

HOT YOGA SWANSEA BAY – Hot Yoga 360 Teacher Training

Teacher Training 2018 Policy – Intense 4wk course Hot Yoga Course.

We are the first Hot Yoga Teacher Training in Wales, UK at Hot Yoga Swansea Bay. Thank you for your interest in our training.

Here are some preparation guidelines to be accepted onto our course. Please contact us if you have any questions.

1. We require 2 years of regular yoga practice.
2. For the 6 months prior to attending the course, you have had a regular unbroken yoga practice.
3. In the 2 months before the course we advise you to have practiced at least 3 classes a week.
4. You are fit, healthy and able to practice twice a day and do the necessary study and homework. Please then complete our application form along with the following supporting documents:
 - a. Your yoga bio, including length of your yoga practice, how many times a week.
 - b. A reference letter from your current yoga teacher or studio to confirm you have practiced for at least 2 years.
 - c. A picture of you doing Triangle Posture and Camel posture.

Booking Course Start Date - June 7th Fees - £2100 (Early Bird £1600- full payment must be made before May 31st) To guarantee your space a deposit of £500 is required and the remaining shall be paid in full before the course start date.

Spaces are limited to 12 students per course and your booking will be confirmed on a first come first served basis provided your applications has been received and approved and payment has been made in full. We do reserve the right to refuse a place to students who have not paid their deposit or full fees by the required date. We do reserve the right to refuse a place to students who have not met all above requirements.

Fees include - Tuition - Training and assessment by a qualified Yoga Alliance Professionals SYT - Course Manual - 1 Year Yoga Alliance Trainee Insurance - £35.00 discount if student upgrade their YAP trainee membership.

Fees do not include - Support material, i.e books, personal equipment, etc
Insurance renewal - Replacement classes - Costs of travel,
accommodation or food.

A list of relevant books will be announced once the student deposit has been made. A manual will be sent to the student either via post or online detailing the course. A mini dialogue will also be sent to the student to familiarise themselves with the postures and what can be said whilst teaching. We will not be sending Bikram Dialogue to our students due to respect of copyright and copyright infringement.

Refund Policy Deposits are strictly non-refundable. Full payment for the course should be made before the course start date and are non-refundable.

Complaints Procedure

What is a grievance or complaint? A complaint is an expression of dissatisfaction, either written or spoken. A complaint can be made by an individual or a group. You may wish to complain if you are not satisfied with the way you have been treated, the service you have received or the tuition you have received from your teacher.

Your school recognises that complaints are an important part of customer's feedback. All complaints will be investigated fully and fairly.

- Complaints will be dealt with in confidence. The only exception to this is when others could be put at risk by matters referred to in the complaint.
- If the complainant is not happy with the result of the response to the complaint, they will have the right to appeal to the teachers' industry body such as Yoga Alliance Professionals. Your school is committed to ensuring that its services, products and courses are of the highest quality. The complaints procedure enables your school to respond clearly and properly to complaints and to know when and why people are not satisfied with its services and courses, so that they can improve them.

Complaints about a Teacher Training Course

The below stages you can follow to try to resolve the issue. We will always try to resolve any complaint as soon as possible. You may wish to involve an advocate, friend or someone else to support you at any stage. If you need a sign language or community language interpreter, please let the person dealing with the complaint know and every reasonable effort will be made to provide it.

Stage One: Speak to the individual(s) concerned and try to resolve the complaint informally on the day. If you are not satisfied with the response you have received, try to resolve the issue by following stage two.

Stage Two: Outline the details of your complaint by letter or email and send it to the person who will investigate the complaint. Your complaint will be acknowledged within 3 working days from the date it is received. The response will contain the following information: • Name of the person who will investigate the complaint • The date(s) that the incident happened • What support you can expect to receive during the process of the complaint • An expected response date In fairness to all parties and to ensure the investigator is able to investigate the complaint in an open and meaningful way, we cannot guarantee your anonymity.

Exceptional Cases

In exceptional cases, however, where a child or vulnerable adult is involved, in accordance with national guidelines and good practice the identity of individuals at risk will be protected. When the person(s) who are dealing with the complaint, have had an opportunity to review it, they will write to the tutor or person about whom the complaint has been made. The letter will outline the main elements of your complaint and ask for a full written response. At this point, if further relevant information comes to light, you may be asked for your comments to ensure the investigator has a balanced understanding. When your response has been received, the investigator will consider all the information available to them and make a decision.

