



Yoga Unwrapped©
Foundation Yoga Teacher Training:
200 Hours

Course Policy

Saltaire, Bradford, West Yorkshire

May - October 2026

Course Policy

Course Requirements.	1
Course Fees & Refund Policy	
Early Bird Full Payment Discount	1
Standard Course Fee	2
Cancellation	2
FAQ	2
Whats Included.	3
Attendance & Assessments.	4
Additional Practice & Workshop Requirements.	5
Cancellation of Course	6
Code of Conduct.	7 & 8
Feedback & Complaints Procedure	9

Course Requirements

Practice Experience

Heather has developed this programme so that every student can be successful in the training, regardless of age and ability level. We ask applicants have at least two years of consistent yoga practice before joining. You must be available for all the course modules as attendance is compulsory and we will not be able to graduate you unless you have completed all the elements of the course to the required level. If any days are missed we have a policy in place which includes extra assignments and 'Catch Up Days' at an additional cost. Details of which can be found further down. There are a limited number of places on the course so if you're new to Heather Yoga you will be required to meet with us to discuss the suitability of your experience before taking part in this training.

Course Fees & Refund Policy

Discount on acceptance on this programme:

£2,950 Early Bird Discount Fee - Paid In Full. Ends on 28th February 2026

Available to pay by instalments – please see details below.

(Includes Non refundable Deposit at time of booking: £850 required to confirm your place on the course).

Installment Payment Plan

Deposit of £850 – Non refundable Deposit at time of booking: £850 required to confirm your place on the course.

Then balance of £2100 paid via 3 monthly instalments of £700 from 1st of the following month. The balance must be paid by 30th May 2026.

On this payment plan you are bound contractually to fulfil the full payment schedule even if you are to leave the course. By accepting these terms you agree to be responsible for all full payment for the entire course of the programme, regardless of whether you attend all the sessions.

We reserve the right to pursue a claim against you for any outstanding fees and losses arising from any delayed or deferred payment. We also reserve the right to pass on your debt to our appointed recovery specialists who will recover the funds on our behalf: this route will inevitably incur additional charges and fees.

£3,250 Standard Course Fee.

(Includes Non refundable Deposit at time of booking: £850 required to confirm your place on the course).

Non refundable Deposit at time of booking: £850 required to confirm your place on the course. Balance of £2400 can be paid across 4 monthly instalments of £600.

On this payment plan you are bound contractually to fulfil the full payment schedule even if you are to leave the course. By accepting these terms you agree to be responsible for all full payment for the entire course of the programme, regardless of whether you attend all the sessions.

We reserve the right to pursue a claim against you for any outstanding fees and losses arising from any delayed or deferred payment. We also reserve the right to pass on your debt to our appointed recovery specialists who will recover the funds on our behalf: this route will inevitably incur additional charges and fees.

The balance must be paid by 30th August 2026. Please refer to cancellation policy below for more information on this.

Should you need to cancel your place, the following policy applies:

- On this payment plan you are bound contractually to fulfil the full payment schedule even if you are to leave the course.
 - If you cancel prior to 1 month of the training start date: 50% of your contract payment plan amount (half of the course fee minus the deposit amount) and not the £850 non-refundable deposit.
 - If you cancel with less than 30 days notice: No refund is available.
 - Any cancellations must be sent in writing to Heather at Heather Yoga info@heatheryoga.co.uk. No evidence is required.
-

Frequently Asked Questions on Refund Policy

- **What happens if I need to leave or can't complete the training?**

Due to the very limited group size and financial commitments involved in hosting a training, the course fees are non-refundable if you leave the training.

- **What happens if I become pregnant?**

In the event that you become pregnant, Heather will be as flexible as possible and support you to work out the best way to complete the course.

