



SCHOOL OF YOGA AND HEALING

an extension of Yoga with Esme

RYS 200 FOUNDATION LEVEL TEACHER TRAINING SYLLABUS

October 2026 – April 2027

Accredited by Yoga Alliance International

Edinburgh, Scotland • Valencia, Spain

Lead Teacher: Esme Lopez



SECTION 1 – APPLICANT DETAILS

1. Applicant's Full Name	Esme Lopez
2. Phone Number (+)	
3. Email Address	
4. School Website (if applicable)	
5. School Postal Address	OMH Therapies, Edinburgh, Scotland, United Kingdom
6. School Phone Number	
7. School Email Address	
8. Training Location	Edinburgh, Scotland & Valencia, Spain
9. Date of Enrolment for Trainees	October 2026
10. Teacher Training Title	200-Hour Yoga Teacher Training – School of Yoga and Healing
11. Teacher Training Level	RYS 200 Foundation Level
12. Delivery Modality	Hybrid (In-person / Online)
13. Teacher Training Format	Five Weekends (Edinburgh) + Two-Week Immersion (Valencia)
14. Teacher Training Daily Schedule	See Training Schedule, Section 4
15. Lead Teacher/s: Full name	Esme Lopez

16. Lead Teacher Assistant/s: ☐ YES ☐ NO

17. Copyright Owner of submitted materials: ☐ YES ☐ NO

18. Trademark Owner of submitted logo/image: ☐ YES ☐ NO

SECTION 2 – LETTER OF INTENT

The School of Yoga and Healing has designed this teacher training programme to develop confident, knowledgeable, and compassionate yoga teachers with a strong foundation in the history, philosophy, and authentic traditions of Yoga. The syllabus is structured to ensure that trainees graduate with the practical skills, theoretical understanding, and professional awareness required to teach safe, inclusive, and well-sequenced classes for students with diverse abilities and needs. This programme is accredited by Yoga Alliance International and prepares graduates to register as competent, ethical, and compassionate 200-hour yoga teachers.

The programme is primarily rooted in the Vinyasa Yoga tradition, drawing on the foundations of the Ashtanga Yoga Primary Series, while also incorporating a dedicated Yin Yoga module and introductory study of other styles, including Sivananda, Ashtanga, and Jivamukti Yoga. This integrative approach allows trainees to experience different teaching methodologies and gain a broader understanding of both traditional and modern yoga practices.

The course combines in-person training, online study, and independent learning. It is delivered through five intensive training weekends in Edinburgh, Scotland, together with a two-week immersion in Valencia, Spain. The Valencia immersion provides trainees with the opportunity to deepen their personal practice, teaching experience, self-inquiry, and understanding of the chakra system, while also completing an extended Yin Yoga module and experiencing the Fallas Festival.

The syllabus includes meditation, pranayama, yoga history and philosophy, teaching methodology, intelligent sequencing, body reading, assisting, practical teaching experience, yoga for injuries, ethics, yogic lifestyle, and the application of anatomy and physiology within asana practice. Anatomy and physiology are delivered through Dr. Yogi's pre-recorded 30-hour course, supported by in-person functional application of anatomy during each training weekend to reinforce practical understanding.

Small-group learning is central to the programme, ensuring that each trainee receives individual guidance, active teaching opportunities, and meaningful feedback throughout the course. The final module also introduces yoga business, professional development, and the responsible use of social media.

Overall, this training programme is designed in alignment with the educational standards and requirements of Yoga Alliance International and prepares graduates to become competent, ethical, and compassionate yoga teachers.

About the School

The School of Yoga and Healing is an extension of Yoga with Esme, which has been offering expert yoga teacher training since 2021. With years of experience behind it, the school has developed a proven approach that ensures trainees have all the tools they need to become confident, capable yoga teachers.

Every course is led by Esme Lopez. Her teaching draws on personal experience and a deep understanding of the body, making complex concepts accessible.

With locations in both Valencia and Edinburgh, the School of Yoga and Healing prioritises community and connection, offering not just a course, but a supportive environment in which trainees can grow both personally and professionally, with opportunities to practise — and even teach — in a welcoming, non-discriminatory studio setting.

