

# Alberta Yoga College 200HR Certification

## TERMS & CONDITIONS

**Effective: February 23, 2022**

### PURPOSE

To provide students of the 200HR Yoga Teacher Training (YTT) Program facilitated at the Alberta Yoga College (AYC) an understanding of certification requirements, timelines, and the responsibilities of both the student and the AYC regarding successful certification.

### CERTIFICATION REQUIREMENTS

To receive a certificate of graduation for the 200HR YTT at the AYC students must complete the following:

- Attend and participate in the scheduled 10 hours per week of in-studio or livestream sessions\*
  - If attending livestream, students must be fully present with their cameras on, participating in conversation, practice, and the workshop.
- 16 apprenticing classes with the AYC in-studio or livestream
  - These classes have to be 1hr+ classes and must be mainly asana based classes. Yoga Nidra, Meditation, etc. do not count towards apprenticing requirements.
  - VOD classes cannot be used for apprenticing.
- Research one Significant Sage within the list provided by the AYC and present to the group based on the course outline/course calendar.
- Complete a 1-hour class plan and submit it to Stephanie for feedback.
  - Option to join in on the Community Class Grad Project and teach this class live at the studio.
- Complete short, weekly homework readings and assignments

*\*Under unforeseen circumstances students may complete up to 6 sessions via VOD at the **prior approval** of the Director of Operations.*

### CERTIFICATION TIMELINE

Each 200HT YTT session is offered in a 12 week period and the intention is that each student complete their requirements within this timeline.

The AYC does offer the flexibility to complete the session over 6 months under the following option:

- Complete the Theory Modules within the first 3 months

- Complete the Practical Technique Modules in the consecutive 3 month session offered by the AYC:
  - Within the Practical Technique Modules the remaining course requirements must also be completed: Apprenticing, Significant Sage, Final Class Plan
- *Please Note: You must complete 12 hours of training/mth to qualify for the CRA T2202 Form to claim the tuition on your annual tax return.*

In the event a student begins the 200HR YTT, but due to unforeseen circumstances cannot fulfil the commitment within the 6 month period, the AYC will work to find the best possible solution with this policy in mind.

- Under this circumstance, it is the students responsibility to:
  - Communicate this circumstance immediately with the Director of Operations via email and indicate their intention on whether they want to continue to pursue the certification.
  - If they intend to pursue the certification, it is the students responsibility to outline the manner in which they would like to complete their certification. This will be reviewed by the Director of Operations and a response regarding approval will be provided within fourteen (14) business days via email.
  - Students who do not communicate with/confirm their intentions with the Director of Operations **within thirty (30) days** from the time they have stopped their studies, will have forfeited the opportunity for certification under this registration. To continue any studies would require re-registration of the 200HR YTT program.
- Under this circumstance, it is the AYC's responsibility to:
  - To respond to the student via email within the timelines indicated above.
  - Offer a training spot for the outstanding requirements, within the agreed timeline, at no additional charge.

In the event there is an unexpected disruption in business at the AYC, such as flooding/fire at the studio, government regulations. etc., the AYC commits to the following:

- Making reasonable effort to secure another in-person location within the City of Calgary.
- At a minimum, continuing the program via Livestream should in-studio learning not be an option.
  - Students cannot withdraw due to moving to a virtual format and will be required to continue via Livestream.
- Under this circumstance it is the student's responsibility
  - To continue the training under the provided method.

- Historic unfinished certifications, prior to the change of ownership, on November 1, 2021, will be carefully reviewed by the current Director of Operations. Consideration will be based on previous records of both the AYC, the student, and with the contents of this policy in mind. Requests must be made via email to the Director and a response will come within thirty (30) days of its receipt. To maintain the standards of our YTT there will be no consideration for unfinished certifications that began prior to January 2020.