



The Yoga Healing Institute 200 Hour Yoga Teaching Training Course includes:

The **Anatomy and Physiology of Hatha Yoga** and its relevance to teaching asana and breath, as well as recent developments in anatomy knowledge and how to apply this to teaching individual students and to a variety of common health issues to promote health, healing and well-being.

The **Philosophy of Hatha Yoga**, including the eightfold path, the Yoga Sutras of Patanjali, The Chakra system, the Koshas, and how we can use yogic philosophy both in teaching students and in applying to our day to day life and our own healing and development.

How to safely teach asana, pranayama, relaxation and meditation as well as how to develop, design and intelligently sequence traditional hatha yoga classes through to more modern vinyasa flow class for different levels and ages.

**Teaching skills**, such as:

The use of language to centre, ground, focus, and destress. Learning and teaching styles and how and when to use them.

Working with students with a range of abilities, experience and common health issues. Safe hands on adjustment and verbal adjustment.

The range of variations, benefits and contra-indications for postures and their use for a range of common health issues and different abilities.

**Designing and developing** classes and courses and **advertising and promoting** your classes.

**Course duration** will be one year, held over **twelve modules** on Fridays, Saturdays and Sundays at Yoga Healing Institute in Glasgow. Full participation and commitment to completing the course and developing your own personal practise is expected so the student develops the knowledge and skills to achieve the necessary competence to become a fully qualified Yoga Healing Institute teacher.

A recommended reading list of key books to support and deepen your understanding of the course content will be provided.

Assessments and written assignments, will be part of the course, so course tutors can monitor the student's progress and development, and assess their understanding of and intelligent application of the course content in their journey to becoming a fully qualified Yoga Healing Institute Teacher.

The course will include a variety of learning methods and experiences including lectures, paired and group discussion, practise of all aspects of Hatha yoga, home practise, class attendance, journaling and Karma Yoga.

Following completion of the 200 hour course, The Yoga Healing Institute offer new teachers the opportunity to deepen and develop their teaching skills with a range of accredited 50 hour ongoing trainings in different styles and aspects of yoga such as Yin Yoga, Vinyasa Yoga, Restorative Yoga, so they may gradually and flexibly build up to a further 300 hour teacher training. This enables new teachers to gain the full 500 hour or to simply choose which modules they may be more interested in.

#### YOGA HEALING INSTITUTE CODE OF CONDUCT

- Attendance and participation at all sessions is mandatory for certification
- Shoes on rack outside of studio
- Arrive 15 minutes early for all sessions to be ready to begin on time
- Bring manual training manual to each training session
- Be respectful of each other
- Keep the shared learning space in good order
- Return all yoga props neatly to their proper place
- Dispose of used tissues, and place recyclables in appropriate bins
- Take personal items with you after each session
- Be a supportive group cleaning and leaving the studio as it was found.
- Food only in Reception
- Be mindful of balance of sharing through listening and speaking
- Be responsible with your peers in creating a peaceful learning space
- Participate in every learning session but inform us if you are not feeling well
- Breaks appointed at the start of each training day
- Bathroom breaks - quietly leave studio when need.
- No mobiles are to be used throughout training sessions
- Co-listening and conscious communication techniques are built into the curriculum. Students are encouraged to work with these methods in interactions with fellow students and staff throughout the training

## YOGA HEALING INSTITUTE TERMS & CONDITIONS TERMS GUIDELINES

### PRACTICE EXPERIENCE

In order to train with The Yoga Healing Institute you will need to have been practising yoga for a minimum of 2 years.

### BOOKING

A minimum deposit of £600 is required prior to the course commencing with 3 payment options available.

Applications will be taken on a 'first come first served' basis and students who have paid their deposit will have priority over those who haven't.

The Yoga Healing Institute reserve the right to refuse a place to a student who has not paid their deposit or full fees by the required dates above.

The Yoga Healing Institute Yoga Teacher Training Certificate will not be issued if you have not paid your training fees or any other training payments before graduation where applicable.

All trainings and assessments on the training course are taken with a qualified Yoga Alliance Professionals Senior Yoga Teacher.

The Yoga Healing Institute Training Manual will be received on PDF prior to the first training module, and sent to your preferred email address and is included in your training costs.

The training manual compiles to copyright and is protected legally.

The Yoga Healing Institute Training Manual cannot be passed on or used by any 3rd party, and if so further action will be taken by The Yoga Healing Institute.

