

## 200hr Yoga Teacher Training

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### **Requirements for Certification:**

This program is intended to result in your certification as a 200-hour Certified Yoga Teacher. Certified Yoga Six Yoga Teachers must possess a certain level of emotional and mental stability and the skills necessary to safely and competently teach the advanced aspects of yoga. Although the great majority of students who attend, complete and are certified, we reserve the right to withhold certification from any student who needs more time to develop the necessary skills.

Every attempt will be made to provide input throughout the program about teaching challenges that might impede certification. If it is determined that you have not successfully met the certification requirements, you will meet with Christine Kick who will determine the appropriate steps needed to complete certification. This process may include the need to work with a mentor at additional expense. In most cases, this process takes from one to three months but may take up to six months to complete. If you are not able to complete the additional requirements within a six months from the end date of the program, it will be necessary to repeat the training in order to be certified.

### **Yoga Six Yoga Criteria for Certification:**

- \* **Attendance:** We require 100% attendance. If you need to miss any session (not to exceed 10% or 20 hours of in-classroom sessions) you are responsible for any course material missed and will need to make it up. *See make up agreement for more info.*
- \* **Practice Teaching:** Participation in all practice-teach sessions is mandatory for certification. During these sessions you must demonstrate your ability to teach methodologies presented in this training.
- \* **Home Study:** In between each weekend session reviews, inquires, article readings, reflection papers and book chapters will be assigned to reinforce course learning. All assignments must be turned in for certification.
- \* **Professional Behavior and Ethical Conduct:** All students in the training program are required to adhere to the program guidelines as stated in this agreement and the Responsibility Agreement. These requirements are designed to create safety while maintaining a professional atmosphere. Failure to adhere could result in denial of certification.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name: *(please print)* \_\_\_\_\_

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### **YOUR COPY TO KEEP**

**Responsibility Agreement:**

I am responsible for my experience during the Yoga Six Yoga Teacher Training. I understand that this training is an immersion weekend program and is demanding on every level. I understand that the study and practice of yoga is partly designed to integrate unresolved physical and psychological blocks from the past and present.

I understand the practice of yoga can produce non-ordinary states of awareness and Yoga Six, Christine Kick , and teaching assistants, cannot possibly know every student's personal needs. In addition, I understand the curriculum has been designed to create the optimal yoga education for the majority of students and each specific experience may have content that does not work for me, as an individual.

During this program I, alone, can monitor what is safe to me and I can stop my participation in any experience at any time. Although my attendance is required in each session for me to become certified 200-hr yoga teacher, my participation is **NEVER** required if I feel unsafe in any way. It is my responsibility to speak up, or take myself out of an experience, if I feel unsafe and not expect Yoga Six, Christine Kick , and teaching assistants to take care of my needs. I do not, and will not, hold Yoga Six, Christine Kick , and teaching assistants and teaching assistants responsible for my physical and psychological well being. Yoga Six, Christine Kick , and teaching assistants and teaching assistants will not pay for, or reimburse me for, physical or psychological care during or after this program.

I understand that during this demanding educational program, I will be challenged physically and psychologically and encouraged to take personal risks. I acknowledge that only I can know what my boundaries and limits are and it is up to me to uphold these boundaries for myself. I understand that practicing yoga is often about exploring new boundaries and limitations and that Yoga Six, Christine Kick , and teaching assistants and teaching assistants are not responsible for any physical and psychological risk I choose to take in my education, exploration, and inquiry.

I understand that the study of yoga involves exploring and discussing different belief systems. These belief systems may be different from my own. I understand that Yoga Six, Christine Kick , and teaching assistants and teaching assistants are not requiring me to change my beliefs in any way. I alone, choose what I want to believe.

I understand that Yoga Six, Christine Kick , and teaching assistants and teaching assistants offer the following suggestions to support my physical and psychological well-being.

- \* **Sharing:** Time will be made to share relevant thoughts, questions, feelings, and insights.
- \* **Co-listening & Conscious Communication:** This process provides a space for closer bonding, non-judgmental listening, training in developing rapport with other students, and self-sufficiency in creating support for one's process of integration.
- \* **Staff:** Christine Kick , will be available outside of class for one-on-one meetings, and email support as time allows.
- \* **Sadhana** The regular practice of yoga asana and the philosophical principles of yoga are designed to stimulate growth and support integration
- \* **Established Support Systems** Maintain contact with loved ones and health care providers during this program. Do not change or discontinue any prescribed medication without Doctor's approval.

