



## Participation Guidelines for 200 -RYT Dhvani Yoga Teacher Training

Yoga is a discipline of body, mind and spirit...

Please note that you are entering an educational program to learn Yoga, according to the eight limbs of Yoga of Patanjali. Our rules and regulations are made to enhance the quality of the mind and are a part of the Yogic lifestyle and can be followed to get the maximum benefit of this education and make everyone's experience more enjoyable. This educational program is for serious spiritual students and those who wish to contribute toward an atmosphere of love and compassion.

The yamas and niyamas are yoga's ethical guidelines laid out in the first two limbs of Patanjali's eightfold path. They're like a map written to guide you on your life's journey. Simply put, the yamas are things not to do, or restraints, while the niyamas are things to do, or observances. Together, they form a moral code of conduct.

This teacher training is an opportunity to look deep inside yourself by training your body and mind and heading towards the soul following certain yamas and niyamas as described below:

The five yamas, self-regulating behaviors involving our interactions with other people and the world at large, include:

- Ahimsa: nonviolence
- Satya: truthfulness
- Asteya: non-stealing
- Brahmacharya: non-excessive use of energy
- Aparigraha: non-possessiveness or non-greed

The five niyamas, personal practices that relate to our inner world, include:

- Saucha: purity
- Santosha: contentment
- Tapas: self-discipline, training your senses
- Svadhyaya: self-study, inner exploration
- Ishvara Pranidhana: surrender to Divine

Professionalism is developed through your participation in the coursework for this program. Please inform us if you have undergone any recent injuries or surgery that

would impact your ability to participate in asana practice. Please inform us if you are under a physicians or psychiatric care or have food allergies.

Please be on time for all the classes and at least 90% attendance is required to get the certificate. If you miss any class time (except an emergency), the missed classes must be completed. Weekend workshops can be made up at future planned dates or at extra cost to the student and according to the teacher's availability.

#### Course and Program Requirements:

- Arrive on time for class
- Maintain attention in spirit, mind and body throughout the entire class period
- Show up for entire program (180 Contact Hours)
- Complete assigned homework (20 Non Contact Hours)

#### Be prepared to participate in class by:

- Asking questions related to the material and demonstrating knowledge of the readings
- Participating in group and paired assignments both as a giver and receiver
- Turning in homework and presentations on time
- Actively listening without interrupting when others are speaking
- Bringing appropriate tools to participate
- Maintain a high degree of personal hygiene (freshly showered and clean clothes)
- Wear yoga friendly and modest clothes during the training (cover cleavage and butt cracks please)
- Refrain from the use of any products which may cause reactions in those with fragrance sensitivities especially containing chemicals
- Refrain from coming to class smelling of any kind of smoke which may cause reactions in those with fragrance sensitivities
- Refrain from attending class inebriated or impaired from substance use and/or smelling of alcohol or cannabis - please do not apply for the course if you cannot follow this rule
- Always behave respectfully towards all teachers, staff and the other students in the group
- If you are physically unwell please let us know immediately

**Full 200 Hour Program Tuition: \$2000.00**

Students save \$100 when paying for full program upfront or students can pay per weekend with each individual weekend workshop costing \$175.00.

**Refunds, Changes and Cancellations:**

If tuition is paid in full, there is a \$100 processing fee for refund requests made prior to two weeks before the 200 hour teacher training begins. Please note that once you begin the first weekend the refund policy changes. Within 14 days of the start date there are no other refunds or changes. Once a student begins the training, tuition is non-refundable. If this is a concern students are encouraged to pay by the weekend.

If a workshop must be cancelled due to a natural disaster, crisis or instructor illness, it will be rescheduled. 365 Well Yoga School reserves the right to refuse service to student's who do not follow the participation guidelines.

**Required Books for 200 Hour Program:**

The Key Poses of Yoga: Scientific Keys, Volume I an Volume II by Ray Long (Author), Chris Macivor (Illustrator) and Eastern Body Western Mind by Anodea Judith, Publisher Celestial Arts, Berkely CA