

Trinity Vinyasa Flow Yoga Teacher Training

150-Hour YTT Training Overview

Since 2006 Yoga Trinity has been sharing a comprehensive professional yoga teacher training in part-time and full-time intensives, and more recently in adapted online and self-paced online programs. The program has seen many updates and evolutions over the years, most recently the update to our graduate and post graduate training levels, which allow you to study at your own pace, and complete the full program, or choose to study in measured stages, from the 50-hour introductory Taster, through the 200-hour Level 1 training, to the 500-hour training level.

The program, and this study manual, have undergone these many updates for a variety of reasons, including to meet the needs of a diverse group of students, to meet the highest standards of professional training, and to reflect the modern discourse in yoga – including accessibility, inclusivity, yoga’s complex history, the evolving science of movement, and updates to yoga’s evidence base.

The information and narratives outlined in this workbook and throughout this course are always evolving because yoga is always evolving. The teachings, traditions, and modern practice of yoga are there to be considered and reconsidered, always. This includes yoga philosophy, history, teaching methodology, accountability and ethics, and yoga technique.

You can stay up to date on this course and its materials through your Training Portal – where new editions and updated materials will be published regularly.

For now, let’s begin with a few basic outlines, and then we can dive into our learning together.

Program Outline

- 13-Live Zoom Workshops
- Vinyasa Flow Sequence and Pose by Pose study
- Yoga Pose Labs on accessibility, regressions, progressions, versions, and props
- Anatomy Labs on anatomy, physiology, biomechanics, posture, and yoga
- Sequencing for Vinyasa Flow
- Practice Teaching
- Mental Anatomy
- Yoga Business 1 & 2
- Ayurveda Basics
- Breathwork Study
- Teaching Review and Feedback
- Ongoing Learning: Group Coaching, Philosophy Club, Virtual Yoga Classes
- Mentoring one-to-one with lead teacher Heather Agnew

Areas of Study:

- Technical Study: vinyasa flow full sequence, 4 breathing techniques, 4 mudras, guiding relaxation.
- Teaching Skills: demonstrating, cuing, and correcting skills, regressions & progressions, helpful props, special populations, practice guidelines, how we teach, client management skills, risk management practices, business practices, accessibility, evidence-based yoga.
- Anatomy & Physiology: terminology, navigations, planes of movement, movements of the body, strengthening and stretching, posture and yoga, proportion and yoga, mental anatomy.
- Philosophy Study: foundations of vinyasa flow, code of ethics, yoga lifestyle, Ayurveda and yoga, philosophy and ethics in business.

Aims and Outcomes

- Instruct a safe and accessible Vinyasa Flow yoga class through cuing and demonstration.
- Understand how to provide regressions, progressions, props and tools, and accessible versions of each technique.
- Instruct safe and accessible breathwork and relaxation practices.
- Identify students who require referral to a healthcare provider before commencing a Vinyasa Flow class.
- Understand anatomy, physiology, and biomechanics as it applies to Vinyasa Flow yoga.
- Understand the fundamentals of Ayurveda, yoga lifestyle, mental anatomy.
- Observe the philosophies and ethics of Vinyasa Flow in teacher-student relationship, business management, and personal practice.

Teacher Training Contract

I hereby agree with the terms and conditions below:

1. The student must be in good health to undertake the Trinity Yoga Teacher Training program, and if necessary, seek the advice of a medical practitioner. The school will not be responsible for any loss, injuries or damage sustained during the training or during the student's private practice.
2. The school will reserve the right to terminate the student's participation in the course at any time if student safety or wellbeing is compromised.
3. Certification will be awarded only after all requirements pertaining to the program have been completed, with due respect given to time limits.
4. The student should take care of their own belongings. The school will not be responsible for anything lost or stolen.
5. The student agrees that no photos, recordings or videos are to be taken during training without permission from the school and any participant(s) involved.
6. The student acknowledges that she/he has read and agrees to follow the rules outlined in the accompanying **Code of Ethics for Yoga Instructors**, and **Teacher Training Intensive Guidelines**.

