

exhale yoga teacher training agreements



the learning environment

Respect the Space

- ❖ Be respectful of each other.
- ❖ Keep the program room clean.
- ❖ Return props neatly to their proper place.
- ❖ Take personal items with you after each session.
- ❖ Beverages are allowed only in closed containers with a sealable lid.
- ❖ No food in the room.

Role of a Student

- ❖ Attendance and participation at all sessions is mandatory for certification.
- ❖ Arrive early for all sessions to sign in and set up. Be ready to begin on time.
- ❖ Bring manual, journal, and something to write with to all sessions.
- ❖ Be attentive and alert in class. No side conversations.
- ❖ The practice of yoga extends both on and off the mat. You are responsible for creating a safe and sacred space for yourself and for your peers.
- ❖ There are no scheduled breaks during the program sessions. You are free to quietly leave the program room as needed.
- ❖ Wear modest yoga attire to classes.
- ❖ The regular practice of yoga asana and the philosophical principles of yoga can be stimulating on many levels. Holding space for one another during these times creates a safe environment for everyone.
- ❖ Exhale Yoga has a zero-tolerance policy for harassment of any kind. Any student participating in harassment of any kind will be terminated from the training program without refund.

yoga teacher-in-training responsibility agreement

I understand that Exhale Yoga Teacher Training is a physically and psychologically rigorous program. I am responsible for my experience in the Exhale Yoga Teacher Training and for my well-being while at Exhale Yoga. I agree to support Exhale's community environment and contribute to a safe, respectful, and positive experience for everyone during my training.

I understand that the practice of yoga often produces non-ordinary states of awareness, and that Exhale program instructors and staff are not responsible for managing every student's personal needs. I understand that the Exhale Yoga Teacher Training curriculum has been designed to create the optimal yoga education for the majority of students, and each specific experience may have content that differs from my beliefs. I understand that the study of yoga involves exploring and discussing different belief systems. I agree to respect all the ideas and practices that are presented as part of the Exhale Yoga Teacher Training curriculum. I understand that any ideas presented are not necessarily the view of Exhale. I understand that Exhale does not require me to change my beliefs in any way in order to be certified as an Exhale Yoga teacher.

I understand that practicing yoga is often about exploring new boundaries and personal limitations. I recognize that activities of this nature involve an element of physical, emotional, and psychological risk. I understand that each person's level of physical and psychological fitness is different, and that some activities may not be appropriate for me given my individual capacities. I accept the need to monitor my own participation in each activity, and each exercise within any given activity, and that Exhale is not responsible for any physical and psychological risk I choose to take in my education, exploration, and inquiry.

Although my attendance is required in each session for me to become certified as an Exhale Yoga teacher, my participation is never required if I feel unsafe in any way. It is my responsibility to honor my physical and psychological boundaries, and if I feel unsafe in any way, to stop participation in an experience and speak to a staff member.

Substance Use

The use or abuse of alcohol or other recreational drugs is prohibited during the training and is not allowed on the premises. Violation of this policy at any time during the training will result in dismissal from the program with no refunds.

Exhale Promotional Efforts

At times Exhale takes photographs and makes audio and video recordings of students to promote the benefits of participating in its programs and activities. Whenever these activities are happening, I can

tell Exhale staff that I do not want to participate or move to a place in the room that is not being photographed or recorded. Otherwise, I hereby consent to be the subject of any photographs or audio/video recordings made during my stay by Exhale staff, and grant permission for these to be published or posted in ways that promote Exhale.

Social Media and Posting of Photographs and Videos

Exhale recognizes that a portion of its students wish to photograph or record aspects of their program experience to post on social media sites. In order to protect the privacy of others, Exhale requires that all students agree not to post or publish any photographs, video, or audio recordings of other individuals, without express permission. I understand that I am solely responsible and potentially liable for any harm or damage caused by my online activity relating to Exhale.

