

THE CENTRE FOR MULTIDIMENSIONAL LEARNING

A YOGA SCHOOL FOR PERSONAL DEVELOPMENT AND INSPIRATION

ASSESSMENT AND ACCREDITATION

200-Hour Hatha Yoga Teacher Training

Founded by Course Director and Senior Teacher Eleonora Ramsby Herrera in collaboration with co-teachers and guest teachers.



This policy is reviewed regularly and updated as required. Adopted on: 28th of September 2015 Last reviewed: 21st of September 2017.

ASSESSMENT CRITERIA, PROCEDURES AND ACCREDITATION

Dear trainee,

Thank you for joining The Centre for Multidimensional Learning and its 200-hour hatha yoga teacher training directed by senior yoga teacher Eleonora Ramsby Herrera. This training school has met the stringent requirements set by Yoga Alliance Professionals and Yoga Alliance, demonstrating that the course is of the highest standard.

From years of experience in education and learning, we have developed our own evaluation procedures and assessment criteria which are presented to you in this document to ensure that you get the most of your learning experience and develop into a skillful and confident teacher that meet the standards of Yoga Alliance Professionals and Yoga Alliance.

The 200-Hr Teacher Training in Hatha Yoga is a combination of continuous assessment and completed practical and written tasks. We encourage process over performance. Therefore, we believe in a continuous assessment that is ongoing throughout the course, maintaining an open dialogue between teacher and students about one's progress and having the option to receive feedback tutorials to support one's learning. Below are the training requirements needed for graduation:

1. In order to receive a certificate of completion from this 200-Hr Hatha Yoga Teacher Training Course, students must attend 180 contact hours and an additional 20 non-contact hours to be compliant with current curriculum guidelines.
2. It is important that you complete the total number of contact hours. We ask that you attend all the weekend modules to get the most out of the course. However, in case of unforeseen circumstances, you are allowed to miss up to two full training days. If you have to miss a session, you will be required to complete an Absentee form **prior** to the date of absence, unless the absence is an emergency. Absentee forms must be submitted to the Course Director, this can be done via e-mail.
3. If you were to miss any contact hours, you need to ensure that these are caught up in agreement with the course director to make up for lost contact hours. To retake any parts of the training the following options are available depending on what has been missed:
 - Students must review class notes from a fellow student for content covered during their absence.
 - Students may be asked to do additional homework relevant to the missed hours.
 - Students must make up the contact hours they missed with an appropriately qualified teacher. This can be in the form of attending an appropriate workshop (i.e. relevant content).

- You can choose to attend a later session that is part of another training group
 - 1-2-1 tuition with course director. Please note that additional charges apply at a rate of £70 per hour.
 - Students must also complete a 'Make Up Hours' Form, which must be signed by the teacher, to record the time that has been made up.
4. Your home assignments are included as part of the 20 non-contact hours. After each teacher training weekend module, practical and theoretical homework are set. All homework that is given is to be submitted on time unless by prior arrangement with the Course Director. If you do not hand in your work on time it will result in failure of certification.
 5. We ask that you complete all yoga sessions to the best of your ability, unless injured, in which case you are welcome to sit in and observe the class.
 6. Throughout the training, students are continually observed and guided in a positive, non-dogmatic, encouraging and collaborative learning environment. Throughout your participation you are required to demonstrate a clear understanding of the practical work presented throughout the course along with the assigned course literature together with an ability to reflect upon relevant information through your own lens of subjective interpretation.

This will be done through various ways such as:

- **Reflection**
In between training weekend trainees are asked to send in written reflections based on the previous sessions. E.g. personal reflections of the philosophy, teaching practices etc.
- **Teaching practicum**
Teaching practices are 10-30 min sessions where the trainees are asked to put their learning into practice and teach one or more of their peers through an asana, pranayama or meditation practice.
- **Class planning and sequencing**
Leading up to their assessment class, trainees will develop hatha yoga sequences as part of their homework and continuous assessment

- **60 minute yoga class assessment**
Trainees develop their own 60 minute yoga class based on what they learned on the training and teach a group class.
- **Presentation**
A 10 minute presentation of an area of their choice but related to the key learning areas
- Students are further advised to attend of a minimum of 10 public yoga classes with the SYT during the course of the training as part of the trainee's continuous self-development.

ACCREDITATION

Successful completion of the Hatha Yoga Teacher Training 200-Hr Course will entitle you to apply for an Associate Level 1 with Yoga Alliance Professionals and register as a 200-RYT with Yoga Alliance, with whom the course is accredited. We advise that you visit their website for further information,

www.yogaallianceprofessionals.org

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