



The School of Yoga and Healing

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schoolofyoga-healing.com/yoga-trainings/

YOGA TEACHER TRAINING COURSE POLICY

All participants of the School of Yoga and Healing's 200-hour Yoga Teacher Training (YTT) are required to read, understand, and sign this Course Policy prior to enrolment. This document outlines the expectations, commitments, and responsibilities associated with the course.

PROGRAMME OVERVIEW

The 200-hour Yoga Teacher Training is designed to provide a comprehensive foundation in yoga teaching, combining practical skills with in-depth theoretical knowledge. Participants will engage in a variety of practices and techniques, including Vinyasa, Yin Yoga, the Warrior Sequences, pranayama, meditation, and more. The course structure is a combination of in-person training and online learning modules.

ELIGIBILITY REQUIREMENTS

To enrol in the YTT, applicants must meet the following criteria:

- Participants must be **18 years or older**.
- Participants must have been practising yoga regularly for at least **one year** prior to the course start date (**Friday 23rd January 2026**).
- All applicants must complete the enrolment form and submit it to **ytt@yogawithesme.com**. Upon acceptance, a **£500 deposit** is required to confirm your place.

COURSE PARTICIPATION AND ATTENDANCE

- **100% Attendance:** Full participation in all scheduled sessions is required. To be considered present, participants must arrive on time and remain for the entire duration of each class.

- **Missed Sessions:** If a participant is unable to attend any session, they must notify the organisers in advance. Make-up hours will be required, which will incur an additional cost for private one-to-one sessions.
- **Homework:** Weekly homework assignments, along with daily meditation and pranayama practices, must be completed. Participants are expected to manage their time and ensure all coursework is submitted by the given deadlines.

ASSESSMENT AND CERTIFICATION

To qualify for certification, participants must:

- Complete all **200 hours** of study, including both in-person and online components.
- Demonstrate consistent progression in their teaching skills, sequencing ability, body reading, and understanding of yoga philosophy and anatomy.
- Successfully complete the final assessment, which includes both practical and theoretical components.
- Certification is awarded by **Yoga Alliance Professionals**, and upon successful completion, participants will receive a **certified qualification**.

PAYMENT TERMS

The full cost of the YTT is **£2990**. Payment is due as follows:

- A **£500 deposit** is required upon enrolment to secure your place.
- The remaining **£2500** is payable in **eight instalments** of **£312.50**. A full payment schedule will be provided in the Welcome Packet upon acceptance.
- A **£200 discount** will be offered to participants who pay the full course fees upon enrolment.
- **Discount for Early Reservation:** Participants who reserve their place before **[DATE]** will receive a **5% discount**. If paying in full, an additional **5% discount** will apply.

PLEASE NOTE: All payments are non-refundable.

CANCELLATION AND POSTPONEMENT

- **Course Cancellation by the Organisers:** If the course is cancelled by the organisers, participants will be given the option to either postpone their training or receive a full refund.

- **Trainee Cancellation:** If a participant decides to withdraw from the course, they will be required to pay for any training hours already attended. **Deposits are non-refundable**, and any additional fees paid for modules already completed will not be refunded.
- **Postponement:** Should a participant need to postpone their attendance, they may do so for the next available course, subject to an administration fee of **£60 per hour**. The responsibility for rebooking lies with the participant, and postponement is at the participant's own risk, as the course is not guaranteed to run the following year.

COMPLAINTS PROCEDURE

If a participant is dissatisfied with any aspect of the YTT, they should first request an informal meeting with the course instructor. If the issue remains unresolved, the participant may escalate the complaint by contacting the course leadership team via email. In the unlikely event that the issue is still unresolved, participants are encouraged to contact **Yoga Alliance Professionals** for further assistance.

We aim to resolve all issues promptly, ideally within **48 hours**.

WHAT'S INCLUDED IN THE COURSE FEE

- Full training, assessment, and certification by Yoga Alliance Professionals.
- Yoga with Esme's YTT Manual and additional preparatory materials.
- A 30-hour online Anatomy and Philosophy Applied to Yoga course, taught by Dr. Yogi.
- A Yogi's Guide to Social Media, offering valuable insights for building a yoga business, plus a 25% discount on related services.
- A subsidised trainee membership with Yoga Alliance Professionals (upgrade available post-graduation).

WHAT'S NOT INCLUDED

- Travel to and from the training venue.
- Accommodation during the in-person weekends.
- Food and drink during training sessions.

By enrolling in the YTT, participants acknowledge their commitment to the course policy, which ensures a high standard of training and the safety and wellbeing of all

involved. We look forward to supporting you on your journey to becoming a qualified and confident yoga teacher.

I have read and understood the above Yoga Teacher Training Course Policy.

Signature:

Print Name:

Date: