



THE ROCCI TREE
YOGA TEACHER
TRAINING
WELCOME PACK

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OUR MISSION AND VISION

Our foundation course is open to everyone from young spruces to more mature redwoods. Although it will lead to a qualification in yoga teacher training you may only be thinking of planting a small yoga seed with friends and family, or maybe it's a grove of colleagues that you know will benefit from a lunchtime yoga session. Here at The Rocci Tree, we believe that a great yoga teacher should be able to share their love and knowledge of yoga with everybody. Our intention is to welcome you to share this wonderful world of wellness with.



We want to give you the confidence and ability to become an amazing teacher. Someone who will continue to share this knowledge with kindness and attention to detail with everyone who has the courage to come to your class. Our aim for this course is to build your knowledge and understanding of classic and modern yoga practises, giving you the tools and self-confidence to start running yoga classes as soon as you graduate. We understand that the majority of our students will be working full time/managing households and we want to add to your enjoyment of yoga not take it away. For more detail on what's expected please go to our workloads page.

WE WANT YOU TO BECOME A CONFIDENT, SAFE YOGA TEACHER, WELL PREPARED AND EAGER TO BE ABLE TO OFFER YOGA TO EVERYONE.

ABOUT METTA YOGA AND OUR TEACHERS

Metta yoga was created by Rocci, Metta means Kindness. Rocci qualified as a 500 hour Karuna yoga teacher with Ruth White and started teaching regularly over 10 years ago.

Since then she has regularly taught over 10 classes a week and now owns The Rocci Tree yoga studio in Leighton Buzzard.

She became a senior yoga teacher in 2018. To become a senior yoga teacher with Yoga Alliance Professional you have to have completed 4000 hours of teaching plus 8 years of experience. By the time Rocci had been teaching for 8 years, she had almost double the hours required.

Rocci trained with Ruth White, Ruth White had trained with BKS Iyengar and had been a senior Iyengar teacher for many years. Iyengar yoga is known for its precision in alignment of the poses. She has then gone on to train with Francoise Freedman (creator of Birthlight) Gary Carter, Diane Long, Robin Stamm, Liz Brown and John Stirk. Rocci's style has changed over the years and now concentrates on creating a practice for all. She regularly teaches pregnancy, postnatal, well women, kids and therapeutic yoga

On hearing that she was now qualified to teach yoga teachers, Rocci's students asked her to start teaching them and Metta yoga teacher training was born. The first group of Metta Yoga teachers qualified in March 2020 and now all regularly teach yoga sessions.



Helen is our anatomy and physiology teacher for the teacher training course. Having always been interested in the human body, she completed her training as a massage therapist (including level 3 anatomy and physiology) in 2010.

She has been working ever since as a soft tissue therapist and has completed additional training in deep tissue, myofascial release, osteopathic techniques and many more CPD courses, all of which have deepened her knowledge of the body and its patterns of movement.

In her teaching of anatomy, Helen draws on all of this knowledge but more importantly its practical application. "As a soft tissue therapist, I have gained a practical knowledge of anatomy that is so helpful when teaching yoga. I can see the patterns and problems that I come across on my massage table being helped through people's yoga practices every day.

Teaching anatomy-focused yoga really empowers my students to understand what is going on in their bodies and how they can move in a way which will be best for them. I really believe that to be an excellent yoga teacher, you need a good understanding of how the body works"

How is the course run?

There are 7 modules in our training course, each module will take place over 6 sessions, these will be held on a Sunday from 9.30 am -2.30 pm at The Rocci Tree studio. As the modules are complete and individual you can progress through them in any order, which means there are various start dates throughout the year.



In each of our modules we will cover asana, anatomy, teaching practise, philosophy and relaxation. Each session in the module will focus on one aspect of the body/mind/spirit, we will discover how to lead someone into a practise, what you can do to help adjust the practise and what other practise you can exchange in its place. These sessions will build your knowledge so you can start to use them for class planning.

We will think about what common injuries and illnesses you may come across when teaching and work on how to be able to advise/vary practices to suit these needs.

During the modules you will be offered the opportunity to work on/discover asana, pranayama, relaxation techniques in a sequence that best suits a regular yoga class.