Graduation Outcomes

By the end of this training, graduates will be able to:

- Create intelligent sequences with different themes and modifications.
- Draw classes using stick figures, name poses in Sanskrit, and cue accurately.
- Teach, structure, and adapt yoga classes for all levels and needs.
- Guide meditation and pranayama sessions with confidence.
- Incorporate Yin Yoga into sequences with sufficient knowledge.
- Understand anatomy and physiology to prevent and address injuries.
- Learn to assist students.
- Apply yoga philosophy and history to their teaching.
- Develop their personal style and niche as a yoga teacher.
- Build a successful yoga business with clarity and direction.
- Understand the basics of social media.

SECTION 3 – TERMS AND CONDITIONS / LEGAL DECLARATION

1. Accuracy of Information: The Applicant irrevocably declares that all information provided is true, accurate, and complete. Any misrepresentation may result in immediate rejection or revocation without refund.

2. Intellectual Property: The Applicant warrants full ownership or authorised use of all submitted materials and agrees to indemnify and hold harmless Yoga Alliance International from any claims.

3. Program Title and Description (Mandatory Attachment): The Applicant must include a brief written description (maximum 300 words) of the Teacher Training Program to be attached to the online application form. The description must provide a clear synopsis of the overall training programme title, outlining its vision, structure, and key learning outcomes, and confirming alignment with Yoga Alliance International standards. This document is

required to assist the initial review process by providing a concise yet comprehensive overview of the programme's scope, purpose, and educational approach.

4. Processing Timeline: The Applicant acknowledges that the accreditation process requires a minimum of twelve (12) weeks or longer (subject to the Applicant's timely cooperation during the revision process), commencing from the date of receipt of the RYS Core Syllabus PDF and Word completed application and full payment.

5. No Refund Policy: All payments are final, irrevocable, and strictly non-refundable under any circumstances, including withdrawal, delay, or rejection.

6. Compliance: The Applicant agrees to comply with all Yoga Alliance International standards, guidelines, and revision requirements in a timely manner. All questions concerning the Accreditation Procedure must be submitted via email in a Word document format, with all queries clearly listed.

7. Final Authority: Yoga Alliance International retains sole and absolute discretion to approve or reject any application, with or without providing reasons.

8. Refund in Case of Refusal: In the event that the application is formally refused, the Applicant shall be entitled to a full refund of the monies paid, excluding any applicable administrative or transaction fees, where applicable.

9. Guidelines Booklet: Upon receipt of the completed application form and payment, the Applicant will receive by email the official Guidelines Booklet to assist in developing their core curriculum in line with Yoga Alliance International standards.

RYS 200 FOUNDATION LEVEL TEACHER TRAINING COURSE

Core Curriculum Overview

Schools must provide a comprehensive breakdown of all educational categories, the number of hours assigned to each module, precise learning objectives, teaching methods, practice components, assessment formats, and trainer responsibilities. The syllabus must demonstrate professional structure, depth of content, and a cohesive training pathway appropriate to the RYS 200 credential.

Techniques, Training, and Practice

This category focuses on the mastery of yoga practices, including:

- Asanas (Postures): Instruction in alignment, modifications, and variations for primary asana families (standing, forward bends, backbends, twists, inversions, and core-focused poses), including the number and names of Asanas included in the teacher training.
- Pranayama (Breathing), including Nadi Shodhana, Ujjayi, and Kapalabhati, to enhance vitality and focus.
- Meditation: An introduction to mindfulness, mantra, guided visualisation, and other techniques for developing mental clarity and inner awareness.
- Sequencing Principles: Designing safe, effective, and goal-oriented classes that integrate asana, pranayama and meditation.

Teaching Methodology

Develops the practical skills needed to guide and inspire students, including:

- Lesson Planning: Creating structured, thematic, accessible sequences for varying levels and special populations.
- Communication Skills: Clear verbal cues, practical demonstrations, and hands-on adjustments.

- **Classroom Management:** Managing group dynamics, creating an inclusive environment, and handling challenging situations; building confidence, finding a unique teaching style, and maintaining student–teacher boundaries.
- **Safe Practice:** Understanding contraindications and injury prevention through anatomical alignment.

