

Adaptive and Inclusive Yoga: 30-Hour Chair Yoga Fundamentals Teacher Training Course Description

Are you passionate about making yoga accessible to everyone, regardless of age, ability, or physical condition? Dive into this comprehensive 30-hour teacher training course designed to equip you with the knowledge and skills to teach adaptive and inclusive yoga through chair-based practices.

Join us in creating a yoga community that embraces diversity and inclusivity. This course promises to enrich your teaching journey and empower you to bring yoga's transformative benefits to a broader audience. Ready to expand your horizons and make a positive impact? Enroll today and start your journey toward becoming a skilled and compassionate chair yoga instructor. ✨

Course Overview:

This course is meticulously crafted to provide yoga teachers, therapists, and fitness and wellness professionals with the tools to guide students in chair yoga. You will learn how to create safe, effective, and engaging yoga classes that cater to diverse populations, including but not limited to older adults, individuals with disabilities, bigger bodies, and office settings.

2025 Training Dates, Time & Venue:

Date	Days / Time	Venue
January 24, 25, 26	Friday, Saturday, Sunday / 8am - 4:30pm	In-Person Training, Taguig City
May 11, 18, 25	3 Consecutive Sundays / 8am - 4:30pm	In-Person Training, Taguig City
August 17, 24, 31	3 Consecutive Sundays / 7am - 12nn	Synchronous & Asynchronous Online Sessions

What Will You Learn:

- ***Chair Yoga Fundamentals:*** Explore the foundational teaching principles, benefits, risks, and challenges of chair yoga and understand how to adapt traditional yoga practices to be accessible and inclusive using a chair.
- ***Making Asana Adaptive and Inclusive:*** Understand how to modify traditional yoga asana for a chair-based practice to address and support the needs of specific practitioners.
- ***Basic Joint Movements and Types of Stretching:*** To understand basic body mechanics involving the joints to ensure safe and effective chair-based yoga teaching practices.
- ***Chair Yoga Practice for Specific Populations:*** Learn specific guidelines for facilitating chair yoga classes for specific populations, such as older Adults, People with Disabilities, People with bigger bodies, and office yoga.
- ***Chair Yoga Class Sequencing and Lesson Planning Guidelines:*** Learn to design adaptive, inclusive, and more intentional class sequences tailored to your student's specific needs.
- ***Trauma-Informed Approach to Teaching:*** Learn the foundational principles of Trauma-Informed Yoga as applied to chair yoga teaching and basic cueing.

- **Real-Life Applications:** Hands-on practice in teaching chair yoga, including personalizations and props usage to accommodate various levels of ability and mobility.

Who Should Attend:

- Certified yoga teachers looking to expand their teaching repertoire.
- Fitness and wellness professionals are seeking to incorporate adaptive yoga into their offerings.
- Therapists and healthcare providers aim to offer yoga as part of holistic care.
- Anyone passionate about making yoga accessible to all.

Tuition Fees and Inclusion: Php 16,500

- Training Kits - Course Materials, Yoga Chair
- Free Refresher Classes
- Individual Consultation with Lead Trainer
- Post-Training Mentorship

Registration Details:

- Registration and reservations are on a first-come, first-served basis, as space is limited.
- To register and reserve, submit the completed registration form (see last page). Based on the number of available spaces, you will receive an email notification of your reservation status.
- Reserved participant(s) are given three (3) days upon receipt of notification to deposit the reservation fee and email the payment transaction details. Failure to meet the deadline will forfeit the reserved space, which will be given to the next applicant on the waitlist.
- Upon receipt and verification of payment transaction details, you shall receive a confirmation email as a confirmed participant.

Payment Options:

Cash / Check / Bank Transfer / GCash / PayPal / Credit Card

BPI Savings Account

Acc Name: Jovan Nikolic

Acc Number: 3089235269

BDO Savings AccountP

Acc Name: Jovan Nikolic

Acc Number: 011680010997

GCash Name: Jovan Nikolic

GCash Number: 09175210180

PayPal - paypal.me/av108yoga

Transaction Fees:

PayPal and other banks/credit cards often charge transaction fees, which should not be deducted from the total amount. The participant/payee must shoulder any and all fee(s) charged by PayPal or the bank/credit card.

Note: Any and all fee(s) charged are not greater than our cost of acceptance.

Cancellation and Refund Policy:

If a student withdraws from the course more than 31 days before the training commences, the reservation fee is non-refundable, but it can be transferred to another course within a year of the application date. The transfer is allowed one time only and will depend on availability. If a student withdraws from the course in the last 30 days before the training begins, the reservation fee is non-refundable and non-transferable.

This refund policy applies to the tuition fee's remaining balance (excluding reservation fee). Cancellations 0 – 30 days before the start date are refunded 0%; cancellations 31 – 60 days before the start date are refunded 25%; cancellations 61 – 90 days before the start date are refunded 50%; and cancellations 91—more days before the start date are refunded 100%. Refunds may take 30 days to process.

If a student reserves accommodation and meals through us, the booking is binding and cannot be canceled. No refund will be issued. In the unlikely event that the training is canceled, we will refund 100% of your payment or offer an alternative placement.

Certification:

Upon successfully completing the 30-hr Chair Yoga Teacher Training Course, students will be awarded a certificate from AV108 Yoga School and eligible to register with Yoga Alliance's Continuing Education Credits.

Course Requirements: None. Open to All.

Sign Up Form: 30-Hr Chair Yoga Fundamentals Teacher Training Course.

Name: *(as will appear on your certificate)*

Email:

Phone Number:

Eligibility: *(please check all applicable)*

- ☐ I am a certified yoga teacher.
☐ I am a fitness instructor.
☐ I am a wellness coach.
☐ I am a therapist. (Specify: _____)
☐ I am a mental health professional.
☐ I am doing this for my interest.
☐ Others: (Specify: _____)

Injuries/Disabilities/Mobility Issues: _____

Why are you interested in this training?

Tuition Fee: Php 16,500

Reservation Fee: Php3,500

If you "disagree" with any of the statements below, you will be ineligible to participate in this training.

- ✓ I understand my slot is not booked until I have paid a deposit or full fee.
- ✓ Full payment must be settled two weeks before the training commences.
- ✓ I understand that this course will be physically and mentally challenging, and I take full responsibility for my own health and well-being during its duration. I will not hold AV108 Yoga School, Inc. responsible for any injuries or medical problems that might occur.
- ✓ I understand that it is my responsibility to commit to this course fully and to complete all the course requirements to the best of my ability. I also understand that a positive, team-oriented attitude is required for all participants. Disruptive and inappropriate behavior will not be tolerated and can result in removal from the course.
- ✓ I understand that a policy regarding cancellation and refund is being imposed.

I have carefully read, fully understand, and agree with the above.

Signature over printed name

Date