

Specific Conditions & Ethical Guidelines for Yoga Moves Teacher Training

ELIGIBILITY FOR THIS COURSE:

- We offer professional trainings. To participate in a foundational teacher training, you do not need to know yet if you will become a professional yoga teacher, but the course is designed towards that purpose.
- Yoga Moves trainings and continuing education intensives or courses aimed to support the professional development of current yoga teachers or other movement or wellness specialists.
- Our program is usually given in English; thus, our comprehension of English should be sufficient to understand and read the English materials. You are free to do your exams or assignments in Dutch usually.
- There are concepts, especially in Anatomy or Philosophy that can be challenging (approx. HBO level).
- If you are interested in this course solely to address any personal growth – physical, mental, or emotional – you are welcome to join but you should make that known to our trainers so the demands of the program can be adjusted. You will be asked to maintain assignments to the degree that they allow you to stay current in the course. You may choose to not do the exams or evaluations, for example. But you will not receive the certificate of completion (diploma).
- The Teacher Training courses often have an intensive schedule and curriculum that can be physically, mentally, and emotionally demanding. By participating, the client declares that he/she/they is healthy on a medical and mental health level and is ready to fully participate in the demands of the program.
- By participating in a Training, the client declares that he/she/they is aware that it is their own responsibility to take care of their own health and well-being during such training, always.

CERTIFICATION

- Most of our training are certified or recognized by Yoga Alliance.org (USA & Internationally recognized), or by another governing body where the trainer is registered.
- Yoga Moves is registered in the Dutch organization that recognizes professional level training by CRKBO.

REQUIREMENTS FOR COMPLETION

- When a student fulfils the requirements of the Teacher Training, including successful completion and passing of in-class hours, homework, and evaluations, they will receive a certificate of completion.
- If applicable, the certificate can be submitted to Yoga Alliance.org to apply for membership (fee based) or a prospective employer as evidence that they have completed it or as evidence of continuing education in yoga.
- Paying for the program and completing the training hours alone does not mean client will pass the program. Assignments and evaluations must also be completed to have a passing mark.
- All Training materials are under copyright protection and cannot be reproduced without the permission of the author. Failure to comply may result in legal action.
- Moves reserves the right to a student to leave the program if found plagiarizing, if behavior is disruptive, inappropriate, negatively impacting other students' learning, unethical or violations of the Yoga Alliance ethical guidelines. Under such circumstances, a student will not be refunded tuition.
- On successful completion of a training course, including all written work and assessments, client will be given a certificate of competency or participation.

CODE OF ETHICS FOR YOGA MOVES TRAINING

- We acknowledge the unique and sensitive nature of the student-teacher relationship and recognize that ethical behavior is the foundation of all good practice and teacher training. We believe that it is the responsibility of the teacher to ensure a safe environment in which a student can grow physically, mentally, emotionally, and spiritually. For any clarifications, please contact us on training@ogamoves.nl
- The current schedule will always be emailed to the participant with confirmation mail. Yoga Moves reserves the right to change the schedule at any time.
- Yoga Moves reserves the right to change the planning of a training due to unforeseen circumstances, including public health outbreaks, weather, transportation problems or force majeure. In some circumstances, we may move a live training to an online environment if this allows us to continue the training.
- Yoga Moves reserves the right to cancel Teacher Training if there are insufficient clients. In this case, the fees already paid by the clients will be refunded in full within 21 days of notice.
- Yoga Moves is not responsible for travel fees, or any expenses incurred by you because of such cancellation.
- Paying for the program and completing the training hours alone does not mean the client will pass the program.
- Many of our programs are offered in English, Dutch language programs will be specified on the website description.

CODE OF ETHICS FOR TEACHERS

- As teachers of the Yoga Moves Training, we agree to uphold the highest professional standards as set forth in the following Code of Ethics.
- We welcome all students with respect and friendliness and do not discriminate against or refuse professional help to anyone based on race, gender, sexual orientation, religion, or national origin.
- We make only realistic statements regarding the benefits of Yoga, make responsible decisions to determine when we can assist a student, and use our knowledge and skills only for their benefit.
- We provide rehabilitative and therapeutic instruction only for those problems or issues that are within the reasonable boundaries of our competence.
- We do not mis-represent our professional qualifications and we promote our services with accuracy and dignity.
- We always establish and maintain professional relationship boundaries.
- We understand that all forms of inappropriate sexual behavior or harassment with students is unethical and use only appropriate methods of touch when assisting students.
- We conduct our public and private affairs with honesty in all financial, material, emotional and spiritual interactions.
- We respect the rights, dignity and privacy of all students, and treat all communications from students with professional confidence.
- All Yoga Moves Teacher Training materials are under copyright protection and cannot be reproduced without the permission of the author. Failure to comply may result in legal action.

ASSESSMENTS

- We may ask student to complete tasks to be submitted during the course to the end of the course and to participate in an assessment of your practice and you're teaching and your knowledge of the content we cover.
- Exemption policy: it is not possible to get exemptions/ or to "test" out of parts of the course.