Our modules: covering yoga from the earth to the canopy

Canopy

Anatomical Focus: Head and Neck

Pose Focus: Inversions

Class Room Focus: Pratyahara,
pranayama, meditation

Growth Rings

Anatomical Focus: Energy

Pose Focus: Forward Bends

Class Room Focus: Chakra's, Nadis and kosha

Earth

Anatomical Focus: Feet and ankles

Pose Focus: Standing Poses

Class Room Focus: Yama's and Niyama's

Roots

Anatomical Focus: Leg's, Hips and Pelvis

Pose Focus: Standing balances and Hip
Openers

Class Room Focus: History and Hormones

Branching Out

Anatomical Focus: Upper torso, Shoulders, Arms,
Hands

Pose Focus: Backbends and Arm Balances

Class Room Focus: Bandha's, Mudra

Trunk

Anatomical Focus: Rib cage and spine

Pose Focus: Twists, all fours

Class Room Focus: Nervous Systems, Internal organs.
Fascia

Saplings

Anatomical Focus: Teaching Practise

Pose Focus: Building family tree's into class plans

Class Room Focus: Business, class planning

Aims and Outcome

What is the overall aim of the course?

Our aim is for you to leave the course feeling confident and competent to teach yoga to a mixed-ability class. You will have created your own logo, a full class plan ready for your first real class, a 6-week beginner's course plan overview, plus you will have created around 28 yoga cards to help with future class planning. You will have also had lots of practise at actual teaching yoga.

What will the graduate be able to do at the end of the course?

At the completion of the course, you will attain your 200hr Yoga Alliance Professional affiliated Yoga Teaching certificate, along with a £35 discount on Yoga Alliance Professional's membership.

How will the course be assessed?

The course will be continually assessed throughout the training. This will be done by observing your progress in class sessions, as well as an examination of your yoga cards and teaching practice from each module.

As part of your final assessment, you will teach an hour from one of your class plans in a group setting.

Workload

We request that you have all the Must Have books on the reading list (see next page) before starting the course, as these will be used as part of the course.

In the last session of the module you will have the opportunity to teach a practice to the rest of the students to help build your teaching vocabulary, style and confidence.

After each module you will need to complete the yoga cards for that module and be hand these in for review, before the next module begins. You will be required to create up to 6 yoga cards - formats could include; hand drawn and written cards, word document, power point presentation, video etc. The yoga cards will be assessed by Rocci to evaluate your understanding of the practises.

We also recommend you complete the pages we suggest in the The Yoga Anatomy Colouring Book from your book list.

You are strongly recommend attending a weekly yoga class, this does not have to be at The Rocci Tree but we ask that your teacher sign an attendance form. To encourage this, you will receive a free weekly class pass for you to use at any of the weekly classes at The Rocci Tree, this is worth over £1200 so please take advantage of it.

As part of the course, your final assessment will be at our studio with a small group of either friends and family, or volunteers from The Rocci Tree clients. For this assessment you will need to prepare and teach a 1-hour class that is suitable for beginners.

BOOK LIST

Must have books

The Yoga Anatomy Colouring Book – Kelly Solloway (please note this book has a green border, do not order The Yoga Anatomy Colouring book, Pose by pose by the same author)

How yoga works – Geshe Michael Roach

Science of yoga – Ann Swanson

Practical Meditation, A simple step by step guide – Giovanni Dienstmann

Wish List books

Light on Yoga – BKS Iyengar

Yoga Bible and Modern Yoga Bible

Yoga Nidra – Swami Satyananda Saraswati

Awakening the Spine – Vanda Scaravelli

Podcast/audio book

The Lost Teachings of Yoga by Georg Feuerstein

Dates

2024

Branching Out - June 9th, 16th, 23rd, 30th July 7th, 14th

Trunk - September 8th, 15th, 22nd, 29th, Oct 6th, 13th

Roots - November 10th, 17th, 24th, December 1st, 8th, 15th

2025

Growth Rings - January 12th, 19th, 26th, February 2nd, 9th, 16th

Earth - April 27th, May 4th, 11th, 18th, 25th, June 6th

Canopy - June 1st, 8th, 15th, 22nd, 29th, July 6th

Saplings - September 14th, 21st, 28th, October 5th, 12th, 19th



All sessions take place on a Sundays from 9.30 am - 2.30 pm (unless otherwise stipulated), at The Rocci Tree studio, 1a Waterloo rd, Linslade, Bedfordshire, LU7 2NR

PRICES/PAYMENTS

Full price £3575

If you pay in full, before the start of the course, you will receive a 10% discount = £357.50.
Making the total £3217.50

If you prefer to pay in instalments

1 year: deposit £325 due before 1 month before the start date. Then 10 monthly payments of £325, payment will be taken on the same date every month.