Anatomy, Physiology, Biomechanics

Focuses on scientific understanding of the human body to support safe, effective teaching:

- **Functional Anatomy:** Study of the musculoskeletal system, joints, and connective tissues related to yoga practice.
- **Physiology:** Understanding the nervous, respiratory, and circulatory systems and their response to yoga techniques.
- **Biomechanics:** Principles of movement, alignment, and injury prevention.
- **Practical Application:** Identifying common misalignments, adjusting for individual needs, and modifying postures for specific conditions. Teachers use anatomical knowledge in class design and cueing, recognising movement patterns, and offering safe alignment.

Fundamentals of Yoga Philosophy

Explores the core spiritual and philosophical roots of yoga for authentic teaching.

- **Yoga Sutras of Patanjali:** Study of key concepts such as the Eight Limbs of Yoga (Ashtanga Yoga).
- **Historical and Cultural Context:** Understanding the evolution of yoga from ancient to modern times.
- **Key Texts:** Introduction to foundational scriptures such as the Bhagavad Gita and Hatha Yoga Pradipika.
- **Integration:** Applying philosophical principles to modern yoga teaching and personal practice.
- **Applying Yogic Wisdom:** With a solid foundation in yoga's classical and modern teachings, teachers are better equipped to integrate philosophical insight into practice.

Lifestyle and Ethics for Yoga Teachers

Emphasises the ethical and professional responsibilities of yoga teachers:

- **Yogic Lifestyle:** Incorporating yoga philosophy into daily life through mindfulness, discipline, and self-reflection.
- **Code of Ethics:** Maintaining integrity, professionalism, and respect in the student–teacher relationship.
- **Diversity and Inclusion:** Creating a welcoming space for students of all backgrounds and abilities.
- **Sustainability:** Balancing personal practice with the demands of teaching and self-care.

Trainees Practicum Teaching

Provides hands-on experience in teaching yoga under the guidance of mentors:

- **Practice Teaching:** Leading full and partial classes for peers and receiving constructive feedback.
- **Observation and Assistance:** Learning through observation of experienced teachers and assisting in actual classes.
- **Class Design and Delivery:** Preparing and teaching sequences tailored to specific goals and populations.
- **Self-Reflection:** Journaling and discussions to refine teaching techniques and build confidence.

History of Yoga

As part of the teacher training programme, students explore the origins and evolution of yoga — from its roots in the Vedas and classical texts such as the Bhagavad Gita and the Yoga Sutras — to its global spread through key figures such as Swami Vivekananda, T. Krishnamacharya, and the Fathers of Modern Yoga.

Starting a Successful Yoga Business

Provides trainees with the practical knowledge needed to build and sustain a professional career, including marketing and personal branding strategies, legal and financial responsibilities (such as insurance and registration), and practical approaches to attracting and retaining clients in the long term.

Becoming a Yoga Teacher

Focuses on the transition from dedicated practitioner to confident instructor and builds teaching mastery through effective sequencing, safe adjustments, and clear verbal cueing, while emphasising inclusive, transformative class environments. Trainees develop confidence and gain an understanding of the value of Yoga Alliance International certification.

Holistic Approach to Yoga Practice

A holistic approach to yoga practice extends beyond the physical postures (asanas) to encompass the mind, body, and spirit, integrating breathwork (pranayama), meditation, and ethical principles (yamas and niyamas), cultivating a more profound sense of self-awareness, inner peace, and overall well-being.

Yoga Professional Development

Professional development for yoga teachers encompasses ongoing education and skill refinement beyond initial training, including specialised workshops, advanced certifications, and continuing education courses aimed at deepening knowledge, enhancing teaching proficiency, and maintaining alignment with evolving industry standards.

Yoga Alliance International Enrolment & Graduation Requirements

- Schools must certify only those students who demonstrate full readiness.
- Schools must ensure trainees have sufficient practice before enrolling in a teacher training course.
- Schools are also responsible for maintaining clear, transparent criteria for assessment and completion.

Additional Teaching Faculty or Specialist/Consultants

Schools may engage non-yoga qualified specialists/consultants who hold a university degree or diploma from a recognised institution in a relevant field from which the school may benefit; these specialists are not required to be registered with Yoga Alliance International, however the school must list their name, qualification type, and provide a copy of their qualification(s).

The school may also engage RYT 500 teachers with specific expertise related to a given subject, along with a minimum number of years' experience in that subject area. All other faculty members must hold an RYT 500 credential and have at least three years of documented teaching experience. All RYT faculty must register with Yoga Alliance International.

