A 2nd Non Refundable Payment due 8 weeks prior to starting the course on 10th January 2018 of £750 followed by 4 further Non Refundable Payments of £500 due by 10th of each month starting March 2018, payable by confirmed standing order. On a payment plan you are bound contractually to fulfil the full payment schedule.

6.2 An Early Bird Course fee is available at £3,250 including the Deposit (Course Fee). A Non Refundable Deposit of £750 is due on successful acceptance of your application followed by non refundable balance payment to be paid in full 8 weeks prior to starting the course on 10th January 2018 of £2,500.

6.3 A Discount for Graduates of the Laura Green Yoga Immersion Course is also available, reducing the Standard Course Fee to £3,150 including the Deposit (Course Fee). A Non Refundable Deposit of £750 is due on successful acceptance of your application followed by a 2nd Non Refundable Payment due 8 weeks prior to starting the course on 10th January 2018 of £400 followed by 4 further payments of £500 due by 10th of each month starting March 2018, payable by confirmed standing order. On a payment plan you are bound contractually to fulfil the full payment schedule.

6.4. Subject to Clause 7.2, the non-refundable deposit is £750 (Deposit) shall be payable in advance in the event that we accept your Application. Payment of the Deposit should be made by within 1 months from the date we notify you of your acceptance on the Course, the remainder of the Course Fee is due as outlined in clauses 6.1 – 6.3 dependent on price option you have selected.

6.5. All fees are inclusive of VAT (if applicable). The only accepted methods of payments are Cash, Cheque, BACS transfer or confirmed Standing Order no other methods of payment will be accepted. Payment will be in pounds sterling (£) only.

7. Cancellation and Refunds

7.1. Other than as set out in this Clause below, the Course Fee is non-refundable.

7.2. You are entitled to a full refund of the Course Fee you have paid to us in the event that we have to cancel the Course before the Course Start Date.

7.3. We have the right to cancel or suspend the Course at any time during the Course in our sole discretion or in accordance with Clause 11.3. In such circumstances you will be eligible for a prorata refund of the Course Fee accordingly.

7.4. We will only make refunds to the same method of payment which you used to make your purchase.

7.5. We will not tolerate any student exhibiting harassing, threatening, abusive or violent behaviour, including behaviour which is sexist, racist or homophobic, including threatening language, swearing and/or aggressive body language. You agree to comply with these Terms, our reasonable instructions, policy and procedures applicable at the Location during your attendance on the Course. We reserve the right to suspend or terminate your place on the Course if you breach these Terms or any applicable policies or procedures, and you will not be entitled for a refund of the Course Fee.

8. Intellectual property rights

8.1. We are the owner or the licensee of all intellectual property rights in the Course, including any course materials. You have a licence to use such intellectual property rights for the purpose of the Course only, provided that:

- a) the material shall not be reproduced or included in any other work or publication in any medium;
- b) the material may not be modified or altered in any way;
- c) the material may not be distributed or sold to any third party; and
- d) you do not remove any copyright or other proprietary notices contained in the material.

9. Data protection and privacy

9.1. You will be required to provide personal information about yourself (including name, date of birth, email address, postal address, phone number, gender, medical information), and your payment details.

9.2. You agree that you will provide accurate, current and complete information about yourself, and promptly notify us if there are any changes to this information including any injuries or other medical conditions which may affect your practice or participation on the Course. For more information about how we will use your personal information please see our Privacy Policy.

9.3. By submitting your Application you also consent to our use of your personal data in accordance with these Terms and our Privacy Policy.

10. Complaints or Queries

10.1. If you have any queries or complaints about the Course, please contact us using the contact information as detailed in Clause 1.3. We will use reasonable efforts to respond to you promptly.

11. Availability

11.1. We shall not be liable for any delay or failure to perform resulting from causes outside of our reasonable control, including, without limitation, any failure to provide the Course to you due to unforeseen circumstances or cause beyond our control such as acts of god, war, terrorism, riots, embargoes, acts of civil or military authorities, fire, floods, accidents, strikes, epidemic or other natural disaster, shortages of transportation facilities, fuel, energy, labour or materials or a failure of public or private telecommunications networks.

11.2. If an event outside of our reasonable control takes place that affects the performance of our obligations under these Terms we will contact you as soon as reasonably possible to notify you and our obligations under these Terms will be suspended and the time for performance of our obligations will be extended for the duration of the event outside of our reasonable control.

11.3. We will only cancel the Course if the event outside of our reasonable control continues for longer than four weeks and you will be entitled to a pro-rata refund of the Course Fee.

12. Limitation of our liability

12.1. We have no liability to you for any unforeseeable loss or damage, such as loss of profit, loss of business, business interruption, or loss of business opportunity.

12.2. If we fail to comply with these Terms, we are responsible for loss or damage you suffer that is a foreseeable result of our breach of the Terms or our negligence, but we are not responsible for any loss or damage that is not foreseeable. Loss or damage is foreseeable if it is an obvious consequence of our breach or if it was contemplated by you and us at the time we entered into this contract.

12.3. Subject to Clause 12.1 and unless otherwise prohibited by law, our maximum aggregate liability under or in connection with these Terms whether in contract, tort (including negligence) or otherwise, shall in all circumstances be limited to the Course Fee.

12.4. Nothing in these Terms excludes or limits our liability for:

- a) death or personal injury caused by our negligence,
- b) fraud or fraudulent misrepresentation; or
- c) any other liability which cannot be excluded or limited by law.

13. General

13.1. The Terms do not create or infer any rights that are enforceable by any person who is not a party to them.

13.2. We may transfer our rights and obligations under these Terms to another organisation, but this will not affect your rights or our obligations under these Terms. You may only transfer your rights or obligations under these Terms to another person if we agree in writing.

13.3. If we decide not to exercise or enforce any right that we have against you at a particular time, then this does not prevent us from later deciding to exercise or enforce that right.

13.4. Each of the conditions of these Terms operates separately. If any court or competent authority decides that any of them are unlawful or unenforceable, the remaining conditions will remain in full force and effect.

13.5. These Terms and any non-contractual obligations arising out of them shall be governed by and construed in accordance with English law and the non-exclusive jurisdiction of the English Courts.

13.6. Free Membership to Yoga Alliance Professionals as a Trainee, plus options to include insurance for the duration of the course. Please note that your details will be passed on to Yoga Alliance Professionals so that they can contact you directly about yoga insurance