



2026 Original Hot Yoga Teacher Training Program

Schedule, Policies, Payment, and Graduation Requirements

Please take a moment to read this information carefully so that you have a clear understanding of the time commitment and requirements for our Teacher Training Program.

TRAINING DATES & SCHEDULE:

Our Rhode Island Hot Yoga Teacher Training Program takes place over the course of 5 months. The essential components are: Weekend Intensives, weekly Zoom sessions, independent practice, and homework. The hours and expectations are outlined below:

Weekend Intensives: Our group will meet monthly (1 weekend per month) from June - October. All our weekend sessions must be attended in person. Our weekends will run from **8am - 5pm, Friday / Saturday / Sunday**, including a 90 minute Original Hot Yoga class on Saturday & Sunday. These sessions must be attended in person.

Weekend Intensive Dates: June 5th - 7th, July 10th - 12th, August 14th - 16th, Sept 18th - 20th, and October 16th - 18th (Graduation on Oct 18th)

Weekly Zoom Sessions: In addition to our weekend sessions, we will meet weekly via Zoom. On Wednesday nights we will meet weekly from 5:30 - 8:30pm, beginning June 3rd and finishing on Oct 14th. We will also meet from 6:30 - 8:30pm on selected Thursdays:

Thursday Meetings: June 11th, June 25th, July 16th, July 23rd, July 30th, August 20th, August 27th, and Sept 3rd

Independent Practice: In order to fulfill the graduation requirements, trainees must complete 81 hours (or 54 90-minute classes) of Original Hot Yoga practice during the course of the training. Trainees should maintain a weekly practice schedule of 2-3 classes per week throughout the training. Some of these classes will be done together as a group.

Homework & Study: Between meetings, trainees will be memorizing and preparing to deliver postures to the group. Independent study and practice is an essential component of this course! Our most successful trainees devote 20-30 minutes to daily study throughout the course.

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. If you have questions, let us know right away!

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 / 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 program investment is \$3,000 (early bird rate: tuition reduced by \$500 if deposit is paid by May 1st.) A \$500 deposit is required to save your spot and receive your study materials. We recommend paying the deposit as soon as you are admitted to the program so that you can receive your reading and study materials and begin preparing.

The remaining balance may be paid in monthly installments if desired, due on the 1st day of every month, starting on June 1st. The tuition balance must be paid in full to graduate from the teacher training. *For our scholarship students, all fees are reduced by 50%.*

TUITION INCLUDES:

- All class materials including printed posture workbook and class dialogue
- All training classes sessions and supplemental hours
- Class package for 52 Original Hot Yoga classes at Rhode Island Hot Yoga, valid during the training dates. (\$982 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)

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 160 contact hours)
- Complete all required yoga class hours (total of 81 hours or 52 classes minimum)
- 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

CANCELLATION / REFUND POLICY

All teacher training fees become non-refundable after May 15th. 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.

We appreciate that this is a significant investment of your time and resources and we are thrilled to share this experience with you!