

Registration Form

The Breathing Space TT 2024

Please fill out the form below and sign the 'Terms & Conditions' agreement. Submit your application via email to info@thebreathingspace.nl and submit your payment to the bank details below. A downpayment of €500 via Bsport and submission of this form is required to secure you space in the Teacher Training. Payment options are available, please contact Lana via email (lane@thebreathingspace.nl) or telephone (0624558656) with questions. Payment in full is due prior to the start of the program. The price of this course is free of VAT as we are a registered CRKBO short-education program. If you need a receipt of payment please let us know via e-mail.

IBAN: NL77ABNA0247385646; The Breathing Space

Personal details

Full name:

Date of birth:

Address:

Postcode:

Email:

Mob. number:

Emergency contact

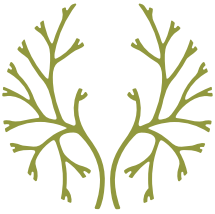
Full name:

Mob. number:

Yoga experience

How long have you been practicing yoga?

What styles/traditions?



Tell us more about your current practice. How many times a week, home or studio practice, etc.

Have you completed another TT before?

What are your expectations/intentions for this TT?

Health

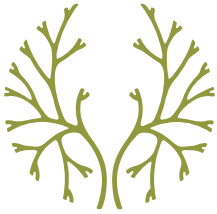
Please share with us any past or present ailments such as injuries, illness, physical or chronic conditions, surgeries, etc.

Do you receive medical treatment or medication for it?

Please share with us any past or present emotional/psychological issues such as depression, eating disorder, addiction, Asperger, etc.

Do you receive medical treatment or medication for it?

Is there anything else you would like to share with us?



The Breathing Space Yoga Teacher Training Agreement

I am honoured and excited you decided to dive into this immersive learning experience at The Breathing Space. I look forward to sharing and growing with you.

Please read and sign the General Terms and Conditions below. Email a scanned or photographed copy to info@thebreathingspace.nl and make your downpayment via Bsport to confirm your spot for the 2024 training.

Terms and Conditions

1. Applicability

1.1 These conditions apply to the The Breathing Space Teacher Training. By taking part in the training the student agrees to apply by these conditions.

2. Participation and Evaluation

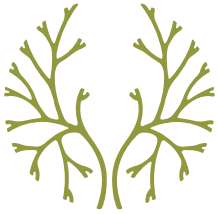
2.1 Students' full commitment and course attendance is strongly encouraged and expected. This includes not only attending the weekend modules and apprenticeship program but also investing an average of 7 weekly hours of homework/reading plus a minimum of 3 times per week of physical (asana) practice.

2.2 Students are expected to attend all weekends and to complete all observations and the in-class assisting apprenticeship days. If due to unforeseen circumstances you miss a weekend, please discuss with Lana how to compensate for the TT missed hours.

2.3 Participating in the training and completing hours alone does not qualify for a Certification of completion. Certification also requires passing of teaching, written and assisting exams.

2.4 We consider handing out certificates a great honour and responsibility. Therefore recommendation to teach right after the training will be given on a case-by-case basis. This will depend not only on the student's development during the training, **but will also take into account their prior yoga and life experience.**

2.5 This training program is not affiliated with Yoga Alliance registry as it far exceeds their standards. Unlike YA's 200-hour requirements this course includes over 300 contact hours of which a minimum of 100 hours are dedicated to practice teaching and assisting - this does not include non-contact hours for self-study and assignments. Additionally, we provide ongoing mentoring even after course completion.



2.6 The training may be primarily given in English depending on the make up of the group, however the student has the choice to write their notes and exams in Dutch.

2.7 Private one on one feedback and mentoring sessions between students and Lana will be held mid way through the training and on graduation day (10-minute evaluation / 10-minuten gesprekken).

2.8 Questions and concerns can always be sent via email to Lana at lane@thebreathingspace.nl or via a telephone call 0624558656. Emails and voicemail messages will be answered within 24 hours.

3. Price and Payments

3.1 The training tuition fee is €3000, this fee does not include reading materials (estimated at around €80).

3.2 A down payment of €500 is required to secure your registration and can be made via your Bsport account.

3.3 Full payment of the training can be made at any time before the training begins via bank overdraft to NL77ABNA0247385646 under the name The Breathing Space. Please indicate TT2024 under the description.