Release of Liability

After being informed of the above risks and responsibilities, I generally release Exhale Yoga, together with its instructors and other representatives, from all claims, causes of action, medical expenses, and other costs related to my guest participation, whether they arise while at Exhale, or from my later use of information or instruction at home.

Financial Responsibility

The cost of each module must be paid in full in order to be granted participation. Credit/debit cards as well as cash will be accepted as a form of payment. Payments may be made in advance or on the first day of each module. There is a one-time resource fee of \$25 which must be paid with the first module. The resource fee is for reference materials which will be in the training manual throughout each module. The first day of each module the reference materials for that module will be given out. All payments are non-refundable, as students can take each module as their schedule allows.

yoga teacher-in-training criteria for certification

This program is intended to result in certification as a yoga teacher. Certified Yoga teachers must possess a certain level of emotional and mental stability, and the skills necessary to safely and competently teach yoga. You will be evaluated on the criteria listed below. Although the majority of students who attend, complete this program, and are certified, we reserve the right to withhold certification from any student who fails to develop the necessary skills and meet the criteria required for certification.

In the event that you do not make satisfactory progress, every attempt will be made to provide input throughout the program about challenges that might be impeding your certification. If it is determined that you have not successfully met the certification requirements, you will meet with the teacher trainers, who will determine the appropriate steps needed for you to complete certification.

Exhale Yoga reserves the right to ask any student enrolled in the yoga teacher training program to leave the program if we determine that a student is not a good fit for the program. There are no refunds available if a student is asked to leave training.

Certification Requirements

Attendance

100 percent attendance is required. You are responsible for marking the attendance roster each day. To be considered present, you must arrive on time and stay for the duration of the session. Tardiness, and excessive tardiness will result in not receiving certification. If you need to miss any session, you must speak to a teacher-trainer prior to the session. You are responsible for making up hours and any course material missed.

Active Class Participation

Being fully present and actively participating in the daily activities of class to the best of your abilities is required. Actively participating enables you to process, apply, interact, and share experiences as

part of the educational process. The interactive components support the goal and the educational objectives for learning to be an effective Yoga teacher.

Teaching Competence and Proficiency

Students must demonstrate command of the skills necessary to safely and competently teach an Exhale Yoga class. Participation in all practice-teaching sessions is mandatory for certification. During these sessions and throughout the training you must demonstrate the ability to teach using the methodology presented in the training as noted below:

- ❖ Demonstrate knowledge, embodiment, and modeling of postures, including modifications, intuitive and evidence-based benefits, contraindications, and alignment principles.
- ❖ Demonstrate understanding and use of effective conscious communication skills.
- ❖ Demonstrate ability to lead basic pranayama, guided meditation, and relaxation.
- ❖ Demonstrate fundamental knowledge of basic anatomy and physiology – muscles, bones, and systems.

Maintain Safe Space for Teaching and Practicing Yoga

Students must have the ability to create a safe space for people to learn and practice yoga through demonstrating the following abilities:

- ❖ Appropriately direct and manage attention toward oneself and others.
- ❖ Receive and integrate constructive feedback.
- ❖ Show respect for other students, and for guests, time, and the experience.
- ❖ Articulate, describe, and embody the Exhale Yoga Teacher's Ethics Agreement.
- ❖ Bring forth personal needs and concerns to appropriate staff in a timely manner.

Assessments

Students will be given a series of assessments designed to support integration of content. The assignments include folklore of the asana, lesson reviews, and practice teaching exercises. The successful completion of these assessments, as determined by the training staff, is required for certification.

Professional Behavior and Ethical Conduct

Professional behavior and ethical conduct create an environment that promotes a safe, high-quality student experience and engenders a constructive learning environment. The following are guidelines for professional behavior and ethical conduct:

- ❖ Listen respectfully to students and teachers during group activities and personal sharing.
- ❖ Respect the cultural and religious differences of others.
- ❖ Remain truthful in verbal and written communications.
- ❖ Communicate differences in opinion and good-faith criticism respectfully, in the appropriate forum.
- ❖ Be on time for class.
- ❖ Keep shared student information confidential.

