



Student Contract and Terms & Conditions

300 hour Course & Intensives

Our aim is to provide you with the tools you will need as a yoga teacher, and to inspire you to continue your journey of discovery so that you can teach from your own depth of experience. You will be encouraged to experience different schools and practices with an open heart, so that you can find what resonates with you and prepare to share this with your students.

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Prerequisites

To be accepted onto this course you will need the following:

- A Yoga Alliance 200h Teacher Training certificate
- At least 3 years' steady practice, including two years of regular practice with a teacher

Course Accreditation

You will receive a certificate from the Laura Gilmore Yoga & Bristol School of Yoga on completion of the course.

Our 300hr Advanced Teacher Training course is accredited by Yoga Alliance Professionals (previously known as Yoga Alliance UK) at 300 hour (advanced) level. For more information please visit the [Yoga Alliance Professionals website](#).

Individual modules are certified with Yoga Alliance Professionals at 40 hours CPD.

Graduation Requirements

There are minimum requirements for graduation set by Yoga Alliance Professionals which Laura Gilmore Yoga meets and often exceeds in order to provide high quality teacher training.

You agree to meet the standards set by Laura Gilmore Yoga and Yoga Alliance Professionals, and understand that a failure to meet the requirements set out below may prevent you from graduating.

Attendance

It is of prime importance that you attend all of the training days scheduled as part of the course, so that you complete the required number of training hours set by Yoga Alliance Professionals and Laura Gilmore Yoga/Bristol School of Yoga.

You must arrive before the scheduled start time for each training day. If you are going to be late please text Bristol School of Yoga (number listed on page 7) and your peer WhatsApp group.

You must arrive back from breaks promptly at the time agreed.

Catching up on missed hours

If you miss any training hours you are required to catch up on the course content missed.

We will try to be as flexible as possible and arrange the option that suits you best but this is at the discretion of your course tutor. **There will be a fee for all catch up as we need to cover the associated costs of teaching, the venue and administrative time.**

Catching up on a later course

You may catch up on part of/a whole module by attending the same module on a later course, the administration fee for this is £170 per module (regardless of length).

Catching up on a one-to-one basis

You may catch up on missed hours on a one to one basis with one of our teachers.

The teaching fee may vary between tutors approx. £75-£90/ hour.

Regular Yoga Practice

You are required to maintain a regular yoga practice at both a taught class (at least once a week) and self-practice at home.

Karma Yoga

When you are at the Bristol School of Yoga studio we ask that you do your part to keep the studio space clean and tidy. BSY is a shared space and there will be other students and members of staff using the building.

We will divide up the cleaning tasks between the group, but be aware that these will take place at the end of the breaks and at the end of the day. Let us know if you need to leave immediately at the end of the day.

Assignments

For many modules you will need to prepare with relevant study and homework. Please bring with you any relevant text and material, you can find the reading list on our website.

To get your 300 hour certification you will need to complete a 5000 word essay on an area of yoga that particularly interests you. Details of this assignment will be sent out with the course information once your place is confirmed.

Please be sure to hand in your assignment on time. Assignments that are handed in late or that are not at the required level will be subject to a £30 administration or resubmission fee.

Assessment

Take part in continual assessment - both practical and theoretical. Graduation is not guaranteed - you need to be responsive to feedback from your teachers and pass the course assignment. In the unlikely event that the teachers decide a particular student is unlikely to graduate this will be discussed with the student at the first opportunity on a one to one basis.

On completion of the course we will expect you to be ready to teach yoga for beginner and intermediate students. You will be able to competently teach relevant asana, pranayama, meditation and philosophy in a method and manner that suits you. We will support you in every way to achieve this, but we also expect you to develop your own practice and to practice teaching to support this achievement.

Ethics of Yoga Teaching

Set out below are the basic ethical standards with which we expect all our students and graduates to comply. They supplement the yamas and niyamas and other basic norms of yogic behaviour.

We expect students to be aware of the yamas and niyamas and to live with awareness of these principles. Should the behaviour of a student fall short of the standards we expect, we reserve the right to refuse certification.

- Respectful attention of the teacher and course peers
- Be focused throughout the course modules
- Respect your fellow trainees and the course tutors/assistants, e.g. turning phones off
- Preferably sitting up attentively in sessions (unless ill/ injured)
- Listen attentively to each other
- You are responsible for your own body and your own practice. If you need to come out of any physical poses or experience pain then please stop and rest to avoid injury.
- Laura Gilmore Yoga/Bristol School of Yoga cannot take responsibility for any injury caused whilst training.
- Complete the training to the best of your ability.
- Only offer services as a yoga teacher you feel competent to provide
- Do not make inaccurate statements about yourself or your experience/training
- Do not attempt to diagnose a student's physical/ mental condition (unless you are qualified to do so professionally)
- Be honest and straightforward in business dealings
- Respect your student's beliefs and values
- Engage an attitude of compassion towards your students
- Do not criticise your students or talk about them in a disrespectful way
- Do not undermine other yoga teachers/ trainees or any other system of yoga
- Do not discriminate on grounds of any personal preference or on grounds of race, religion, age, sexual orientation etc.
- Do not undermine any medical advice/help your students may receive

- Always act with tact and consideration in talking to your students, sometimes you may need to wait for a quiet space in which to talk away from others
- Do not engage in any personal relationship with a student that takes advantage of your position as a teacher. This includes sexual relationships.
- If you feel unable to continue teaching a student for any reason try to provide a referral to another suitable yoga teacher.

Other Requirements

You will require a first aid course and relevant public liability insurance to teach yoga or any other techniques you learn on a LGY course.

Online Learning

By submitting my application I agree to complete any online learning that is assigned as part of the course.