SECTION 4 – TRAINING SCHEDULE, ASSESSMENT & CERTIFICATION

Training Schedule (Sample)

A week-by-week and day-by-day training plan is provided below, including class titles, duration, and Educational Categories.

Assessor/s

The school provides the details and qualifications of the Teacher Training Assessor(s) below, along with templates and examples outlining the assessment delivery process. Yoga Teacher Training (YTT) assessments ensure participants develop practical teaching skills and knowledge.

Assessor Name	Esme Lopez
Qualification	RYT 500 / Lead Teacher, School of Yoga and Healing

Assessment Tools

The school assesses trainees on their ability to teach, observe, design, and reflect. Methods include:

- Faculty observation and feedback during full and partial class teaching.
- Evaluation of participation in observation and assistance of experienced teachers.
- Review of class plans and delivery to ensure sequences meet specific goals and student needs.
- Assessment of reflective journals or discussions to measure insight, self-awareness, and growth in teaching confidence.

Example

- Exam delivery modality: Online / Face to Face / Mixed.
- Practical evaluations, such as teaching a class or leading specific sequences, to assess cueing, alignment, and class management.
- Written exams or quizzes testing understanding of anatomy, philosophy, and yoga principles.
- Journals or reflections evaluating personal growth and integration of yogic practices.
- Peer feedback and self-assessments encouraging collaborative learning and introspection.
- Observation during practice sessions to gauge comprehension and adaptability.
- Description of student evaluation processes, including written tests, practicum teaching, participation, and assignments.

Training Schedule Requirements

The Training Schedule maps the structure and format of the training and gives trainees insight and visibility into the varying activities of the programme. The Training Schedule must include:

- Dates and times the school meets with participants.
- Number of modules and whether they are successive or intermittent.
- Educational Categories and other curriculum for each day and time.
- Schedule and length of breaks for each day.
- No more than 10 hours of instruction are permitted daily.
- Lunch and break hours do not count towards the required classroom hours.

Minimum Requirements for Student's Sample Certificate

A sample certificate submitted to Yoga Alliance International must include the following:

- RYS Name: Displayed as registered with Yoga Alliance International, using English characters.
- Program Designation: Indicating the level of training provided (e.g. 200-hour, 250 PLUS-hour, 300-hour, 500-hour, Children's Yoga, Prenatal Yoga, RYT YIN 50, RYT YIN 100, if included).

- Trainee's Name: A designated space to add the trainee's full name.

Learning Outcomes Guidance

Outcomes show how trainees build teaching skills by leading classes, observing and assisting experienced teachers, designing sequences for different needs, and engaging in self-reflection to refine techniques and grow in confidence. Outcomes are measurable and clearly linked to the practice teaching process:

- Deliver a complete, balanced and safe 60-minute yoga class.
- Integrate cueing, sequencing, and philosophy into teaching.
- Receive and apply constructive feedback to refine teaching style.

Assessments directly show that trainees can apply their skills in real teaching contexts.

PRIMARY EDUCATIONAL CATEGORY — RYT 200 FOUNDATION LEVEL

Techniques and Teaching Practice — 90 hours

The primary focus of the training is Vinyasa Yoga, rooted in the foundations of the Ashtanga Yoga Primary Series. To provide a broad and well-rounded education, students are also introduced to other traditions, including Sivananda, Jivamukti, and Yin Yoga.

Students receive comprehensive training in the major asana families — standing postures, forward folds, backbends, twists, inversions, balancing postures, and core-strengthening poses. Each posture is explored through detailed breakdowns of alignment, benefits, contraindications, modifications, and variations to accommodate different bodies, abilities, and injuries. Hands-on adjustments and safe teaching practices are incorporated throughout the course.

A total of 40 training hours are dedicated to pranayama and meditation. Students gain practical experience and teaching skills in a range of pranayama techniques, including Ujjayi, Nadi Shodhana, Sitali, Sitkari, Kapalabhati, Bhastrika, and Bhramari, as well as the application of bandhas in breathwork practices.

Through both daily personal practice and guided sessions, students develop a deep understanding of meditation and mindfulness. Techniques taught include Mindfulness Meditation, Guided Visualisation, Loving-Kindness Meditation, Chakra Meditation, Gratitude Meditation, and Japa (Mantra Meditation).