- **What happens if I get injured?**

In difficult circumstances e.g. injury, Heather will be as flexible as possible and support you to work out the best way forward to complete the course. Subject to prior consultation with a fully qualified medical practitioner, if you suffer an injury you may come to sessions and adjust the poses to suit your condition or observe as is appropriate.

What's Included:

Tuition

With Senior Yoga Teacher & lead Trainer Heather Gregg, and Sudhir Rishi

Course Manual

Extensive course manual, practice sequences and audio downloads, limited edition HY personal practice diaries. Final Assessment & Certificate.

121 Coaching Calls

Midway through and towards the end 'Review & Growth' coaching calls with Heather.

Access To Content Library

All sessions are recorded and available via the online course portal for the duration of the training and six months after graduating. (Excludes Sudhir's Philosophy sessions which are available on request)

Group Mentoring & Support Calls

Scheduled live calls with Heather via Zoom to ensure regular group contact between training weekends and allow opportunities for students to share and discuss any issues or queries relating to their practice or ongoing development.

Accountability Buddy System

Each month you will be paired with a new buddy for support, guidance, and connection as you go on this journey of growth and transformation together.

Heather Yoga Classes & Workshops Special Discount

A special unlimited class pass for £45 per month or 6 months Unlimited classes pass for the duration of the course at £250 total. Plus 15% - 20% discount off selected workshops, guest teacher workshops & immersions for the full duration of the training.

Heather Yoga Practice Diary & Yoga Top

Limited Edition HY personal practice journal and our 'Choose Yoga' t-shirt.

Yoga Alliance Professionals Membership & Insurance.

Trainee membership & insurance with Yoga Alliance Professionals which covers you for the duration of this training, and up to 2 teaching hours per week.

Assignments

Homework Assignments throughout the course & Final Practical Assessment.

Community Group Access Access to a Private Facebook Community Group for the course.

PreCourse Bonuses

3 x Group Coaching Sessions prior to the course starting - to get a head start and prepare you mentally and energetically for this incredible journey ahead. (Value £300)

1 x Elevate Online Programme - recorded live in 2023 and covering Yoga Philosophy, Developing A Home Practice, Breath & Movement, Forwards Folds, Twists, Backbends, Arm Balances. (Value £150)

1 x One Month Unlimited Class Pass For Heather Yoga. To be used before the course starts. (Value £70)

TOTAL VALUE OVER £5



Not Included: Books, Additional Catch Up Sessions, marking late assignments, food, accommodation, travel. If any days are missed we will be required to book & attend a Catch Up Day at an additional cost of £150/half day – the cost can be split between participants if applicable.

Attendance and Assessments

Full attendance is an important part of the Yoga Teacher Training, as the course is designed as a progressive and immersive learning journey.

All live sessions (in-studio and online) are recorded in real time and uploaded to the online content library, where they remain available for students to review throughout the duration of the course.

If a student is unable to attend any part of the training, the following attendance policy applies:

Missed Sessions & Catch-Up Policy

- **Course Completion Requirement**

Students are expected to complete the full course in order to graduate and receive certification.

If special circumstances arise and a student misses any live sessions (in-studio or online), they are required to:

- Watch the recording(s) of the missed session(s), and
- Submit brief reflective notes via email **before the next training weekend.**
- Up to 3 half-days missed

If, by the end of the training, a student has missed up to **three half-days** and has not fully caught up with the recorded content, they may be asked to complete an additional written assignment.

This assignment will be emailed to the student and must be returned to the lead teacher for review and feedback.

All required work must be completed **before graduation and certification.**

- **More than 3 half-days missed (up to 5 full days)**

If a student misses more than three half-days (up to five full days) and has not caught up with the required content, they will be required to book and attend **a Catch-Up Day.**

- Cost: **£150 per half-day**
- Where applicable, this cost may be shared between participants.
- **Six full days or more missed**

If a student misses **six full days or more** and has not caught up with the required content, they will be required to re-enrol on the training at a **reduced fee**, to be determined based on:

- The amount of training missed
- Any administrative fees
- Any additional associated costs

Completion & Extensions

All course content and assessment requirements must be completed within the six-month duration of the course, unless a prior agreement has been made.