As part of the course, we expect you to attend a weekly class, to help with the cost of this we gift you a weekly class pass for The Rocci Tree, worth over £1200.

Failure of the course - you will need to repeat at least 1 module and attend an agreed amount of weekly classes at your own cost (see next page)

MISSED SESSIONS

The full course covers 210 hours of teaching. You have to complete a minimum of 200 hrs to be assessed for the training. Therefore, there are two days maximum allowed to be missed.

If you miss more than two days over the entire course, you will have to arrange 121 sessions with Rocci to cover the missed training at a cost of £85 per day. You can of course arrange to cover any missed days at the same cost.

If you miss more than two sessions in any module you will need to repeat the whole module at a cost of £510 if done as 121 sessions or if you are happy to wait until the module is repeated on the course it will be discounted to £310.

If you have any questions/queries please email admin@theroccitree.co.uk

APPLICATION FORM

General Information:

Name:

Address:

Contact Number:

Email Address:

Occupation:

Emergency Contact Name and Number:

Tell us about your yoga experience so far?

Yoga Experience:

How did you hear about the course?

What would you like to achieve Yoga Teacher Training? And Why?

How do you like to learn?

Where do you see the training leading?

Is there anything, in particular, you would like to achieve?

HEALTH CONDITIONS

Do any of the following health conditions apply to you?

If yes, please give details;

High/Low blood pressure Yes/No Further details

Heart disease/problems Yes/No Further details

Epilepsy Yes/No Further details

Diabetes Yes/No Further details

Back/Neck problems Yes/No Further details

Knee/Ankle problems Yes/No Further details

Arthritis/joint problems Yes/No Further details

Asthma/breathing difficulties Yes/No Further details

Recent/on-going dental work Yes/No Further details

Cancer Yes/No Further details

Eye condition/hearing problems Yes/No Further details

Emotional/psychological problems Yes/No Further details

Depression/Anxiety Yes/No Further details

Recent Operations Yes/No Further details

Recent Broken bones/fractures/sprains Yes/No Further details

Pregnancy/recent pregnancy (last 9 months) Yes/No Further details

Covid-19 - Did you have a positive test result? Yes/No/had no symptoms

Were you advised to Self Isolate? Yes/No.

If Yes, what date did isolation end? Date

CODE OF CONDUCT

Dear Student

This part of our code of conduct is what we expect from you.

The Yoga philosophy of Patanjali begins with the sutra Athah Yoga Anushasanam which means the Now, with a humble heart, we begin the teaching of yoga. It is one of the important aspects of the study of Yoga as it requires the practice of discipline to maintain inner harmony, balance with self and society.

The Rocci Tree yoga teacher training programme expects the students to follow certain basic codes of conduct which are repeatedly taught in the classical texts of Yoga in the form of Yama, the social code of conduct and Niyama the rules of personal observances to achieve the maximum benefits of the teacher training course as well as to make the experience of the students most rewarding and memorable.

This Code of Conduct is a summation and declaration of acceptable, ethical, and professional behaviour by which all Yoga Alliance professionals Registered Yoga Teachers agree to conduct the teaching and business of Yoga. The students are expected to follow this code of conduct during their course time.

- 1) Payments of Fees: Students are required to pay their course fees when or before they are due and they should complete all the registration formalities.
- 2) Attend 100% of the course contact hours, unless there is an exceptional circumstance. In which case, alternative arrangements will need to be made with The Rocci Tree in order for contact hours to be completed.
 - 2a) Cost of covering a missed day is £85, if you need to repeat a module it costs £510.
- 3) Ensure good timekeeping, arriving on time for the start of the course each day and returning from breaks at the allocated time.
- 4) Complete and meet assignment and practical assessment deadlines, ensuring all work produced is your own work. Give reference to any resources used to help complete your written work.
- 5) Seek help if needed at any time during the course.
- 6) Dress appropriately, wearing clothes that allow for full movements in the practical aspects of the course.
- 7) Behave and speak with respect to everyone, ensuring your actions do not offend others. Respect the rights, dignity, and privacy of all students.
- 8) Respect all members of the course regardless of age, physical limitations, gender, ethnicity, religion or sexual orientation. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religious affiliation, or sexual orientation.
- 9) Avoid words and actions that constitute sexual harassment.
- 10) Comply with all terms and conditions as laid out in the course.
- 11) Treat all course property and equipment within the yoga studio with respect.
- 12) Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.

