

# THE CENTRE FOR MULTIDIMENSIONAL LEARNING

A YOGA SCHOOL FOR PERSONAL  
DEVELOPMENT AND INSPIRATION

200-HOUR HATHA YOGA TEACHER TRAINING



Founded by course director and senior teacher  
**Eleonora Ramsby Herrera** in collaboration with  
co-teachers and guest teachers.

A handwritten signature in black ink that reads "Ellie Ramsby". The signature is enclosed within a decorative, flowing line that forms a partial circle at the bottom, with a small leaf icon at the end of the line.

## TERMS AND CONDITIONS



# GUIDELINES FOR YOGA TEACHER TRAINING

To ensure that we all get the best possible experience together during the next coming months we have put together a few guidelines that are there to support a positive and safe learning environment.

## **SELF-CARE**

Embarking on a yoga teacher training is an exciting journey. Our teacher training is a place for learning, exploration and personal growth and we encourage you to keep an open mind and a brave heart throughout your learning experience. We ask that you respect your body and your 'self' during the course of the training and do not push yourself beyond what you consider safe and healthy. A challenge is always welcome, however, knowing when to draw your personal boundaries is just as important. The weekends are intense so please make sure to get plenty of rest, keep a good diet, (moderate alcohol intake etc.) take a hot bath/shower and give yourself some downtime so you can arrive to the sessions feeling refreshed. Remember to take everything in your own pace and give your learning process the time it needs.

## **RESPECT**

Time is valuable so please make sure to arrive at least 10 minutes prior to starting time, first thing in the morning and also after your lunch break. The studio opens 15 minutes before the day starts. Students who are late to class may be asked to wait until the initial session has finished (e.g. if the day starts with a 30-minute meditation and a student arrives 10 minutes late, they will be allowed in once the meditation is complete).

Respecting and honouring the space and privacy of others is an important aspect in order for us to build trust within the group. Any sensitive and personal information that may be shared within the group at any point is not to be shared or discussed with other people. You can always communicate with one of the teachers if there is a need to express something.

Make sure you arrive prepared with the necessary equipment that you will need during the weekend, i.e. pen, journal, books, manual etc.




## **GROUNDING**

Please leave the chatter outside the studio. The studio serves as a peaceful and calm haven. When you arrive first thing in the morning or after your lunch break, please arrive in silence to give yourself the opportunity to settle in and relax onto your mat. Phones are only to be used during the break and outside the studio premises.

## **PRACTICE & INTEGRATION**

In between weekends we encourage you to consolidate your learning to help you digest all the new information and make it your own. This training is not supposed to be another "thing-to-do" in your everyday live, however sometimes things do get a bit cramped! In order to avoid any unnecessary stress please do your best to give yourself the time you need for homework, reflection and practice. If possible, we also suggest that you take one class a week with Eleonora Ramsby Herrera.











# TEACHER TRAINING SAFETY POLICY

-  Injuries suffered by the student, caused whole or in part by the student's failure to follow the instructions of the instructor or by any physical impairment of the student which has not been fully disclosed to the teacher trainer director in writing, is the responsibility of the student and not the fault of the teacher.
-  It is vital that you supply us with correct information about yourself. We cannot be liable for any incorrect information supplied by you to us. We try our best to make sure that all information contained on our website (and provided by us to you as part of our services is correct, but, subject to the paragraph below, we do not accept any liability for any error or omission and exclude all liability for any action you (your legal representatives, heirs) may take or loss or injury you may suffer (direct or indirect including loss of pay, profit, opportunity or time, pain and suffering, any indirect, consequential or special loss, however arising) as a result of relying on any information on our website or provided through any service supplied by us to you.
-  The studio premise is only open for participants of the teacher training and the entrance doors to the premises will be locked during our sessions to ensure that belongings are kept safely. However, no instructors and employees of the teacher training are responsible for loss or damage to a student's personal belongings. The teacher training director reserves the right to make alterations to the types of facilities provided, without notice and in its absolute discretion and shall not be liable for any loss occasioned by such alterations except in so far as loss is by law incapable of exclusion. The teacher training director reserves the right to change the class schedule, including cancellation of individual classes and change of instructor without notice. You, your legal representatives and your heirs release waive, discharge and covenant, are not to sue teacher trainer director Eleonora Ramsby Herrera and its instructors for any injury or death caused by their negligence or other acts.

# CODE OF CONDUCT

**This Code of Conduct is a summation and declaration of acceptable, ethical and professional behaviour by which all Yoga Alliance Professionals and Yoga Alliance Registered Yoga Teachers agree to conduct in their teaching and business of Yoga.**







As a registrant of the Hatha Yoga Teacher Training, I agree to uphold the ethical goals set forth in the following Conduct as both a student and a teacher of yoga:

-  To have read, understood and to follow the guidelines and assessment policies set out for the yoga teacher training (see our guidelines and assessment policy).
-  To ensure that safe effective yoga teaching is available to the public and that you choose to practice safely as well in order to encourage longevity and good health both as a practitioner and teacher of yoga.
-  To maintain and uphold the tradition of Hatha Yoga as well as developing your own personal interpretation to the practice in an authentic manner. To teach yoga from experience of these traditions and to disseminate these teachings to anyone, from any background, who earnestly desires to follow these traditions.
-  Uphold the integrity of my vocation by conducting myself in a professional, non-authoritarian, compassionate and conscientious manner.
-  Respecting the boundaries of each student while fostering a positive and respectful dialogue between you and your students.
-  Acknowledge the limitation of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
-  Create and maintain a friendly, welcoming, safe, clean and comfortable environment for the practice of yoga while respecting the rights, dignity and privacy of all students.
-  Encourage diversity actively by respecting all students regardless of age, physical limitation, race, creed, gender, ethnicity, religious affiliation or sexual orientation.
-  Avoid words and actions that constitute sexual harassment, racist and/or disrespectful remarks.
-  Follow local government and national laws that pertain to my future yoga teaching and business.

# COMPLAINTS POLICY

**Eleonora Ramsby Herrera views complaints as an opportunity to learn and improve for the future, as well as a chance to put things right for the person that has made the complaint.**

Our policy is:

-  To provide a fair complaints procedure which is clear and easy to use for anyone wishing to make a complaint
-  To publicise the existence of our complaints procedure so that people know how to contact us to make a complaint
-  To make sure all staff involved in the teacher training knows what to do if a complaint is received
-  To make sure all complaints are investigated fairly and in a timely way
-  To make sure that complaints are, wherever possible, resolved and that relationships are repaired
-  To gather information which helps us to improve what we do

## **DEFINITION OF A COMPLAINT**

A complaint is any expression of dissatisfaction, whether justified or not, about any aspect of the teacher training directed by Eleonora Ramsby Herrera.

## **WHERE COMPLAINTS COME FROM**

Complaints may come from students participating in the yoga teacher training. A complaint can be received verbally, by phone, by email or in writing.

## **CONFIDENTIALITY**

All complaint information will be handled sensitively, telling only those who need to know and following any relevant data protection requirements.

## **RESPONSIBILITY**

Overall responsibility for this policy and its implementation lies with the teacher training director, Eleonora Ramsby Herrera.