

300-HOUR IMMERSION TEACHER TRAINING PROGRAM POLICIES

Colorado School of Yoga Teacher Training programs provide an opportunity to deepen your experience and understanding of Yoga.

300-Hour Program Requirements

Successful completion of a 200-hour Teacher Training program, a consistent, current vinyasa-based yoga practice, a minimum of 3 years of consistent practice, and a strong interest in committing to the further exploration of Yoga. You will need to complete an application prior to acceptance into the program.

Attendance

The requirements of the full Teacher Training program are designed to conform with the Yoga Alliance National Teacher Training Registration Standards. The Colorado School of Yoga is a registered and approved school of Yoga Alliance. Upon completion of all program requirements, you will receive a CSOY certificate of completion. To meet Yoga Alliance's minimum training standards and CSOY's requirements for completion, you must attend every session in its entirety and complete all assignments associated with this program. This means that you may not arrive late to any session nor attend partial sessions to receive credit towards Yoga Alliance Registration and CSOY certification.

Make Ups

Please communicate with one of the training leaders as soon as possible if you are ill or injured or have any other emergency that might hinder your participation in the training. If at all possible, we request your presence in all sessions, even if your participation is limited due to your illness or injury because of how challenging and costly make up sessions will be for an immersion retreat format training. If you must miss any session, though we will do everything in our power to make a make up session possible, please know that future trainings in this format are never guaranteed.

Refund Policy

The Colorado School of Yoga reserves the right to cancel a program at any time. If CSOY cancels a program, you will receive a full refund, including your \$500 deposit.

- Refunds can be issued for cancellations made **150 days prior to the program start date** minus non-refundable deposit of \$500. Some programs may have their own cancellation dates, please refer to the training registration page for exact dates.
- **With fewer than 150 days prior to the program start date**, payments are non-refundable due to our contractual obligation with the hosting retreat center and the non-refundable payments we make to them on your behalf whether or

not you end up attending. We cannot make exceptions regardless of the circumstance and deeply appreciate your understanding. These timelines are in accord with the contract of the hosting retreat center.

Before you register for any program, please ensure that you can fully attend all training dates. We know full well that some extenuating circumstances beyond your control may prohibit you from attending in full, but due to the nature of the immersion and the group cohesion process, we are unable to offer partial completion or a transfer to another program.

No credit or refund is available if you cancel on the arrival day; if you do not show up; or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content.

By submitting an application or registering for a program, you acknowledge and agree to these policies without exception.

Travel Insurance

We highly recommend that you purchase travel insurance, which insures you against unforeseen sickness, injury, job loss, inclement weather, and more.