3.4 Financial assistance and a payment plan can be given on a case-by-case basis, this should be previously discussed and agreed between The Breathing Space and the student. In this case a downpayment of €250 (via bank overdraft to the account listed in 3.3) is required to confirm registration.

4. Cancellation

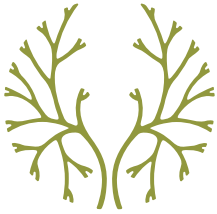
4.1 Students may cancel their registration for the training with full refund until one month prior to the start date of the training. This can be done by email to info@thebreathingspace.nl

4.2 Cancellation within 30 days of the start of the training will be reimbursed 50%

4.3 The Breathing Space has the right to cancel the Teacher Training if there are not enough applicants, or due to unforeseen business circumstances. In this case, The Breathing Space will refund the paid tuition fees within 10 working days from cancellation.

5. Health

5.1 The training consists of an intensive schedule and curriculum that is physically, mentally and emotionally demanding. By registering the Student declares that she/he is fit and ready to fully participate in the training.



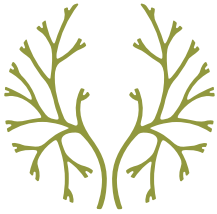
5.2 Students are at all times during the training responsible for taking care of their health and wellbeing.

5.3 In case of injury, illness or ailments during the course of the training the student should directly notify Lana via email or in person.

6. Code of conduct

6.1 Students shall follow The Breathing Space Teacher Training code of conduct at all times.

- Be punctual
- Maintain good personal hygiene
- Wear clean clothes both during yoga classes and in the classroom.
- Avoid eating two hours before yoga class. If feeling a little hungry or low in energy please eat a light snack such as a piece of fruit or a small handful of nuts. Make sure you are properly hydrated before class.
- Morning yoga classes, meditation and chanting sessions are not optional. If unforeseen circumstances occur please notify Lana beforehand.
- Drinks and snacks are permitted in the classroom only in closed containers such as Tupperware or jars.
- Phones should be off/silent or in flight mode during the weekend modules.
- The Breathing Space provides mats and props for use during class and posture clinic - these should be cleaned by the student at the end of the session. Students can store their personal mats and props at the studio if they wish.
- Feedback is an essential and very important component of this training. We ask students to wait a minimum of 24 hours before reacting to feedback.
- Any experiences/feedback shared in the classroom will remain confidential within the student group and Lana.
- The integrity of all students and teachers shall be respected at all times.
- Student shall maintain a healthy group dynamic and support the group learning process.
- The student may be requested to leave the training if determined by Lana that her/his participation would in any way compromise the safe and cohesive learning environment.
- In case the student does not adhere to the code of conduct, or otherwise disturb the peace, The Breathing Space reserves the right to deny students entrance to The



Breathing Space, and to terminate their participation in the training with no reimbursement.

7. Liability

7.1 The Breathing Space shall not be liable for any injury, loss or damage in connection with the participation in the training.

8. Copyrights

8.1 All The Breathing Space study materials such as course layout, manual and other shared documents are for personal use only and are under copyright protection. Failure to comply may result in legal action.

9. Personal data & information

9.1 All personal data and private issues shared between trainees and The Breathing Space shall be handled with great care and honoured in its private nature.

10. Complaints

10.1 In case of complaints, please email info@thebreathingspace.nl. In case the issue can not be solved between the student and The Breathing Space an independent third party mediator (Daan Jetten LLM) will be approached to assess and mediate on the issue. Their final decision is binding for The Breathing Space and required action will be taken promptly. The mediation costs will be shared by both parties.

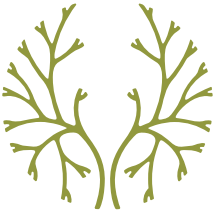
10.2 After sharing your complaint via email, you will receive a reply within 10 days. The complaint will be handled and solved within one month from first contact. If within this month the issue is not yet solved, a month extension will be applied. In case resolving the complaint takes longer than the initial month, the student will be notified on the status and the new estimate before the end of the month.

10.3 The complaint will be handled with great care and protection of privacy of the complaining party.

I have read, understood and agree to the terms and conditions above.

Signature

Name



Date