Use of the Name “Exhale”

The name “Exhale” is a registered trademark of Exhale Yoga. Exhale has the legal right and responsibility to control the use of the name Exhale to ensure the integrity of its teachings. Upon successfully completing the course, students are granted permission to use the title “Certified Yoga Teacher.” In addition, certified teachers may refer to Exhale as the source of their yoga training in promotional pieces. For more information on the rights of certified yoga teachers to use the name Exhale, contact Exhale Yoga directly.

Students in the training program are required to adhere to the program guidelines as stated above and in the Enrollment Agreement, the Exhale Yoga Teachers-in-Training Responsibility Agreement, and the Exhale Yoga Teacher's Ethics Agreement. These requirements are designed to create safety while maintaining a professional atmosphere. Failure to adhere could result in denial of certification.

Exhale Yoga does not discriminate based on race, color, religion, national origin, gender, age, marital status, disability, or sexual preferences.

yoga teacher's ethics agreement

Exhale Yoga teachers offer experiential yoga classes and programs. The nature of yoga promotes physical and psychological growth through which profound transformation can occur. As a yoga teacher, you must possess a high degree of emotional maturity and personal integrity in order to serve and empower your students, as it is your responsibility to uphold and foster a sacred, safe environment to allow transformation to happen.

As a yoga teacher, I agree to the following code of ethics:

- ❖ I agree to have a sincere commitment to provide the highest-quality care to those who seek my professional services.
- ❖ I agree to represent my qualifications honestly and provide only the services I am qualified and certified to perform. I agree to refrain from recommending treatment, diagnosing a condition, or suggesting that a student disregard medical advice.
- ❖ I agree to acknowledge the limitations and contraindications of yoga and refer students to the appropriate health-care professionals.
- ❖ I agree to consistently maintain and improve my professional knowledge and competence, striving for professional excellence through regular assessment of personal and professional strengths and weaknesses and through continued education and training.
- ❖ I agree that effective yoga teaching often involves some physical contact applied in an atmosphere of safety. It is my responsibility as a teacher to create and maintain a safe environment that engenders trust and mutual respect among students and teacher.
- ❖ I agree to offer compassionate, competent, and safe touch to my students when assisting them in yoga classes.
- ❖ I agree that an essential part of teaching Exhale Yoga is the development and maintenance of a professional teacher/student relationship. This includes establishing clear and appropriate social and sexual boundaries.
- ❖ I agree to refrain, under all circumstances, from initiating or engaging in any sexual conduct, sexual activities, or sexualizing behavior involving a student, even if the student attempts to sexualize the relationship.
- ❖ I agree to conduct my business and professional activities with honesty and integrity.
- ❖ I agree to refuse to unjustly discriminate against students.

- ❖ I agree to respect students' boundaries regarding privacy, disclosure, emotional expression, and beliefs.
- ❖ I agree and understand that all actions that breach the principles of this Exhale Yoga Teacher's Ethics Agreement will be fairly investigated.

agreement signatures

By signing below, I verify that I have read and understand the expectation of a safe Learning Environment. I understand that failure to abide may result in not being granted participation or certification.

Signature: _____ Date: _____

Name: _____
(please print)

I will abide by the terms of the Yoga Teacher-in-Training Responsibility Agreement because it makes me aware of Exhale's policies and creates a legally binding general release of liability.

Signature: _____ Date: _____

Name: _____
(please print)

By signing below, I verify that I have read and understand the Certification Criteria. I understand that failure to adequately meet these criteria may result in not being granted certification after I have commenced participation.

Signature: _____ Date: _____

Name: _____
(please print)

By signing below, I verify that I have read and understand the Ethics Agreement. I understand that failure to adequately meet these criteria may result in not being granted certification after I have commenced participation.

Signature: _____ Date: _____

Name: _____
(please print)