



Hatha (Flow) Yoga Teacher Training Study guide

Content of the training

The Hatha (Flow) Yoga Teacher Training trains to become an internationally certified yoga teacher. This training is accredited by the Yoga Alliance for 200 hours. A brief overview of the content of the training can be found in the curriculum that is an attachment to this information.

Length and duration of training

The training is 24 x 5 hours, spread over 12 Friday afternoons and Saturday afternoons from 13:30 to 18:30 ("training weekend") plus a retreat in Winterswijk (the Netherlands).

Other elements of the training and time investment

Self-study, Reading, Working out assignments, Self Practice & Studio practice, Intersession, teaching and practicing adjustments.

Count on 3 hours of study time per week in addition to taking (and writing down) at least 2 yoga classes per week.

Administration

Yoga Spot will keep accurate participants' records.

Information

Yoga Spot confirms that the written and oral information provided is truthful and accurate. This information can be found on the Website of Yoga Spot (www.yogaspot.nl/hatha-yoga-teacher-training), in the flyer and in the General Terms & Conditions that apply to this training (found on the website). The information will be updated when there are changes.

Questions, response times

Questions of an administrative nature or relating to the content of the training will be answered within 3 working days. Questions that require a longer processing time will be answered within 3 days with a message of receipt and an indication when a detailed answer can be expected.



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Study guidance

Questions about the training (especially about times and dates) can be asked by email. The questions are collected and answered in the next meeting so that all participants receive the same answer. Participants are free to jointly set up a WhatsApp group, but according to the Privacy Act, Yoga Spot teachers are not allowed to participate.

Confidentiality

All information provided by customers and/or participants will be treated confidentially by Yoga Spot. Also, within the participant group, a 'fair play' agreement is made that personal or confidential information shared within the group is not shared outside the group. The privacy statement of Yoga Spot applies to this (see www.yogaspot.nl/privacy-verklaring).

Teacher guidance

Yoga Spot states that the teachers of Yoga Spot who are involved in the training are knowledgeable on the subject taught by them.

Information on the study material provided and/or on the study material to be purchased

Participants are expected to take notes themselves. Taking turns, participants are expected to report a courseday. The written report is shared with the group. All reports create a document that covers the full training. Furthermore, study material is provided in hand-outs.

Compulsory literature for the training:

- Asana Manual by Lahma Muris (included in the training)
- "Hatha Yoga Pradipika" by Swami Muktibodhananda, reference book. To bypass high import and shipping costs, Yoga Spot has purchased twenty books and Yoga Spot offers this book at the reduced price of €25, available as long as our stock lasts
- "Yoga Sutras of Patanjali" by Sri Swami Satchidananda
- "Light on Yoga" by B.S.K. Iyengar
- Anatomy: "Key Muscles of Yoga" and "Key Poses of Yoga" by Yoga Ray Long

Exemptions



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No exemption is granted for parts of the training. We can ask you to share your expertise if you have a lot of knowledge about a particular topic.

Tests and exams

It is regularly checked whether participants are on track with the training. This is done in the following ways:

- Participants will step into the role of the teacher and will teach short parts of yoga classes in small and large groups. This happens every meeting during training. This is evaluated and, if necessary, adjusted based on feedback.
- Participants are given multiple writing assignments to work out topics.
- Participants are given multiple writing assignments to work out yoga classes.
- There is a written test to test the knowledge about the yoga terminology.
- Practice Exams are taken during the retreat. Participants will teach partial and complete yoga classes. They are assessed by experienced teachers and *peers* in pre-defined assessment forms that match the substance learned.
- Participants who have successfully passed the tests and exams will receive a diploma that entitles them to enrol with the Yoga Alliance. Participants who complete the tests and exams with insufficient results will receive proof of participation.

The practical examination shall be evaluated on the basis of an examination form indicating the elements and topics to be assessed.

Re-examination

If, for whatever reason, the final test is not successfully taken, the participant has the opportunity to retake the exam within seven weeks. The re-examination fee is €250. The participant receives a one-on-one conversation with the head teacher to discuss the skills that need to be improved, one feedback interview after a class and a re-examination moment. If written assignments still need to be assessed after the end of the training, you will be charged €45 per assignment.

Payment and payment structure

Payments are made by bank transfer.

Normal rate: €2,950 payment per bank before 1 October 2025

2 installments of €1,575: one payment before 1 July 2025, final payment before 1 October 2025



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If the payment conditions are not met, the participant will be excluded from participation and the examination.

Participants will receive a confirmation letter before the start of the course stating the payment terms chosen by him or her.

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Copyright when training is paid by employer or company

Even when the terms of the paying party state that the Copyright and the property is coincidental to the paying party, the right of ownership and the Copyright of all information provided during the training will continue to belong to Yoga Spot without exception.

Questions during training

Every training day starts with the possibility to ask questions about the training and the material. Substantive questions that are asked by email, unless personal in nature, will be dealt with in the next training day in order to provide each participant with the same information.

Evaluation

Yoga Spot works with course and teacher evaluations. All participants will be asked to complete an evaluation form at the end of the course. Yoga Spot declares to take action when the evaluation results provide reasons to do so.

By registering for the training, the participant also agrees to the Course -Curriculum of the Training and the General Terms & Conditions Yoga Spot Teacher Training which are an integral part of this agreement.

Amsterdam, 13 January 2025