APPLYING FOR AN EXTENSION ON THE COURSE OR REPEAT OF COURSE WORK OR ASSESSMENTS.

- If you do not pass an assessment, you will be offered feedback and the opportunity to repeat the assessment for a fee at a later date to be determined.
- If you failed to deliver (most of) your assignments, logbook of practices, or did not execute the assignments to a satisfactory level, this can also be a reason for not gaining the final certificate.

See below for the fee schedule for repeating assessments, late assignments or extending the program.

<p><u>Course Extension request (taking longer to complete)</u></p> <ul style="list-style-type: none"> • If you can't or don't finish the primary requirements of this training before the deadlines, you can apply for extension of the program. • You should first speak to your mentor to decide which assignments, practice, or assessments you need to make up. • You have a max. of one year to complete the work otherwise, you will have to attend another training program and pay the fee again. • The extension fee is €100 admin fee and excludes fees for specific papers or evaluations. 	€100
<p><u>Make up evaluation/examination.</u> Including: the mid-term practice evaluation & end written or practical exam.</p>	€75. per exam or paper
<p><u>Late fee for papers and homework assignments</u></p>	€35 per paper or assignment
<p><u>Make up Teacher Training days in another training program</u></p>	€50 per day.
<p><u>Re-enrol in another training program (re-do total program)</u> Your spot is not automatic and is based pre-approval and on availability.</p>	30% discount (space permitting).

CONTACT AND NON-CONTACT HOURS

- Yoga Moves Teacher Training comprises: Contact Hours: 24 in person days training which constitutes 144 contact hours and approx. 18 hours of live online training hours, plus at least 2 coaching sessions (1+ hour) for a total of 163 live contact hours.
- Non-Contact Hours: In addition, there are. support materials, your practice & observing requirements with the logbook of required home practice (approx. 100+ hours), online learning in our Learn worlds portal (approx. 20 hours of materials combining lecture, demonstration, and practices) practice sessions in-between modules, home study, 'study buddy' sessions and small group mentoring.
- Total time investment: approx. 283+ hours.

STUDY & TIME INVESTMENT

- Students will be spending approx. 6-12 hours a week practicing, studying, and learning about yoga. Below is an approximate breakdown of homework.
 - Spend time daily on your practice: Personal practice at home 3-4 times a week.
 - Taking classes 2-3 times a week, observe min. 3 classes with teachers of the teacher training faculty.
 - Meet with you study group, a few times during the training.
 - Complete the Anatomy & Philosophy hours.
 - Develop teaching skills, practice teaching (approx. 25 hours)
 - Learn and practice how to teach pranayama.
 - Memorize asana names, make a book report, assignments, practical teaching assessments.
 - Pass practical and written exams at the end of the course.

Category (required contact hours)	Contact Hours	Self-Study
Techniques, Training and Practice: (min hours: 75)	105	100+
Teaching Methodology: (min hours 15)	25	30
Anatomy and Physiology: (min hours 10)	20	20
Yoga Philosophy, Lifestyle & Ethics (min hours 20)	20	20
Practicum: (min hours 5)	10	10
Total (min 125 contact hours!)	180	180+
Long program: self-study per month (over 7-8 months)		26 hours a month
Intensive: Self-study per month (over 5-6 months)		36 hours a month

MISSED TIME AND EXTENSIONS

- We do not accredit anything less than full attendance & participation.
- The TEACHER TRAINING STUDENT can miss a maximum of 2 days max of in-person training days without penalty, as long as the student takes the responsibility to find out from other students what they missed and comes to class with awareness of that content.
- In addition, a student can miss attending the LIVE online sessions up to 2 sessions max. Students can make up 2 missed training days with a qualified representative of Yoga Moves. We encourage respect for our time together. When a student is late, or leaves early by more than 30 minutes, it is counted as a 1/4 day missing. Over one hour missing = 1/2 day.

MAKE UP TEACHER TRAINING DAYS / SESSIONS

- Missing more than 2 live days (or 10% of live training days whichever is less) or 2 (or 10% whichever is less) of Online live sessions: you need to make up any time missed.
- If you are unable to attend (more than 2 days), you have some options to make them up.
- If sessions missed were recorded on ZOOM you will have 7 days to watch the session. You will need to contact training@yogamoves.nl to ask for the link. If you want credit for the day missed, you need to write an outline of what was in the day and give to your mentor via email within a week. We make no guarantee that we can record sessions or the quality of the recording.
- If you missed training days (over the 2 days allowed) you need to make up the missed time with a qualified representative of Yoga Moves; most probably one of the trainers of the training. You will need approx. 1-2 hours of a private session to make up for one day missed. The cost for this will be outside of the course structure and is at the discretion of the specific trainer. You must make up that time within 30 days of the absent day.
- If you miss several days or assignments (due to unfortunate circumstances and were not able to make them up inside the allotted time), yet you demonstrated good faith, and focused on learning and maintaining your standing, Yoga Moves may offer you to retake the program at a discounted rate in the future, subject to availability.
- If you miss many training days, you risk receiving a non-passing status. In addition, Yoga Moves has the right to ask you to leave the training (due to the disturbance it may cause).