Extensions will only be granted in cases of unforeseen circumstances beyond the student's control. There is **no additional cost** for approved extensions.

Additional Practice & Workshop Requirements:

- As part of the certification and completion process for the Yoga Teacher Training, trainees are required to attend and log 10 hours of workshops (at least 6 hours of which must include Asana) and 20 hours of classes during the course. These hours are not included in the course fee and will need to be booked and paid for separately. Classes and workshops may be taken at any studio or with any teacher of your choice. Trainees will receive a discount for any workshops or classes attended at Heather Yoga during the training period. Cancellation of Course Minimum attendance for this course to run is 10 people.
-

Cancellation of Course

Minimum attendance for this course to run is 10 people.

If for any reason Heather Yoga needs to cancel the course we would provide a full month's notice.

Code of Conduct for Trainees & Graduate Teachers

Trainees:

- To provide the public with access to safe and effective yoga teachers
 - To maintain and uphold the traditions of Hatha Yoga: to teach yoga from the experience of these traditions and to disseminate these teachings to anyone, from any background, who earnestly desires to follow these traditions.
 - To uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
 - To acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
 - To create and maintain a safe, clean, and comfortable environment for the practice of yoga.
 - To encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
 - To respect the rights, dignity, and privacy of all students.
 - To avoid words and actions that constitute sexual harassment.
 - Follow all local government and national laws that pertain to my yoga teaching.
 - To be dedicated to this practice and to seek out regular work experience opportunities and to attend workshops and courses which will develop my professional understanding of yoga and will enhance my teaching abilities. I understand that yoga teaching is a continuous journey and that I am always a student of this practice, which is one of the most beautiful and unique qualities of this tradition, we are always learning.
-

Senior Teacher:

- To provide the public with access to safe and effective yoga teachers.
- To maintain and uphold the traditions of Hatha Yoga: to teach yoga from the experience of these traditions and to disseminate these teachings to anyone, from any background, who earnestly desires to follow these traditions.
- To uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
- To acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
- To create and maintain a safe, clean, and comfortable environment for the practice of yoga.
- To encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
- To respect the rights, dignity, and privacy of all students.
- To avoid words and actions that constitute sexual harassment.
- To facilitate an independent observer to mentor, listen and allow any complaint to be voiced and discussed openly. (Privately if deemed so by the observer).
- Follow all local government and national laws that pertain to my yoga teaching and business.

Feedback & Complaints Procedure

Heather Yoga school takes the views of its trainees seriously, and has an avenue through which trainees are encouraged to feedback on their experience at the school. We aim to continuously improve our training approach and methods and do so via:

- the feedback provided through an independent observer who meets privately with the group of trainees during the course and is available for email conversations outside of the course.
- the final feedback form completed by trainees upon their graduation from the school.

If you are unsatisfied with how you have been treated or with the tuition we have a complaints procedure we will take this very seriously, and all complaints will be treated fully & fairly via the following steps:

1. Firstly communicate with the trainer and aim to resolve the issue with teacher or individual involved or approach a member of Heather Yoga team.
2. In the situation the above Step One is not resolved then please email info@heatheryoga.co.uk or post your complaint, recorded delivery, to Heather Yoga, Holding Space, John St, Saltaire, Shipley, West Yorkshire, BD18 3HU

Heather Yoga will investigate the matter and aim to respond within 14 days, either with a resolution, or to request more information.

If the matter is settled it may be necessary to ask for further information during the course of this investigation.

Your complaint, at every stage, will be dealt with direct by owner and director, Heather Gregg.

I confirmed that I have read, understand and agree to the course policy of Yoga Unwrapped© Foundation Yoga Teacher Training Course.

Name: _____

Signature: _____

Date: _____