



2026 Core Fire Conditioning Teacher Training Program

Information and Policies

Please read all this information carefully before enrolling in our CFC Teacher Training:

TRAINING DATES & SCHEDULE:

Our 2026 Rhode Island Hot Yoga Core Fire Conditioning Teacher Training Program will be held on Friday January 16th, Saturday January 17th, and Sunday January 18th, 2026.

Sessions will begin promptly at 8am and finish at 5pm. Each day will include a 60-minute heated class and a 1 hour lunch break. All training sessions will be held at our Providence Studio at 166 Valley St.

ATTENDANCE & CERTIFICATION POLICIES

The training consists of 21 in-person contact hours. Participants must arrive punctually for all sessions and participate fully in all these hours in order to complete the certification. Please notify us promptly if any emergencies come up so that we can determine the best way to accommodate your circumstances.

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

- Fully participate in all training hours, including classes & teaching practice
- Demonstrate a basic understanding of the Core Fire Conditioning fundamentals through our in-person practice sessions.
- Conduct themselves professionally and uphold our code of conduct and ethics
- Demonstrate proficiency through a practical examination at a later date with the Lead Trainer for a \$50 fee

We reserve the right to refuse certification or to dismiss a participant from the program in the case of any inappropriate or disruptive behavior.

TRAINING COSTS:

The full tuition (\$849 regular price / \$659 early bird before Dec 1st) is due by January 5th, 2026. A \$200 deposit is required to save your spot and receive your reading materials. Admittance to this program is by application only, on a first-come, first-served basis. We recommend paying the deposit as soon as you are committed to the program in order to hold your spot.

TUITION INCLUDES:

- All class materials including a printed Core Fire Conditioning Class Manual
- All training classes held at RIHY during our teacher training weekend
- One pre-programmed HIIT class timer
- Digital copy of selected required reading materials

*TUITION DOES *NOT* INCLUDE*

- Additional books and reading materials
- Meals and accommodations - although we may order lunch together as a group or offer recommendations on local dining. We do have a fridge at our facility where trainees can store their food!
- \$50 test-out fee to complete certification

TEST-OUT FORMAT AND DATES

All trainees will receive a certificate of completion after successful participation in the full 20-hour training program. ***This is NOT a teaching certificate.*** To complete their teaching certification, trainees must pass a practical examination where they will lead a 30 minute sample class demonstrating all the key elements of Core Fire Conditioning. (Format will be provided.) There is a \$50 fee for this practical exam.

Test-out sessions will be available on January 24th, January 31st, February 7th, and February 14th. Please contact the lead trainer to make arrangements / coordinate an alternate date if there are any schedule conflicts.

The \$50 fee gives the opportunity for one 30-minute test **and** one re-test if needed. Feedback will be provided after all test-out sessions and the test-out will be graded on a pass / fail basis. All test-outs must be completed by March 1st, 2026.

CANCELLATION / REFUND POLICY

Participants must pay a \$200 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 January 5th, 2026. **All payments made after December 16th, 2025 are non-refundable.**

If an individual is unable to complete the program, tuition fees may be applied to another program, workshop, or class at Rhode Island Hot Yoga at a later date. Please contact juliana@rhodeislandhotyoga.com if you have any questions that are not addressed here!