



Some important Ashram and Course Practicalities:

- We do not run 'attendance' courses; you will need to demonstrate competence to be certified as one of our Yoga teachers.
- We will provide most of the food during your stay, however if you have special dietary needs we may ask you to bring some of your own food items (eg gluten free bread) – cooking is shared. Please inform us about allergies.
- We will provide shared accommodation; you will need to bring bedding/sleeping bag and a towel.
- You will need to complete all the homework by the end of the course and in a timely manner. Please return completed homework in a typed format
- For residential intensive courses - bring a laptop.
- On completion of children's or pregnancy YTT course you will be required to go back home and complete further coursework until you are certified, You will also be required to write an extended essay on an aspect of Yogic theory after completion of the course.
- Please make efforts to take part in all the aspects / sessions of yoga including hatha yoga, pranayama yoga, bhakti/bhajan singing, mantras, karma yoga (community work) and satsang / discussion.
- We do reserve the right to make changes to the course depending on the groups abilities – it would still result in a teacher certificate for competent students.