In order to facilitate our online learning platform, we need to record all livestream sessions which will create a recording of your image and your voice. By applying for this course you are consenting to participate in livestream sessions via Zoom which will be recorded. These recordings will not be used for promotional purposes and will only be viewed by teachers, staff members and fellow students.

Access to pre-recorded course material and recordings of live training days

Recordings of the live training days will be made available for free for a period of 30 days following the end of the intensive. If you require access to the recordings after the initial 30 days they can be made available for a further 60 days for a fee of £120.

Pre-recorded online content that accompanies each module/intensive will be available for 6 months.

Please be respectful that the recorded material is the copyright of Laura Gilmore and you should not share access with any other person. We also ask that you respect that no part of any presentation or practice may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, photocopying, recording, or otherwise without the prior written permission of Laura Gilmore. Thank you for your understanding.

Social Media

When sharing your practice or teachings that are strongly informed by Laura Gilmore's work, a mention of Laura Gilmore is appreciated to support her courses. Laura loves to celebrate and share what you are doing so please do tag her!

Changes to Course Delivery

In exceptional circumstances where access to the studio is restricted, due to any circumstance, such as extreme weather, act of God, or pandemic; LGY will aim to continue the course. Any affected training modules or courses will be delivered in an online format. In this way, LGY will provide all materials needed to fulfil its obligations.

You are obliged to see the training through whether in person or online. Refunds will not be given due to amendments being made to how a training course is delivered in unforeseen circumstances and where LGY is forced to change the advertised description of the course.

Complaints

Complaints must be submitted in writing to hello@lauragilmoreyoga.co.uk

Deferral

8 Module 300 hour Course

If your application is successful you will be asked to notify LGY of the 8 modules you wish to study that form the course intake you apply for. **If before applying you know that you are unable to attend one of the module dates you must let us know via email.** We will then book you onto the following instance of the course. Failure to notify LGY in advance will result in a deferral fee of £170 per module.

By signing up to the 8 module course you receive a discount on the condition that you will complete your modules within the time frame agreed (18 months) - the modules are to be taken consecutively.

If during the course you need to defer to a later module of the course due to extenuating circumstances then you must email us as soon as possible. There is a deferral fee of £170 per module deferred. Please note it is only possible to defer to a forthcoming module once and this must be onto the following occurrence of that module, or with agreement an alternative module. This must also be within 18 months of the deferral date.

Individual Intensive Bookings

We cannot offer deferrals on individual module/intensive bookings.

Teachers & Support

All of our teachers have a wealth of experience to share with you and we anticipate that you will thoroughly enjoy the course. If you do experience any doubts or concerns in any way, please contact us:

Email: hello@lauragilmoreyoga.co.uk

Phone : 07828 202203

Tuition Fees & Payment

Fees

- 8 modules over 18 months - £3,977
- Individual intensives/modules - £557

You cannot graduate from the training course if any money is outstanding. Please be aware that once you have commenced the teacher training course with us you are in a contractual agreement to pay **ALL** of the course fees, regardless of whether you decide to complete the course or not

If your application is successful, you will be signed up to the payment plan which is available on your application date. You will be asked to set up a monthly direct debit into the Laura Gilmore Yoga bank account with the first instalment to be paid one month after you paid your deposit. The bank account details are as follows:

Account name: Laura Gilmore

Account number: 30366425

Sort code: 23-69-72

Reference: 300hr TT course

Once agreed to, your payment schedule can only be changed with agreement from Laura Gilmore Yoga. There is no extra charge for choosing to pay in instalments. If you would prefer to pay the remainder of your course fees in full once your application has been accepted then please email hello@lauragilmoreyoga.co.uk

If your application is unsuccessful then we will refund your deposit in full. If your application is successful your deposit is non refundable.

It is your responsibility to ensure your payments are made in full and on time. By accepting a place on a course with LGY you commit to paying the course fees on the scheduled dates agreed. All late payments will be subject to a **£30 late payment fee**.

By submitting your application you are committing to paying the course fees in full, on time, and understand that a failure to do so will result in failure to graduate.

Payment Plans

Full course fee is £3,977

300hr - 8 modules over 18 months

- **Long Plan** - available up to 6 months before the course start date.
£690 deposit, followed by 18 monthly payments of £182.62 per month.
- **Medium Plan** - available within 6 months of the course start date.
£690 deposit, followed by 10 monthly payments of £328.70 per month.

1 module/intensive

- **Long Payment Plan** - available up to 6 months before the course start date.
£250 deposit, followed by 4 monthly payments of £81.75.
- **Medium Payment Plan** - available 6 - 2 months before the course start date.
£250 deposit, followed by 2 monthly payments of £163.50.
- **Short Payment Plan** - available within 2 months before the course start date.
£250 deposit, followed by 1 payment of £327 one month later.

Once agreed to your payment schedule can only be changed with agreement from Laura Gilmore Yoga.

Payment in Full

If you would prefer to pay in full you can do this when you apply.

Bursaries

Bursary places are offered on the terms outlined above. We cannot offer bursary places on individual module bookings. If we offer you a bursary place on a 300 hour course please note that we may not be able to offer you a bursary place on any optional modules that you choose to book with LGY.

Cancellation Policy

It is highly unlikely that you will start the course and then decide not to continue, however if for any reason you feel unable to continue please put this to us in writing.

No refunds, credits or transfers are available on cancellation of the course prior to, during or after the start date.

Please be aware that once you have commenced the teacher training course with us you are in a contractual agreement to pay ALL of the course fees, regardless of whether you decide to complete the course or not.

Agreement

I understand that by submitting my application I agree to abide by the terms set out in the contract above if I am offered a place on a course with Laura Gilmore Yoga/Bristol School of Yoga. I understand that if I break the terms of this agreement then I may not be able to graduate or complete the course, and will not be entitled to any refund.