

## COLORADO SCHOOL OF YOGA EDUCATIONAL PROGRAM POLICIES

### 200-Hour Program Entrance Requirements

Minimum of 2 years of a consistent, current vinyasa-based yoga practice and a strong interest in committing to the further exploration of Yoga and to teaching others. You will need to complete an application prior to acceptance into the program.

### 300-Hour Program Entrance 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.

### Yoga Teacher Training Graduation Requirements

1. Fully attend and participate in all scheduled in-person sessions
  - Participate in group discussions
  - Take notes
  - Ask questions
  - Arrive to sessions on time and prepared with all necessary materials
  - Sign up for and complete your assigned Leadership day, if applicable
2. Fully complete all online programming and other assignments
  - Complete all Om Work assignments by the given due date
  - Complete all required reading and exercises
  - Complete take home final exam
  - Actively participate in discussion on YTT Facebook group (must have an FB account)
3. Communication with the lead teacher
  - Respond to lead teacher's emails within 1-2 days to, at minimum, confirm receipt.
  - Take responsibility for your learning by contacting lead teacher if you are confused, have questions or concerns. Please do not isolate yourself, we are here to help.
  - Reach out to your lead teacher first. If that is inappropriate for any reason, please contact us here: Gina Caputo [gina@coloradoschoolofyoga.org](mailto:gina@coloradoschoolofyoga.org), Julia Clarke [julia@coloradoschoolofyoga.org](mailto:julia@coloradoschoolofyoga.org), Tracey Garcia at [tracey@coloradoschoolofyoga.org](mailto:tracey@coloradoschoolofyoga.org)
  - Email and text the lead teacher immediately for any unexpected absences, emergencies or delays.
4. Demonstrate the ability to craft and teach an Integrated Vinyasa™ Sequence to a peak pose according to the class creation guidelines in the manual and supporting lectures and classes.
5. Demonstrate growth in practice teaching as evidenced by practice teaching rubrics.

## 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.

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, please review your options in the Make-up section below.

## Make-ups

Your full attendance at all sessions is required in order to graduate with a certificate of completion from the Colorado School of Yoga. However, we understand that unexpected events may arise. In those situations, you will need to make up the content and hours of which you were not in attendance. You will have one year from the last day of your training to complete your attendance and content requirements. If you do not complete your make-up session within a year, you will not be eligible for graduation and will need to retake the entire training.

You have two options for making up your missed time and content within one year:

1. Option 1 - Attend an Upcoming Session of the Missed Content

You may attend the session that you missed in another upcoming Colorado School of Yoga training. This make-up session must occur within a year of the last day of your training. If the session that you require is sold out, you will need to wait for the next upcoming available session.

2. Option 2 - Schedule a Private Session with a CSOY Lead Teacher

- 1 hour private = 1-4 hours of missed time
- 1.5 hour private = 5-6 hours of missed time
- 2 hour private = 7-8 hours of missed time
- 2.5 hour private = 9-10 hours of missed time
- 3 hour private = 11-13 hours of missed time

The cost of a private session ranges from \$100 - \$150 an hour.

*Please note that the private session make-up option is at the discretion of the lead teacher and we cannot guarantee availability. Additionally, only two sessions of private teaching are allowable, regardless of number of hours missed.*

## **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 non-refundable deposit.

Refunds can be issued for cancellations made 90 days prior to the program start date minus non-refundable deposit. Some programs may have their own cancellation dates, please refer to the training registration page for exact dates.

With fewer than 90 days prior to the program start date, payments are non-refundable due to our contractual obligation with the hosting 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 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.