

Training Manual

200-hour Yoga Teacher Training

Your Name Here



The image features a white background with abstract, organic shapes in a vibrant lime green color. Two thick, black, wavy lines curve across the page, one near the top and one near the bottom. Thin, light grey lines also follow similar wavy paths, creating a layered, dynamic effect. The overall aesthetic is clean and modern.

Policies

Anti- Harassment Policy:

We do not permit managers, employees, teachers, independent contractors, students, or others in the workplace to harass any other person because of age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status, genetic information, or any other basis proscribed by law.

We do not tolerate sexual harassment in our studio. Sexual harassment refers to any unwelcome sexual attention, sexual advances, requests for sexual favors and other verbal, visual or physical conduct of a sexual nature when the conduct harms the person's employment or working environment.

We prohibit sexual misconduct in our studio. Sexual misconduct is any unsolicited and unwelcome sexual advance including requests for sexual favors, sexual touching, and verbal, visual, or physical conduct that creates a sexually hostile environment in a yoga class or studio.

Attendance Policy:

Graduation from our program requires the student's attendance at all training sessions. We do not accept unapproved absences, and they may result in dismissal from the program. In this case, graduation will be at the sole discretion of the program director.

Code of Conduct:

The purpose of our Code of Conduct is to help our teachers serve in their purest spirit and to protect our students and community.

Teachers will discuss all fees and financial arrangements in a straightforward professional manner. Teachers will manager their business affairs according to recognized standard business and accounting practices. Teachers are encouraged to render services to individual or groups in need without regard to financial remuneration. Teachers will neither receive more pay a commission for referral of a student.

Code of Conduct:

Teachers shall demonstrate high regard for the moral, social, and religious standards of their students. Teachers shall avoid imposing their personal beliefs on their students, although they may express them when appropriate in the class and in a sensitive and careful manner.

Teachers recognize the trust placed in them by students and the unique power of the student-teacher relationship. Teachers shall avoid exploiting the trust and dependency of students. Teachers shall avoid dual relationships with students (e.g. business, close personal and sexual relationships) that may impair their judgment, compromise the integrity of the teachings and/or use the relationship for their personal gain. Teachers shall not engage in harassment, abusive words, or actions, or exploit students. Teachers recognize that the teacher-student relationship involves a power imbalance and shall exercise caution if the teacher chooses to get into a personal relationship with a student.

Teacher Student Relationships:

Teachers should practice good communication with their students. Teachers should listen attentively to their students, respect their point of view, beliefs and culture, and should not allow their beliefs and values to adversely influence their relationship with their students. Teachers shall avoid imposing their personal beliefs on their students.

Integrity:

Teachers shall uphold the highest of moral standards. Teachers shall strive to ensure that their intentions, actions, and speech are based on honesty, compassion, selflessness, trustworthiness, and transparency.

Teachers recognize that the process of learning is never complete, and they shall avoid portraying themselves as “enlightened” or “spiritually advanced.” Teachers recognize that they are walking on the spiritual path along with their fellow teachers and students. Teachers shall cultivate an attitude of humanity in their teachings and dedicate their work to something greater than themselves.

Scope of Practice:

Teachers shall not abandon or neglect their students. If teachers are unable (or unwilling for appropriate reasons) to provide professional help or continue a professional relationship, they should make every reasonable effort to arrange for instruction for that student with another teacher.

Teachers should avoid giving any personal advice concerning a student's personal life. Teachers shall not give medical advice. Teachers shall not prescribe a treatment or suggest rejecting a physician's advice. Teachers shall refer their students to medical doctors or complimentary licensed professionals when appropriate.

Teachers are part of a network of health care and well-being professionals and shall seek to develop interdisciplinary relationships. Teachers shall conduct themselves in an honorable manner in their relations with their colleagues and other wellness practitioners. Teachers shall not openly criticize practices followed by other yoga schools or teachers.

Advertising and Public Communications:

A teacher shall accurately represent his or her professional qualifications and certifications along with his or her affiliations with any organization(s). Announcements and brochures promoting classes or workshops shall describe them with accuracy and grace. These principles are designed to uphold the quality of our teachers and shall be in compliance with legal guidelines for appropriate representation of our services.

Yoga Equity:

Teachers shall welcome all students regardless of age, sex (including pregnancy, gender identity and perceived gender expression), sexual orientation, color, race, national origin, marital status, parental status, veteran's status, religion, or physical or mental disability, provided that the teacher has appropriate expertise.

Greivance Policy:

We encourage anyone who has been the subject of sexual misconduct or any other action that violates our policies and Code of Conduct to report the incident to our Ethics Committee, Human Resources department, or school management (henceforth referred to as the "reviewing body").

Greivance Policy:

The report should contain the follwing information:

Your full name;

Your email and phone number;

The name of the person who the greivance is against;

A description of the alleged policy violation;

The date and location of the policy violation;

Names and contact information of any witnesses with first-hand knowledge of the situation; and,

Any other credible evidencece that is available to support the greivance.

In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. We will not investigate a matter based upon a third-party report of misconduct.

All reports must be made in good faith and based on information the person reporting the incident reasonably believes to be accurate. We may request additional information from the person reporting the incident throughout the course of review of the report.

Refund Policy:

An applicant who is denied admission into the program is entitled to a full refund of all money paid by said applicant.

There will be no refunds after the start date of the program. If the applicant withdraws from he program for any reason after it starts, the applicant will be responsible for paying the full tuition, regardless of any partial payments that have been made to date.

Anti-Retaliation Policy:

We prohibit retaliation against anyone for reporting a violation of our Code of Conduct or other policies, or for participating in an investigation relating to a violation of our Code of Conduct or other policies.



Welcome!


This 200-hour yoga teacher training course is the start of your journey.

We want trainees to succeed personally and professionally. Whether you are taking this training to deepen your own personal practice, or you want to start teaching in your community, this course will provide you with all the tools needed to thrive.

Positivity radiates from the place where we hold our self love and awareness.

“Atha yoga-anushasanam” (Pada 1, Sutra 1) “Now the teachings of yoga begin.”

Let's get training!



In Sanskrit, 'Kula' means tribe.

During this training you will form a tribe. No one knows what your tribe will experience, but the important thing is that you stick together.

Welcome to your Kula!

Before starting this training, please review the group agreements.

1. Only one person speaks at a time.
2. Keep conversations confidential.
3. Respect everyone's opinions, especially if you don't agree.
4. Don't hog the mic, let everyone contribute.
5. Don't assume, always ask questions.
6. Stay committed to having an open heart and mind.