The remaining 50 hours focus on teaching methodology and practical application, including demonstration skills, verbal cueing, class theming, pose breakdowns, adaptations for varying needs, and supervised teaching practice. By the end of the course, graduates are equipped with the knowledge, confidence, and practical experience necessary to teach yoga safely and effectively.

Teaching Methodology — 30 hours

Teaching methodology is woven throughout the entire training, enabling students to develop the practical skills, confidence, and professionalism required to lead safe, effective, and inspiring yoga classes.

Students learn a consistent sequencing framework that helps them create balanced, accessible, and purposeful classes while building confidence in lesson planning. The sequencing template includes centering and intention setting, warm-up, Sun Salutations, standing postures, arm balances, backbends, neutralising poses, forward bends, twists, and finishing postures.

From the first weekend, trainees create and teach short sequences that progressively expand throughout the course. Regular peer teaching and feedback sessions provide practical experience in class leadership, communication, and classroom management.

Strong emphasis is placed on clear verbal cueing, effective demonstrations, and safe physical adjustments. Safe practice is reinforced through the study of anatomical alignment, contraindications, injury prevention, and pose modifications, developing the skills needed to create inclusive classes.

Anatomy, Biomechanics, Physiology — 25 hours

Students complete a comprehensive 30-hour pre-recorded Anatomy and Physiology course delivered by Dr. Yogi, combining evidence-based study with practical application throughout the training.

The course covers functional anatomy of the musculoskeletal system, joints, connective tissues, fascia, and movement mechanics, including detailed study of the feet, ankles, knees, hips, pelvis, shoulders, upper limbs, and spine.

Physiology topics include the nervous, respiratory, cardiovascular, endocrine, digestive, lymphatic, immune, and reproductive systems, with particular emphasis on the body's response to stress and the effects of yoga practices.

Biomechanics principles explore alignment, movement variability, muscular activation, breath mechanics, spinal positioning, and injury prevention. Through observation, posture analysis, sequencing exercises, and teaching practice, trainees apply anatomical knowledge to class design, verbal cueing, safe alignment instruction, and the creation of accessible and effective yoga experiences.

Fundamentals of Yoga Philosophy — 20 hours

There is a strong emphasis on honouring the roots and authenticity of yoga through the study, reflection, and practical application of yogic philosophy. Students explore key concepts from the Yoga Sutras of Patanjali, including the Eight Limbs of Yoga, and examine their relevance to modern teaching and personal practice. The course also covers the historical and cultural evolution of yoga, and readings from foundational texts such as the Bhagavad Gita and Hatha Yoga Pradipika.

Lifestyle and Ethics for Yoga Teachers — 10 hours

Through guided discussions and reflective homework, trainees explore yogic lifestyle, mindfulness, daily practice, journaling, self-care, and professional boundaries. Emphasis is placed on ethical teacher–student relationships, inclusivity, supporting students of all backgrounds and abilities, scope of practice, and gathering health information to ensure safe, responsible teaching.

Course Participants Practicum Teaching

Trainees progressively teach from the first weekend, building toward full class delivery using structured sequencing. Regular peer and mentor feedback, online teaching practice, observation, hands-on adjustment training, class attendance, and reflective journaling develop confidence, teaching skills, and professional competence.

SECONDARY EDUCATIONAL CATEGORIES

The school allocates hours across secondary categories at its own discretion, provided that the overall curriculum remains balanced and aligned with the required educational standards.

History of Yoga

Trainees explore the history and evolution of yoga from the Pre-Vedic and Vedic periods through the Upanishadic Age, the Mahabharata, Classical, Post-Classical, and Modern Yoga. Study includes key scriptures such as the Bhagavad Gita and Yoga Sutras, the development of Hatha Yoga, the relationship between yoga, Buddhism, and science, and the global spread of yoga through influential teachers including Swami Vivekananda, T. Krishnamacharya, and the Fathers of Modern Yoga.

Starting a Successful Yoga Business

Like any form of self-employment, owning a yoga business can be daunting; with proper direction and a strong network, trainees can cultivate a fulfilling career. Trainees learn the foundations of building a sustainable yoga business, including business planning, certifications, insurance, legal and financial responsibilities, and identifying service offerings. The module explores personal branding, marketing strategies, website and social media presence, attracting and retaining clients, networking, collaboration, and community building.