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## 200hr Yoga Teacher Training

### **Make Up Material Agreement:**

In order to ensure your hours are accounted for to meet Yoga Alliance Certification requirements the following assignments will be required.

**Please Note:** All written assignments need to be turned in and classes attended prior to graduation in order to receive certification.

### **Make Up Session Details:**

If you miss 3 sessions total, 20 hours of instruction or an entire weekend you are required to attend a make up session at a cost of \$150. You will be paired up with other students that missed sessions. You will create and lead a 60-minute presentation on topics that they missed, and vice versa.

| Session #                       | Make Up Material  |
|---------------------------------|---|
| 1 Missed Session (3-5 hours)    | Find out topic/s covered in missed session <ul style="list-style-type: none"> <li>• Read manual/additional text regarding topic/s</li> <li>• Write a one-page reflection on the topic</li> <li>• Attend an additional 2 yoga classes</li> </ul>   |
| 2 Missed Sessions (5-10 hours)  | Find out topic/s covered in missed sessions <ul style="list-style-type: none"> <li>• Read manual/additional text regarding topic/s</li> <li>• Write 2 one page reflections on the topics missed</li> <li>• Attend an additional 4 yoga classes</li> </ul>   |
| 3 Missed Sessions (10-20 hours) | Find out topic/s covered in missed sessions <ul style="list-style-type: none"> <li>• \$150 additional cost</li> <li>• Read manual/additional text regarding topic/s</li> <li>• Write 4 one page reflections on the topics missed</li> <li>• Attend an additional 6 yoga classes</li> <li>• Attend Make Up Session (<i>details below</i>)</li> </ul> |

### **Logistics:**

- Create a 60 min presentation. *If you finish early you will be required to continue teaching. You will be in groups of 2-3.*
- Include modalities to address the auditory, visual, and kinesthetic learner.
- Include some form of integration for the learning of material. (*e.g. journaling, contemplation, sharing, restorative posture, etc.*)

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Date: \_\_\_\_\_

Name: *(please print)* \_\_\_\_\_

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**On Time Policy:**

In order to ensure the smooth running of our training program it is extremely important to arrive at every session 5-10 minutes early to be ready to start exactly on time. Arriving late not only takes away from your own rich experience it also disrupts the energy and space for the whole group. Particularly if it is one of your edges in life to be on time, utilize this training as a ripe opportunity to cultivate a new life-enhancing pattern by being on time. Please be plan accordingly not only in the mornings but also to arrive a few minutes before the lunch break is over to be ready to go.

For each session you are required to check yourself in. It is your sole responsibility. If you do not mark yourself present we have to assume you were tardy for the session. You are considered tardy if you arrive 5 minutes past the scheduled start time. You are considered late if you arrive 15 minutes or more past the scheduled start time. Throughout the training if you are late 3 times you will be required to complete 3 hours of additional make up work and pay a fee of \$50. If you are tardy to over 3 sessions you will need to set up a time to meet with Christine Kick to discuss your challenges of being on time. Being excessively tardy may result in you being asked to leave the teacher training program.

If you are running late to a session with a legitimate reason please text Christine Kick at 412-848-7397 to let her know of your situation or you will be considered tardy. Please include your name in the text.

**Early Withdrawal/Refund Policy: *your copy to keep***

Three business days after being accepted into the program, if you withdraw from the Yoga Six Yoga Teacher Training for any reason, \$100 of your application fee is **non-refundable**. Exception to this non-refundable fee is if it is determined that you were accepted but unqualified for enrollment, or enrolled due to false representation of either the school or its representatives.

If you withdraw from the program before it is 60% complete (\_\_\_\_\_ *date*), you are eligible for a prorated portion of your tuition to be refunded, less the \$100 non-refundable application fee. Refunds will be sent within 40 days of withdrawal.

No refund is required for any student who withdraws or is dismissed after completing 60% of the program unless a student withdraws due to mitigating circumstances, which are those that directly prohibit pursuit of a program and which are beyond the student's control.

If for specific reasons it is deemed that you are unfit (*i.e. violating responsibility agreement, sexual harassment, psychological imbalance*) to participate in the training program and are asked to leave early, the same refund timelines applies from above.

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