The response will include the following information: • Details of the investigation • A decision about whether the complaint was upheld or not • The reason for the decision • The re-dress, if appropriate, which will be offered to you, for example, an apology, additional help or directing you to other sources of advice or support • Any other action that may be taken in light of the complaint • If it is not possible to provide a full answer to your complaint within 30 working days, the letter will outline reasons why and give a date by which a full answer is expected.

Stage three: If you are not satisfied with the response to your complaint then outline the reasons for your dissatisfaction by letter. Email this to Yoga Alliance Professionals (if the teachers are Yoga Alliance Professionals accredited). Note that Yoga Alliance Professionals does not hold any legal power but can act as a mediator between two parties in order to help resolve the issue(s).

Attendance:

The minimum attendance rate required is 100%. The time limit once course official finishes to complete the course is of one month. Additional charges will apply for re-sitting assignments and classes, and will vary from case to case. Students are expected to keep a regular yoga practice - minimum 3 hours per week.

Extensions will be allowed for students if unable to complete the requirements due to unforeseen circumstances. In such cases, we will require evidence.

PAYMENT INSTRUCTIONS Payments can be made by cash, credit or debit card, or via bank transfer. Please use your initial and surname as a payment reference. We will process your application on receipt of your £500 deposit and let you know if you are accepted. If paying in full now, and you are not accepted, we will refund your fees minus a £100 admin fee.

PLEASE READ THE T&C' S BELOW AND SIGN AT THE BOTTOM

In consideration of, and as an inducement to enrolling as a student of Hot Yoga 360 - Hot Yoga Swansea Bay, The Metropole Chambers, Salubrious Passage Swansea SA1 3RT.

I represent and agree as follows:

1. I am in a good state of health / I have been examined by a licensed doctor within the past six months and have been found by such doctor to be in good physical health and fully able to perform all yoga exercises which I am to learn during my enrolment with you.
2. I will faithfully follow all instructions given to me as to when, where and how to perform and not perform yoga exercises, it being understood that any deviation by me from such instructions shall be at my own risk.
3. I understand and acknowledge that I am to receive instruction in yoga theory and exercises only and I will not hold you, your partners, instructors or employees to any higher standard of care than that applicable to the Hot Yoga Swansea Bay Studios - Hot Yoga 360 Training theory and exercises.
4. Some classes entail intensive physical activity (conducted in a heated room - approximately 95 degrees Fahrenheit) and exertion by me. I recognize that such physical activity and exertion may be difficult and strenuous and may cause or aggravate a physical injury or medical

condition. I am fully aware of and accept any risks and hazards involved.
5. I understand that it is my responsibility to consult with a physician and receive approval prior to and regarding my participation in Hot Yoga Swansea Bay - Hot Yoga 360 Teacher Training. I represent and warrant that I am physically fit and I have no medical condition or injury, which would prevent me from fully participating in the Hot Yoga Swansea Bay Studios - Hot Yoga 360 Teacher Training. Any impairment I have I will disclose to you in writing.

6. In consideration of being permitted to participate in Hot Yoga Swansea Bay - Hot Yoga 360 Teacher Training, I agree to assume full responsibility for any risks, conditions, injuries or damages, known or unknown, which I might incur or aggravate as a result of my participation.

7. In future consideration of being permitted to participate in Hot Yoga Swansea Bay - Hot Yoga 360 Teacher Training, I knowingly, voluntarily and expressly waive any claim I may have against Hot Yoga Swansea Bay - Hot Yoga 360, for any injury, condition or damages that I may sustain as a result of entering or being on the premises or participating in Hot Yoga Swansea Bay - Hot Yoga 360.

8. My heirs and legal representatives forever release, waive, discharge and covenant not to sue Hot Yoga Swansea Bay - Hot Yoga 360, for any injury, condition, or death which arises, is caused by or is aggravated by reason of my participation in Hot Yoga Swansea Bay - Hot Yoga 360 Teacher Training.

9. I understand that it is my continuing responsibility to inform the instructor(s) at Hot Yoga Swansea Bay - Hot Yoga 360 Teacher Training of any previous or current medical conditions, injuries or surgeries prior to my first class.

10. The tuition paid herewith and any registration fees paid hereafter are non-refundable. Refunds, if any, shall be entirely at the discretion of Hot Yoga Swansea Bay.

11. I also understand that, except for a monetary refund, I have no claims against Hot Yoga Swansea Bay - Hot Yoga 360 Teacher Training by reason of their refusal to allow me to participate in Hot Yoga Swansea Bay - Hot Yoga 360 Teacher Training.

12. I have read the above Agreement of Release of Waiver and Liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Date:

Signature: