

TRADITIONAL YOGA

TEACHER TRAINING COURSE - BEGINNERS (RYT-200)

CERTIFICATION

Traditional Yoga is registered with the Yoga Alliance as a Registered Yoga School (RYS500). Upon completion you will receive a 200 hour Traditional Yoga Teacher Training Certificate (Beginners). This certificate is valid for a period of 2 years from the date of issue after which you should go for up gradation of the same, if you wish to register with Yoga Alliance. If you want to register your training with the Yoga Alliance as RYT-200, please refer to their certification policy, http://www.yogaalliance.org/Credentialing/Credentials_for_Teachers

OUR CODE OF CONDUCT

We expect our students to maintain high standards of personal conduct. This includes personal honesty, discipline, integrity, ethics and values. Our code of conduct is a declaration of acceptable ethical and professional behaviour by which all registrants agree to conduct the teaching of yoga. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for yoga principles.

OBSERVANCE OF YAMA

For the duration of the course all students resolve to practice Yama, the code of conduct outlined by Patanjali. Yama involves maintaining Ahimsa (non violence/abstaining from harming/abusing/using harsh words); Satya (speaking truth/abstaining from lies/frivolous talk); Asteya (abstaining from stealing); Brahmacharya (abstaining from sexual activities other than spouse); Aparigraha (abstaining from intoxicants including tobacco and alcohol)

PUNCTUALITY

As a mark of respect for the teacher and as a practice of self discipline, students are required to be on time and to remain for the duration of each class. In the event that you need to be absent from any class or to leave the class early, permission should be obtained from the Teacher/Course Coordinator in advance. **Classes missed during the course cannot be made up.**

NOBLE SILENCE

Students are expected to maintain noble silence during the teaching hours and on the premises where the course is taking place. This means students should avoid communication with fellow students and instead maintain mindfulness throughout the class. Communication is only permitted with the volunteers. The aim of this is to allow focus and awareness to stay within in order to deepen the meditative aspect of the practice. When the mind is calm and quiet it increases the ability to absorb information and learn.

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Signature of the student

PERSONAL CONDUCT

Students are expected to uphold high sense of discipline, dignity, gentle and a discreet behaviour. The very purpose of treading on this spiritual path is a conscious attempt to transcend to higher levels of living by progressing from attachment to detachment, from Raga and lobha to Vairagna, following a “middle path” thereby adopting a balanced disposition. Students are therefore strictly advised not to get into any kind of financial or non financial contracts / engagements, personal dealings etc which may vitiate the very purpose of attending this training programme.

SEATING ARRANGEMENTS

Seating arrangements have been made based on gender segregation keeping in view the privacy and comfort, thereby striving to ensure that there is no unnecessary interaction between both the sects / groups either for doubts clarification or notes exchanges regardless of whether they come from the same family or not. We therefore expect remarkable decorum and utmost discreetness in dealing with one another.

CLASSROOM DECORUM

Students are strictly instructed not to keep forming groups and crowding places for interactions with their co-students during the daily yoga time slot, which includes the entire time that they are present in the yoga premises. For all notes, doubts clarifications, any other needs or concerns, they should reach out to only designated volunteers, duly earmarked for the same. Notes exchanges and group discussions among the student community is strictly prohibited.

CLASS TIMINGS

Yoga premises gates would open daily **fifteen minutes** prior to the commencement of the class. Students who reach the venue prior to this time will have to wait at the reception or alternatively at the designated place duly advised by the Volunteers. Students are also expected to leave the premises soon after the yoga class is done for the day.

2-DAY MEDITATION COURSE

The course includes a two day intensive meditation program (the crux of the teachings of Raja Yoga), the participation is mandatory. Non participation in this program on any one day or both the days without a valid reason will disqualify you from receiving the successful completion certificate.

MOBILE PHONES

All mobile phones to be switched off or to be kept in silent mode and kept at the designated place before entering the class.

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Signature of the student

FOOTWEAR

Please leave your shoes footwear neatly outside in a row in the place earmarked for them.

PROHIBITED ITEMS

Photography, Video, Audio recording during classes is strictly restricted.

CLOTHING

Wear loose comfortable clothing for asana practice. To maintain the sanctity of the class, modest dress is required, with shoulders, midriff and legs covered. Transparent and revealing clothing is not permitted.

VALUABLES

The centre will not accept responsibility for any loss or damage of your belongings in the centre. Please keep your valuables with you at all times.

CLASS RULES AND REQUESTS

- Seek the guidance of the volunteers to place your asana mats in the class.
- Always place the mats without making any sound or causing any disturbance to your fellow student.
- Do not alter the position of the asana mats in a class to suit your convenience.
- Students must not assist each other during class without prior permission of the teacher.
- When the class has ended, please fold the mat and carry it back.
- Any feedback, comments or suggestions for the teachers should be reserved until the end of the class.
- *After the class is over, please leave the premises immediately*

SUMMARY

To maintain the pure vibration we request you to abide by the above rules in a spirit of cooperation. Students are reminded that the teacher and staff are mostly volunteers with varying experience who offer service as part of their spiritual discipline. Your understanding and patience is appreciated. The spirit behind the discipline and rules is to enabling you to obtain maximum benefit from your yoga practice.

Most importantly, students are advised to appreciate the real **"INTENT"** of the RYT course and thereby uphold the credibility and respectability of our Yoga teacher, Dr A L V Kumar and also this Traditional Yoga Institution.

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Signature of the student