Yoga-Related Professional Development

This YTT is designed to be the beginning of a lifelong learning journey rather than the end of a training programme. Graduates become part of a supportive yoga community with access to continuing professional development opportunities, including advanced trainings in Yin Yoga and Myofascial Release, Yoga Sequencing courses, Pranayama trainings, and specialised workshops on chakras, meditation, and retreat facilitation.

Becoming a Yoga Teacher

At the School of Yoga and Healing, students are supported in the transition from dedicated yoga practitioners to confident, knowledgeable, and skilled yoga teachers. From the outset, students are assigned an asana per day to research and present, exploring its anatomy, philosophical significance, and key teaching principles, helping them develop confidence and cultivate their unique teaching voice.

A strong emphasis is placed on teaching methodology, cueing, sequencing, and hands-on adjustments from the first weekend, with learning reinforced through ongoing assignments and practice. Midway through the course, students begin teaching online, initially to peers and later to the wider school community, gaining valuable real-world teaching experience in a supportive environment.

Holistic Approach to Yoga Practice

The training embraces a holistic approach to yoga by integrating mind, body, and spirit throughout the course. Each student brings unique experiences, interests, and perspectives, and is encouraged to explore how yoga can become a tool for personal transformation and service, through exposure to diverse yoga pathways including chanting, trauma-informed yoga, yoga in prisons, and yoga for hypermobility. Guest teachers provide additional perspectives and expertise, alongside daily pranayama, meditation, journaling, and philosophy discussions.

SCHOOL POLICIES

School Policies are mandatory as they establish a clear, consistent, and legally sound framework for how the training programme operates. They define expectations for attendance, assessment, conduct, complaints handling, refunds, and ethical behaviour, ensuring transparency and fairness for all participants.

Well-defined policies protect both the school and its trainees by reducing ambiguity, supporting accountability, and ensuring compliance with professional and regulatory standards. They also contribute to maintaining educational quality, safeguarding student welfare, and upholding the credibility and integrity of the training programme.

Student and Staff Code of Conduct Policy

The School of Yoga and Healing is committed to providing a safe, respectful, inclusive, and professional learning environment. All students, teachers, staff, and guests are expected to conduct themselves with honesty, integrity, and mutual respect.

Participants must treat others without discrimination, harassment, bullying, intimidation, or inappropriate behaviour. Confidentiality, professional boundaries, and respect for personal beliefs, cultural backgrounds, and physical limitations must be maintained at all times.

Students are expected to attend scheduled training sessions, complete required coursework, participate actively, and uphold the ethical principles of yoga. Staff and trainers must act professionally, provide accurate information, maintain appropriate boundaries, and support student wellbeing.

The use of alcohol, illegal substances, abusive language, or disruptive behaviour during training activities is prohibited. Any behaviour that compromises safety, learning quality, or the reputation of the School may result in disciplinary action.

All participants agree to follow this policy as a condition of enrolment or employment.

Grievance Policy

The School of Yoga and Healing encourages open communication and aims to resolve concerns fairly, respectfully, and promptly.

Students or staff who experience difficulties, conflicts, or concerns should first attempt informal resolution by discussing the matter directly with the person involved, where appropriate. If the issue cannot be resolved informally, a written grievance may be submitted to the School Director.

The written grievance should clearly describe the issue, relevant dates, individuals involved, and any supporting evidence. The School will acknowledge receipt within seven days and investigate the matter impartially.

All parties will be given the opportunity to present their perspective. Confidentiality will be maintained to the extent reasonably possible. Following review, a written outcome will be provided, including any actions or recommendations.

Retaliation against any individual who raises a concern in good faith is prohibited. Records of grievances and outcomes will be securely maintained.

Deferment of Course Policy

Students unable to complete their training due to illness, family circumstances, work commitments, or other significant reasons may apply for a course deferment.

Requests must be submitted in writing and include the reason for deferment and any supporting documentation where appropriate. Approval is granted at the School's discretion.

Approved students may transfer to a future training cohort within twenty-four months of their original course start date. Any completed coursework or attendance hours may be credited toward the future programme, provided curriculum requirements remain substantially equivalent.

Students are responsible for completing all outstanding requirements before certification can be awarded. Additional fees may apply where significant curriculum changes require supplementary training.