It is your responsibility to keep your Training Manual secure and safe throughout your training.

It is recommended by The Yoga Healing Institute to have the training manual printed and bound and this is to be done at your own cost.

Flights, accommodation and food are not included on any of The Yoga Healing Institute's Trainings.

As a student of The Yoga Healing Institute you will be contacted by Yoga Alliance Professionals (YAP) and give consent as a Yoga Healing Institute student to share your name, email address and phone number so that YAP can offer you student membership and graduated membership. In order to comply to GDPR standards please tick the box to the right of this statement to accept the sharing of your details solely with YAP:

Student Insurance is not included in the training and is required in order to undertake Yoga Healing Institute's Teacher Training. This is to be paid for and set up by your personally and you can use your preferred insurance provider. YAP will contact you to support you and their insurance is £15 for the year.

## BOOKING continued

In order to retain our professional high standard payment of fees does not guarantee you a certificate. You will need to successfully pass all assignments and attend a minimum of 80% the course.

We reserve the right to amend any of the above conditions any time through- out the course.

## PAYMENT METHODS & DEPOSIT DATES

1st Payment Method - Full Payment received 3 months prior at a discount

2nd Payment Method - Full Payment received 2 months prior at a discount

3rd Payment Method - £600 deposit received 1 month prior with 11 monthly payments from the 1st day of training

## PULLING OUT OF THE COURSE

Once you have signed the terms and conditions you will be held in the agreement of making full payment of the course and this will not be refundable to you, unless you comply to the cancelling policy below.

## CANCELLATION POLICY

Full payments will be returned if 3 months cancellation notice has been given in writing to [anthea@yogahealingglasgow.com](mailto:anthea@yogahealingglasgow.com) minus administrative costs.

50% refund will given if 2 months notification has been given in writing to [anthea@yogahealingglasgow.com](mailto:anthea@yogahealingglasgow.com) minus administration costs.

25% refund will be given if 1 month notification has been given in writing to [anthea@yogahealingglasgow.com](mailto:anthea@yogahealingglasgow.com) minus administration costs.

## ATTENDANCE POLICY

100% attendance is required to obtain certification, but if further study has been covered 80% of attendance may be sufficient, depending on level of completion. If you have not attended 80% of the course you may incur further costs in order to be put forward for successful graduation.

## DURING THE COURSE

I understand that The Yoga Healing Institute Teacher Training is a physically and psychologically rigorous training. I am responsible for my experience in The Yoga Healing Institute Teacher Training and for my well-being while at The Yoga Healing Institute I agree to support teaching space environment and contribute to a safe, respectful, and positive experience for everyone during my training.

I understand that the practice of yoga often produces non-ordinary states of awareness, and that The Yoga Healing Institute teachers are not responsible for managing every student's personal needs. I understand that the 200-Hour Yoga Healing Institute Teacher Training curriculum has been designed to create the optimal yoga education and each specific experience may have content that differs from my beliefs. I understand that the study of yoga involves exploring and discussing different belief systems. I agree to respect all the ideas and practices that are presented as part of the 200-Hour Yoga Healing Institute Teacher Training Curriculum.

## DURING THE COURSE continued

I understand that any ideas presented are not necessarily the view of The Yoga Healing Institute, and I understand that The Yoga Healing Institute is not requiring me to change my beliefs in any way in order to be certified as a 200-Hour Yoga Healing Institute Graduate.

I understand that practicing yoga is often about exploring new boundaries and personal limitations. I recognise that activities of this nature involve an element of physical, emotional, and psychological risk. I understand that each person's level of physical and psychological fitness is different, and that some activities may not be appropriate for me given my individual capacities. I accept the need to monitor my own participation in each activity, and each exercise within any given activity, and that The Yoga Healing Institute is not responsible for any physical and psychological risk I choose to take in my education, exploration, and enquiry.

Although my attendance is required in each session for me to become certified as a Yoga Healing Institute Teacher, my participation is never required if I feel unsafe in any way. It is my responsibility to honour my physical and psychological boundaries, and if I feel unsafe in any way, to stop participation in an experience and speak to Anthea or Claire.

### **Substance Use**

The use or abuse of alcohol or other recreational drugs is prohibited before or during training and is not allowed on the premises. Violation of this policy at any time during the training will result in dismissal from the program with no refunds.