Program Policies

- Course components must be completed within a 24-month period. If you are unable to complete the coursework within the timeframe you can purchase a 3-month extension.
- Once the training portal details have been provided the program is non-refundable.
- If you choose not to complete the program, it may not be transferred to another person.
- Your full participation in the program is essential. Your certificate will not be completed until all of your study units, quizzes, logs, and assessments have been completed successfully.
- Each student will undertake a written assessment, a passing grade of 80% is required. You may re-take your assessment if a passing grade is not achieved.
- If a technical issue exists in any course materials replacements or alternate links will be provided at no additional cost.

Terms and Conditions

By completing my registration in a Yoga Trinity program, I agree to the following conditions:

- I will not engage in practice if a pre-existing medical condition could be negatively affected by physical activity, including yoga, Pilates, and massage.
- I will seek medical clearance before participating in practice if a pre-existing medical condition exists.
- I will inform the teacher of any pre-existing medical condition or change to my health status before course commencement.
- Acceptance of risk and release from liability: I acknowledge that participation in any physical activity, including yoga, Pilates, and massage, involves a risk of accident, illness, injury, or death. I am voluntarily participating in these activities with full knowledge, understanding and appreciation of the dangers involved. I agree to release and indemnify the teacher from any claim that the teacher is liable for negligence in the event of any accident, illness, injury, or death sustained as a result of participation.
- Deposits are non-refundable once your Online Study has been delivered.

When registering for a course or workshop, I agree to the following policies:

- If you have answered yes to any of the Par-Q questions, are pregnant, or have a medical condition that could be made worse by a change in your physical activity, a signed medical/registration form must be completed and submitted prior to the first practice. Any changes to a medical condition must be advised to your instructor.
- The school will reserve the right to terminate the student's participation in the course at any time if student safety or wellbeing is compromised.
- Certification will be awarded only after all requirements pertaining to the program have been completed, with due respect given to time limits.
- The school will not be responsible for any loss, injuries or damage sustained during the course of the training or during the student's private practice.
- The student agrees that no photos, recordings, or videos are to be taken during training without permission from the school and any participants involved.
- The student agrees that all study materials are for their use only and are not to be copied, shared, or distributed.
- The student acknowledges that they have read and agreed to follow the rules outlined in the accompanying Code of Ethics
- All courses are subject to participation. We will confirm courses no later than 4 weeks prior to the event. Future courses cannot be guaranteed. In the event of a course cancellation, you may transfer your registration to the next available training. If you are unable to attend a future training, you will be provided with a refund of your course fees, subtracting the cost of any completed coursework, mentoring, coaching, or attendance at face-to-face or virtual training prior to cancellation.

- Certificates will be awarded upon attendance at all required training days, submission of all coursework, and successful completion of assessment.
- If a circumstance arises (family emergency, illness, Covid-contact) that causes you to miss any face-to-face sessions, you can make up those sessions at another course, or review the video recording of each session and complete a homework study sheet to complete all units missed. If your missed face-to-face hours extend beyond 10% of the face-to-face course hours, you can defer your training to the next available course.
- If a circumstance arises where you are unable to complete your training, you can defer your studies to the next available course.
- Course components must be completed within a 24-month period.
- Each student will undertake a written assessment, a passing grade of 80% is required. You may re-take your assessment if a passing grade is not achieved.

Financial Details

Self-Study and Online Programs:

- Once the program package has been received, the program is non-refundable.
- If you choose not to complete the program, it may not be transferred to another person.
- If a technical issue exists in any course materials replacements or alternate links will be provided at no additional cost.