The School reserves the right to refuse deferment requests where attendance requirements, conduct standards, or financial obligations have not been met.

Expulsion Policy

The School of Yoga and Healing reserves the right to expel a student whose behaviour seriously compromises safety, wellbeing, educational quality, or the integrity of the programme.

Grounds for expulsion may include harassment, discrimination, violence, repeated disruptive behaviour, academic dishonesty, falsification of records, breach of confidentiality, substance misuse during training activities, or failure to comply with School policies.

Where appropriate, the School will attempt to address concerns through discussion, warnings, or corrective measures before expulsion. However, immediate expulsion may occur in cases involving serious misconduct or risk to participant safety.

Students subject to expulsion will be notified in writing and provided with reasons for the decision. Expelled students forfeit certification eligibility and may not be entitled to refunds. The School's decision regarding expulsion is final.

Refund Policy

All refund requests must be submitted in writing.

Deposits are non-refundable unless the School cancels the course. Students who withdraw more than 60 days before the course start date may receive a refund of fees paid excluding the deposit. Withdrawals between 30 and 60 days before commencement may receive a 50% refund of tuition fees. No refunds are available within 30 days of the course start date.

Exceptional circumstances, including serious illness or family emergencies, may be considered on a case-by-case basis at the School's discretion.

Refunds are not available for missed classes, partial attendance, voluntary withdrawal after commencement, or failure to complete certification requirements. Approved refunds will normally be processed within 30 days of approval.

Course Cancellation Policy

The School of Yoga and Healing reserves the right to cancel, postpone, or reschedule a training programme due to insufficient enrolment, illness of key faculty, force majeure events, government restrictions, or other circumstances beyond its reasonable control.

If a course is cancelled by the School, students may choose either a full refund of all fees paid or transfer to a future training programme. The School is not responsible for non-refundable travel, accommodation, loss of earnings, or other indirect expenses incurred by participants.

Where possible, students will be notified promptly of any changes. The School will make reasonable efforts to provide alternative training dates or arrangements to minimise disruption. Any refund issued under this policy will constitute full settlement of the School's obligations relating to the cancellation.

Race and Equal Opportunity Policy

The School of Yoga and Healing is committed to providing a learning and working environment that is inclusive, respectful, and free from discrimination.

Equal opportunities are provided to all students, staff, trainers, mentors, and applicants regardless of race, colour, nationality, ethnic origin, gender, age, disability, religion, sexual orientation, marital status, socio-economic background, or any other protected characteristic.

Discrimination, harassment, bullying, victimisation, or exclusionary behaviour of any kind will not be tolerated. All participants are expected to treat others with dignity, respect, and professionalism at all times.

The School values diversity and recognises that a broad range of experiences, perspectives, and backgrounds enriches both the learning environment and the yoga community. Reasonable adjustments will be made where practicable to support students with disabilities, injuries, health conditions, or additional learning needs.

Any concerns regarding discrimination, harassment, or unequal treatment should be reported through the School's Grievance Policy and will be investigated promptly, fairly, and confidentially. Failure to comply with this policy may result in disciplinary action, suspension, or expulsion from the programme.

RYS Code of Practice Policy

All students, trainers, staff, mentors, and representatives of the School are expected to uphold the highest standards of professionalism, integrity, and ethical conduct.

Participants must conduct themselves in a manner that supports a safe, respectful, and inclusive learning environment. Respect for personal boundaries, confidentiality, diversity, and individual differences must be maintained at all times.

Teachers and trainees are expected to practise and teach within the limits of their training, competence, and scope of practice. Student safety must always be prioritised through appropriate instruction, informed consent, and the use of suitable modifications and adaptations.

The School does not permit discrimination, harassment, exploitation, abuse of authority, inappropriate relationships, or any behaviour that may compromise the wellbeing of students or staff.

All information relating to students' personal circumstances, health conditions, and training records must be treated confidentially and handled in accordance with applicable privacy requirements.

Participants must comply with all School policies, certification requirements, and applicable laws and regulations. Any breach of this Code of Practice may result in disciplinary action, suspension, expulsion, or removal from teaching responsibilities.

Yoga Alliance International formally recognises and accepts online training as an approved component of its registration standards.