### **Yoga Healing Institute Promotional Efforts**

At times The Yoga Healing Institute takes photographs and makes audio and video recordings promote the benefits of participating in their trainings and studio. Whenever these activities are happening, I can tell The Yoga Healing Institute that I do not want to participate, or move to a place in the room that is not being photographed or recorded. Otherwise I hereby consent to being the subject of any photographs or audio/video recordings made during my trainings at The Yoga Healing Institute and grant permission for these to be published or posted in ways that promote Yoga Healing Glasgow and The Yoga Healing Institute.

### **Social Media and Posting of Photographs and Videos**

The Yoga Healing Institute recognises that a portion of their teacher trainers wish to photograph or record aspects of their program experience to post on social media sites such as Facebook and YouTube. In order to protect the privacy of others, The Yoga Healing Institute requires that all guests agree not to post or publish any photographs, video, or audio recordings of other individuals, or make use of Yoga Healing Glasgow or The Yoga Healing Institute name or logo, without expressed permission. I understand that I am solely responsible and potentially liable for any harm or damages caused by my online activity relating to Yoga Healing Glasgow and The Yoga Healing Institute.

### **Release of Liability**

After being informed of the above risks and responsibilities, I generally release The Yoga Healing Institute, together with its teachers and other representatives, from all claims, causes of action, medical expenses, and other costs related to my participation, whether they arise while at Yoga Healing Glasgow, or from my later use of information or instruction at home.

## DAILY PRACTICE

You will be required to dedicate one hour daily to your own yoga practice, and this practice will change monthly throughout the 12 months training.

## CANCELLATION OF THE COURSE

Course leaders Anthea Simpson and Claire Rodgers reserve the right to cancel the course at any point, and should the course be cancelled by The Yoga Healing Institute extension dates will be offered where applicable and refunds issued if necessary.

Extensions may be granted if a student is unable to complete the required attendance due to unforeseen circumstances. In order for extension to be granted relevant evidence will be required, such as letter from doctor or other professional. Each circumstance will be looked upon individually, but further costs of one on one study may be incurred with one of the senior yoga teachers of £45 per hour to cover all content missed. Due to the nature of one on one study, less hours may be incurred than what has been missed and this will be looked upon individually. On completion of all content covered your attendance will be granted and potential certification received.

## COMPLAINTS PROCEDURE

We will always try to resolve any complaint as soon as possible.

You may wish to involve an advocate, friend or someone else to support you at any stage. If you need a sign language or community language interpreter, please let the person dealing with the complaint know and every reasonable effort will be made to provide it.

### **Stage One:**

*Speak to the individual(s) concerned and try to resolve the complaint informally on the day.*

*If you are not satisfied with the response you have received, try to resolve the issue by following stage two.*

### **Stage Two:**

Outline the details of your complaint by letter or email and send it to the person who will investigate the complaint.

Your complaint will be acknowledged within 3 working days from the date it is received. The response will contain the following information:

Name of the person who will investigate the complaint  
The date(s) that the incident happened

What support you can expect to receive during the process of the complaint

An expected response date

In fairness to all parties and to ensure the investigator is able to investigate the complaint in an open and meaningful way, we cannot guarantee your anonymity. In exceptional cases, however, where a child or vulnerable adult is involved, in accordance with national guidelines and good practice the identity of individuals at risk will be protected.

When the person(s) who are dealing with the complaint, have had an opportunity to review it, they will write to the tutor or person about whom the complaint has been made. The letter will outline the main elements of your complaint and ask for a full written response.

At this point, if further relevant information comes to light, you may be asked for your comments to ensure the investigator has a balanced understanding. When your response has been received, the investigator will consider all the information available to them and make a decision.

The response will include the following information:

Details of the investigation

A decision about whether the complaint was upheld or not The reason for the decision

The redress, if appropriate, which will be offered to you , for example, an apology, additional help or directing you to other sources of advice or support

Any other action that may be taken in light of the complaint

If it is not possible to provide a full answer to your complaint within 30 working days, the letter will outline reasons why and give a date by which a full answer is expected.

#### TRAINING MODULE DATES

With Covid19 the next Teacher Training dates have not yet been confirmed, but are due to commence in Spring/Summer 2021.

Please email [anthea@yogahealingglasgow.com](mailto:anthea@yogahealingglasgow.com) if you wish to note interest and additionally to support us on creating the best training which would be your preference:

1. 100% face to face training at studio
2. Blended learning of online training and face to face training at studio
3. 100% online training