



## 2024 Original Hot Yoga Teacher Training Program

### Schedule, Policies, Payment, and Graduation Requirements

#### **TRAINING DATES & SCHEDULE:**

Our Rhode Island Hot Yoga Teacher Training Program follows a weekend intensive training format. Our group will meet monthly (1 weekend per month) from April - November. The bulk of our training hours will be completed during our weekend intensive modules. All our weekend sessions must be attended in person.

In addition to our weekend sessions, we will meet 1-2 per month remotely on Wednesday evenings from 5:30 - 8:30pm. There will also be 6 hours of mandatory group work assigned (which may be completed in person or remotely.) These hours must all be completed in order to successfully graduate the program. Trainees should also plan on spending at LEAST 2-4 hours per week studying - both in preparation for the program and during the program.

#### Training Hours:

Wednesdays from 5:30pm - 8:30pm

Fridays from 8:30am - 4:30pm, Saturdays & Sundays from 8am - 5pm

#### Weekend Intensive Dates:

April 19th - 21st

May 17th - 19th

June 7th - 9th

July 12th - 14th

Aug 9th - 11th

Sept 6th - 8th

Oct 4th - 6th

Nov 1st - 3rd

(graduation on Nov 3rd)

#### Wednesday Evenings Dates:

Wed April 17th (orientation), May 8th, May 22nd, June 5th, July 26th, July 10th, August 14th, Sept 18th, and Oct 16th.

Full attendance is extremely important for successful completion of this program - please review your calendar and do your best to minimize any conflicts or absences.

## **ATTENDANCE POLICIES**

100% attendance is strongly encouraged. We do understand that life happens sometimes and students may need to take time away. Participants may miss up to 1 weekend equivalent (3 days) of training and still be eligible for graduation. (See "Make Up Policies" below.) If there are any dates which you know in advance that you cannot attend, please notify us at time of enrollment. Participants must arrive punctually for all sessions.

In order to graduate according to the Original Hot Yoga Association standards, all trainees must complete 81 hours of yoga practice (both within the course and at home,) 150 hours of posture lab / teaching practice, 20 hours of anatomy study, and 10 hours of professional development.

### **> MAKE UP POLICIES**

For any participant that misses more than 5 hours of posture practice / group work, we will need to schedule an in-person make-up day to ensure that all requirements are met. This would require an additional cost of \$150 per half day or \$250 per full day. This cost may be split among multiple participants if the need arises.

In addition to the in-person work, trainees who miss more than 1 day of the program would be assigned additional at-home work which could include reading & reviewing course materials, watching recorded video content, or completing written or recorded assignments.

Please notify us promptly if any emergencies come up so that we can determine the best way to accommodate your circumstances. If it becomes necessary for a participant to miss more than 1 weekend, please contact RI Hot Yoga to make arrangements. If appropriate, the participant may join a subsequent teacher training session to complete the program requirements.

### **TRAINING COSTS:**

The total investment of \$3,600 is due by April 10th, 2023. A \$500 deposit is required to save your spot and receive your study materials. An early bird discounted price of \$3,300 is available to anyone who pays their deposit prior to March 1st.

We recommend paying the deposit as soon as you are committed to the program so that you can receive your reading and study materials and begin preparing. The remaining balance may be paid in installments if desired. Please speak to Juliana about your needs and we can arrange a payment schedule that works for you.

## **TUITION INCLUDES:**

- All class materials including printed posture workbook and class dialogue
- All training classes held at RIHY during our teacher training weekends (\$400 value)
- Rhode Island Hot Yoga class card for 36 additional Original Hot Yoga classes, valid only during the dates of the training (\$680 value.) Trainees may purchase additional classes / studio memberships for a discounted fee during the dates of the training.
- Registration in the Original Hot Yoga Association teacher directory upon graduation - valid for 3 years (\$99 value)
- CPR / First Aid / AED Certification card - valid for 2 years (\$45 value)

## **TUITION DOES \*NOT\* INCLUDE**

- Additional books and reading materials
- Classes outside of the 52 class minimum are \*not\* included in training tuition
  - Non-local students are responsible for maintaining an appropriate membership at another approved Original Hot Yoga studio.
  - Local students may pay a reduced rate if they wish to attend additional classes during the training period - see studio for details.
- Meals and accommodations are not included - although we are happy to help you review your options and select your accommodations if you are coming from out of town

## **GRADUATION REQUIREMENTS**

Payment of tuition does NOT guarantee graduation or certification. In order to gain their teaching certification, participants must:

- Fully participate in all training hours (total of 180 contact hours)
- Complete all required yoga class hours (total of 81 hours or 52 classes minimum)
- Complete all assigned required reading
- Demonstrate the ability to teach all 26 postures during our in-person posture clinics
- Complete all homework assignments, quizzes, and in-person assessments.
- Conduct self professionally and uphold our code of conduct and ethics

## **COVID-19 POLICIES**

It is our intention to conduct this training fully in person. If at any time during the training we are unable to meet in person, then we may meet virtually as an alternative. We will also make virtual options available (i.e. live stream classes) to any student that needs to miss a session or quarantine as a result of illness or exposure to covid-19.

Trainees must cooperate with any covid-related policies active at Rhode Island Hot Yoga or required by the state of Rhode Island at the time of the training.

**CANCELLATION / REFUND POLICY**

Participants must pay a \$500 deposit to secure their place in the course. The deposit may be refunded up until 30 days before the course starts. The remaining balance is due by April 12th.

All teacher training fees paid after March 17th (within 30 days of the course start) are non-refundable. If an individual is unable to complete the program, tuition fees may be applied to another program at a later date.

Please note that payment of teacher training tuition does NOT guarantee certification or employment following the course. Trainees are responsible for completing all course hours and fulfilling all graduation requirements in order to be certified.

*By signing below, you are indicating that you have read, understood, and agreed to all the policies listed above.* We appreciate that this is a significant investment of your time and resources and we are thrilled to share this experience with you!

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

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