CONTACT HOURS & LIVE INTERACTION

The School of Yoga and Healing ensures 152 hours delivered in-person with the Lead Teacher, 8 hours in-person with Guest Teachers, and 20 hours online for History & Philosophy, plus 30 hours of pre-recorded Anatomy & Physiology. Additionally, there are live Q&A sessions on anatomy on a monthly basis, and students engage in online teaching practice on a weekly basis from the fourth training session onwards.

Weekend Schedule (20 hours per weekend)

Fridays: 5pm – 9pm

Saturdays & Sundays: 9am – 6pm (including a one-hour lunch break)

Example of a weekend schedule:

Friday

- 5.00pm – 5.30pm: Opening the Weekend
- 5.45pm – 7.45pm: History & Philosophy Lecture
- 8.00pm – 9.00pm: Yin Yoga

Saturday & Sunday

- 9.00am – 11.00am: Practice Session (Pranayama, Meditation, Asana)
- 11.00am – 1.00pm: Study (breakdown of yoga practice, applied sequencing)
- 1.00pm – 2.00pm: Lunch
- 2.00pm – 3.30pm: Workshop (sequencing, theming, hypermobility, yoga in prison, trauma yoga, etc.)
- 3.30pm – 5.00pm: Teaching (peer teaching, cueing, observation, feedback)
- 5.00pm – 6.00pm: Practice

Valencia Immersion Schedule

The two-week immersion is designed to provide 80 contact training hours while still allowing participants time to enjoy and experience the Fallas Festival in Valencia. The schedule combines practical yoga training, philosophy, anatomy, teaching methodology, workshops, and self-study with periods of rest, integration, and cultural experience. Lunch breaks are extended to include discussions and practices around yogic habits, mindful eating, lifestyle, and community connection.

- 9.00am – 11.00am — Practice Session (Pranayama, Meditation, Asana Practice)
- 11.00am – 1.00pm — Study Session (Philosophy, Anatomy, Teaching Methodology, Chakras, Yoga History)
- 1.00pm – 3.00pm — Lunch & Yogic Habits (Mindful eating, karma yoga, journaling, discussion, rest)
- 3.00pm – 4.30pm — Workshop (Alignment, Assists, Inversions, Yin Yoga, Sequencing)
- 4.30pm – 6.00pm — Teaching Practice (Peer teaching, cueing, observation, feedback)
- 6.00pm – 7.00pm — Evening Practice / Integration (Yin Yoga, Meditation, Restorative, Yoga Nidra)

ASSESSMENT TOOLS AND STUDENT EVALUATION PROCESS

Assessment is conducted through a combination of practical teaching evaluations, written assessments, participation, observation, presentations, reflective practice, and ongoing faculty feedback. As the training is delivered primarily face-to-face in small groups, assessment is continuous throughout the programme rather than limited to final examinations.

Students progressively develop and teach sequences from the first training weekend, receiving regular observation and feedback from the Lead Teacher and peers. The final practicum assessment requires each trainee to teach a 60-minute yoga class incorporating guided meditation, pranayama, and asana practice. Classes must follow the School's sequencing methodology and demonstrate effective sequencing, safe and clear cueing, use of Sanskrit posture names, appropriate modifications, and the ability to respond to the diverse needs of students.

Teaching sessions are recorded to support self-assessment, reflective learning, and ongoing professional development. Students participate in peer feedback discussions and reflective journaling to develop self-awareness, teaching confidence, and professional competence.

Yoga Philosophy and History are assessed through quizzes, class participation, written reflections, and journal assignments. Anatomy, Physiology, and Biomechanics are assessed through successful completion of Dr. Yogi's 30-

hour online Anatomy and Physiology course, including all module quizzes and assessments, together with a presentation on an assigned anatomy topic.

To be eligible for certification, students must successfully complete 100% attendance, all coursework, assignments, presentations, assessments, teaching practicum requirements, and Dr. Yogi's Anatomy and Physiology programme. If a student is unable to complete all requirements within the scheduled training period, an extension may be granted at the discretion of the Lead Teacher, with additional mentoring and support, including pairing the student with a graduate mentor from a previous training cohort.

All assessments are conducted and reviewed by the Lead Teacher to ensure consistency, competency, and readiness for certification. Certification will only be awarded once all attendance, assessment, coursework, and practicum requirements have been satisfactorily completed and approved by the Lead Teacher.

This programme is accredited by Yoga Alliance International.

