



Hari YOGA 200 HOUR - TEACHER TRAINING COURSE TEACHER TRAINING – POLICIES

Program Training Directors:

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Teacher Training Mission

Hari Yoga aims to extend the authentic teachings of Yoga and meditation to all students, *regardless of age, race, sex, sexual orientation, gender identification, disability, religion or economic status*. Our goal is train exceptional yoga teachers who share an ability to lead people safely and systematically into practicing an authentic tradition of yoga, and meet the Yoga Alliance standard of excellence.

Teacher's Creed

Hari Yoga teachers believe that continuity & commitment create a strong sense of community. We're committed to empowering students with personal knowledge through intelligent instruction which honors each unique body. The consistent use of language among teachers who share a similar comprehensive understanding of yoga & meditation helps students to feel "at home" in each class and able to progress quickly.

Teacher Training Program Description

Hari Yoga's 200 Hour Teacher Training program is taught by experienced teachers. This Yoga Teachers Training is open to all who are seeking a profound understanding of yoga: *dedicated practitioners, experienced yoga teachers, and those aspiring to teach*.

Hari Yoga is rooted in the ancient spiritual tradition of yogic science. It is developed to support and positively impact every aspect of modern life. Classical Hatha Yoga and Ayurveda all inform this holistic and personalized approach to yoga practice.

One goal of this program is to train yoga students to become exceptional yoga teachers with an ability to lead people (of all kinds) into practicing an authentic tradition of yoga. Participants will learn how to safely and systematically practice and teach a wide range of yoga postures, breathing & relaxation and meditation techniques. They will learn how to teach ALL levels of yoga practitioners while integrating philosophies and practices into teaching basic yoga classes. Since beginning students, stiff bodies, large and/or limited bodies need the most coaching, modifications and adaptations for these kinds of students will be shared.

This training is also a personal transformation experience; an opportunity for dedicated yoga practitioners to develop deeply into their own practice, immerse themselves in self inquiry, intensive study and sadhana. We will learn and grow together out of our own personal experiences, interests, histories, awakenings and limitations.

You are invited to come as you are, into a sacred space to learn, heal, grow and become ... Become more than just a "yoga instructor" going through the motions; become a guide, a light to yourself and to others ... become a true teacher, become a yoga teacher.

Program Location:

Radiance Yoga & Therapeutic Exercise Center
1612 West Lewis Street, San Diego, CA 92103
Phone No. 619-299-1443 info@rad yoga.com
www.radyoga.com

Equipment

- Some props will be provided.

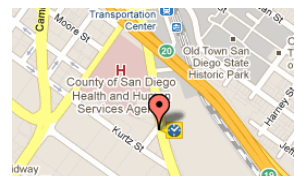
Housing

- We do not provide housing. However, there are several B&B's, motels and hotels nearby. We recommend:

Old Town Inn
4444 Pacific Highway
San Diego, CA 92110
(619) 260-8024

<http://www.OLDTOWN-INN.COM/>

Room Rate: \$79.86 per night
(1-2 people per room)
Choice of Double Queen or King
Includes: Parking, Internet and
Breakfast Buffet.



Admissions and Entrance Requirements

- Applicant should be 18 years of age.
- There is a \$300 application fee (non-refundable) to be submitted with the application.
- Applicant must pay the balance 2 weeks before the course start date.
- Applicant must sign the Hari Yoga Liability Waiver & Registration form.
- Applicant must sign the Yoga Teacher Code of Ethics form.
- Applicant must sign the Contract.
- Applicant must sign Policies.
- Course materials and correspondence will occur electronically.

How to Apply

- Submit a completed application form along with \$300 application fee to the instructor.
- Application to the program does not guarantee acceptance. If you are not accepted into the program \$200 will be refunded to you minus **\$100 processing fee**.
- Applicants are encouraged to submit applications early, as spaces in the program are limited.
- Applicants will be notified of acceptance by e-mail.

Program Requirements

Students will either Pass or Fail this program. In order to pass, students must pay in full for the course, attend all sessions (or make up all clock hours), complete and pass all written assignments, pass the written test, demonstrate safe instruction, complete all personal practice.

Attendance at All Training Sessions

- Attendance in all sessions is mandatory.
- Please arrive 15 minutes early to adequately prepare for the class.
- In the event of an absence, the participant must meet with the course instructor(s) to agree on a plan to make-up the missed content and fulfill the required hours.
- Meetings, conferences, make-up, reviews, and any other occurrences resulting from absences will be charged \$125 per hour.
- All missed material is expected to be made up prior to the next class session.

Dress Code

- Loose, comfortable clothing required.

Eating

- We suggest not eating 2-3 hours before the asana class.

Tardiness

- Punctuality is required. If the scheduled session begins and the participant is not present that is considered tardy. If participant is more than ten minutes late for a session one hour will be deducted from their total contact hours.
- This hour must be made up as described in “**Attendance**” and will be charged at \$125 per hour.

Leaves of Absence

- We do not offer a leave of absence from the Teacher Training Course.

Completion of all Reading & Writing Assignments

- Students understanding of the material presented will be assessed through: essay test, asana performance and practice teaching etc.
- Through the essays students will demonstrate an understanding of the knowledge conveyed during the training.
- Through the practicum students will demonstrate an ability to practice and teach yoga in a safe and informed manner.

Personal Practice (Sadhana)

- Students are expected to practice asana for at least 30 minutes to 2 hours per day and practice meditation or pranayama for at least 10-20 minutes per day.
- Daily journal writing to record the above practices and the students' reflections will document compliance with this requirement.
- Journals will be reviewed on a weekly basis between the student and an assigned staff member.

Certificate of Completion

- Upon successful completion of this program, you will receive a certificate of completion from Hari Yoga, which entitles your beginning as *Teacher of Yoga*.

NOTE:

- Students must pass all exams, complete all assignments satisfactorily, pay the complete tuition and have 100% attendance to receive their certificate of completion.
- If progress is not satisfactory at any point during the training, students will be notified immediately to schedule a meeting with the Program Director to discuss ways to improve performance and complete past requirements.

The certificate will be withheld if:

- The student fails to demonstrate safe instruction.
- The student does not complete the required assignments or attendance.
- The student fails to demonstrate understanding of the material presented.
- The student fails to pay for the course.

Student Conduct

- Ethics are taken very seriously by Hari Yoga as they are essential to a personal practice of yoga.
- Students are required to follow all rules and policies as outlined.
- Students are expected to behave as mature adults.
- Students that are disruptive may be terminated from the program at Hari Yoga's discretion.
- Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during sessions, destruction of school property, behavior creating a safety concern, or abusive language.
- Students will receive one written warning from staff.
- If disruptive behavior continues, the student will be terminated from the program.

Student Complaints

- Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any staff member in writing.
- The Program Director's decision on all complaints is final.

Job Placement

- Placement is not guaranteed by Hari Yoga.

Tuition and Fees

- Tuition for the group course is \$2,750. (Check/Credit/Debit Card or Cash Only).
- The entire tuition is required 2 weeks before the program starts. The \$300 application fee will be applied toward the total tuition payment.
- Please budget approximately \$100 for the required textbooks. Textbooks can be purchased through any book retailer, online often has less expensive, used copies.

Cancellation and Refund Policies

- No Refunds.
- No Cancellation.

Print Name: _____

Name of Student: _____

Signature of Student: _____ **Date:** _____

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