Face to Face or Adapted Online Programs:

- Upon receiving an acceptance email, the applicant will submit their deposit of to secure their space in the course and have access to study materials.
- Deposits are non-refundable and non-transferable once your study materials have been delivered.
- Final invoices will be emailed 2 weeks before the start date of training.
- The deadline to pay in full is 1 week prior to the start date of training unless a payment plan has been arranged.
- Payment plans are as follows: Deposit upon acceptance + 8 fortnightly payments.
- The program will not give any refunds or credits after the training begins.
- The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.
- Cancellations or transfers received more than 30 days prior to the course commencement will be refunded all fees paid less the deposit.
- Cancellations or transfers received less than 30 days prior to course commencement are non-refundable.
- Early Bird savings are available only on the full intensive and cannot be applied to Payment Plans, Module by Module study or course transfers.
- Payments can be made by bank transfer to your course host.

Behaviour Policy

- All students, staff and facilitators agree to act in accordance with the Code of Ethics outlined below. Any disregard for the safety or wellbeing of course conductors or students, including harassment and sexual misconduct may result in dismissal from the program without refund. For further details on anti-harassment policy please visit <https://www.yogaaustralia.org.au/code-of-professional-conduct/> or https://www.yogaalliance.org/About_Us/Policies/AntiHarassmentPolicy
- If you have a complaint about the conduct of a course facilitator, coordinator, staff or assistant teacher, you may direct your complaint to your teacher trainer. If you are unable to make your complaint directly to your teacher trainer, or your complaint is not resolved, please visit <https://www.yogaaustralia.org.au/grievance/> or https://www.yogaalliance.org/About_Us/Policies/Grievance_Policy for more information and/or seek further advice.

Harassment Against Members of Protected Class

- We do not permit managers, employees, teachers, independent contractors, students, or
- others in the workplace to harass any other person because of age, gender (including pregnancy),
- race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic
- status, genetic information, or any other basis proscribed by law.

Sexual Harassment in the Workplace

- We do not tolerate sexual harassment in our studio. Sexual harassment refers to any unwelcome
- sexual attention, sexual advances, requests for sexual favors and other verbal, visual or
- physical conduct of a sexual nature when the conduct harms the person's employment or
- working environment.

Sexual Misconduct

We prohibit sexual misconduct in our studio. Sexual misconduct is any unsolicited and unwelcome sexual advance including requests for sexual favours, sexual touching, and verbal, visual, or physical conduct that creates a sexually hostile environment in a yoga class or studio.

While it is not possible to list all the circumstances that may constitute sexual misconduct, the following are examples of misconduct:

- Sexual advances whether they involve physical touching or not.
- Sexual epithets, jokes, written or verbal references to sexual conduct, gossip regarding
- one's sex life, comments on an individual's body, sexual activity, deficiencies, or prowess.
- Displaying sexually suggestive objects, pictures, cartoons.
- Unwelcome leering, whistling, brushing against the body, sexual gestures, suggestive comments.
- Comments or conjecture about a person's sexual orientation or gender identity.
- Inquiries into one's sexual activities.
- Sexually oriented asana adjustments or touch.
- Discussion of one's sexual activities.

Romantic Relationships Between Teachers and Students

Teachers shall not invite, respond to, or allow any sexual or romantic conduct with a student during the period of the teacher-student relationship.

Anti-Retaliation Policy

We prohibit retaliation against anyone for reporting a violation of our Code of Conduct or other policies, or for participating in an investigation relating to a violation of our Code of Conduct or other policies.

Code of Ethics

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner in my student/client, peer, and business interactions.
2. To have respect for my teachers, peers, and students in the spirit of yoga.
3. Provide safe and effective instruction, and a clean and comfortable environment for all participants.
4. Provide equal and fair treatment to all.
5. Make my practice and my continuing education a priority.
6. Comply with all country/state business, employment, and copyright laws.
7. Maintain the confidentiality of all student information.
8. Respect the rights, dignity, and privacy of all students.
9. Acknowledge the limitations of my skills and scope of practice, and refer students to more qualified medical, health, or rehabilitation professionals when necessary.
10. Acknowledge all the teachers and traditions that inform our practice, and the land that we practice on.

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