- 13) Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
- 14) Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
- 15) Follow the health and safety guidelines of the studio and the teacher training course at all times.
- 16) Show respect to the surrounding rooms, buildings and members of the public and dispose of any litter responsibly.
- 17) Mobile phones should be on silent. Seek the permission of anyone you wish to take pictures or videos of whilst on the course. Confirm they are happy for these to be used on a website or social media before using them.
- 18) Follow all local government and nation laws that pertain to yoga teaching and running a business.

Grievances: For any kind of issues or grievances either with health or with the facilities or course you shall approach The Rocci Tree or teacher respectively

In a nut shell, the Code of conduct in the Yoga teacher training programme expects the students to behave fairly and courteously in line with basic principles of Yoga. so as we make the experience of the students most rewarding and memorable.

I agree to comply with the conditions and requirements as set out in the course curriculum, and accept that failure to do so will disqualify me from any accreditation. I furthermore vow to uphold the standards of the teachings I have been given, and to maintain and promote the good name of yoga at all times. I accept that failure to do so may lead to the annulment of any accreditation obtained from The Rocci Tree Teacher Training.

Print Name:

Course and Starting Date:

Signature:

Date:

The Rocci Tree staff – code of conduct

This part of our code of conduct is what you can expect from us.

Relationships with Students

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching yoga to all persons, regardless of sex, race, colour, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, sexual orientation, or political affiliation—to the extent I am competent to offer such services, based on my training and experience.
- Avoid any action that I know will conflict with the highest interests of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student.

Professional Conduct

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, or suggest or approve of going against a physician's advice.
- Take continuing education in yoga teaching on a regular basis.
- Be honest, straightforward, fair, and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practices.

Signature:

Date:

TERMS AND CONDITIONS

By applying for a teacher training programme with The Rocci Tree, you agree with and will abide by the following terms and conditions:

1. Booking procedure, cancellation & refund policy

- (a) On submission of your application form and payment of your deposit, we will contact you to process your application within 14 days. Further information or a phone interview may be required.
- (b) All payments made are non-refundable. A refund of the deposit will only be issued if you are not accepted onto the programme.
- (c) It is not possible at any stage to transfer your booking to another programme or service, nor is it possible to transfer your booking for use by another student.
- (d) Should you be unable to attend the programme due to severe illness, injury, or pregnancy, you will be able to transfer onto a future teacher training programme if sufficient evidence from your GP or other registered doctor is provided.
- (e) We reserve the right to reduce the price of the programme or run special offers at any time. Once you have made your application and paid your deposit, any subsequent price changes will not apply to you.
- (f) In the unlikely event that the programme is cancelled or changed, you will be able to transfer onto a future training course. There will be no refund or compensation available from us for any related costs you may have incurred such as flights and accommodation.
- (g) Compensation will not be paid if we are forced to cancel or in any way change your programme due to war, threat of war, invasion, riot, civil war, strike, rebellion, revolution, industrial dispute, terrorist activity, natural or nuclear disaster, fire, adverse weather conditions, technical or maintenance problems with transport, or other circumstances which amount to force nature.
- (h) Trainees must have been practising yoga for a minimum of 2 years before they can be accepted onto The Rocci Tree Yoga Teacher Training Course.
- (i) Your Certificate of Completion will not be given until the course has been paid for in full.

2. Additional costs

(a) You will be expected to purchase (or otherwise acquire) items on The Rocci Tree reading list at your own cost in preparation for the programme. An approximate total cost of £80. The reading list will be supplied to you upon being accepted onto the programme.

(b) You will need to organise trainee yoga teacher public liability insurance at your own cost (we will discuss this during the first week of the programme). The price of this can vary but in the past has been around £30. Students enrolled onto a Foundation Training Course (200 hours) that is registered with Yoga Alliance Professionals can be registered with YAP as a Trainee Teacher. YAP can also provide insurance if you are based in the UK or Ireland and this will cover them for the duration of the course. Upon graduation, you can pay to upgrade to an Associate Level 1 membership.

(c) You will be expected to fund Travel to and from training venues.

3. Assessment criteria and attendance policy

(a) To receive your 200 hour teacher training qualification, you must meet the following criteria:

- 100% attendance and participation in all sessions
- You must produce a minimum of 20 yoga cards over the course, these will be then be assessed to ascertain your knowledge of the practise.
- Pass a final practical teaching exam.

(b) Should make-up sessions be required due to missed sessions or not meeting the course standards, our trainers can provide agreed extra sessions at an additional cost.

4. Changes to programme

(a) It is unlikely that we will have to make any changes to your programme, but arrangements are made many months in advance and changes may have to be made. We reserve the right to, within reason, change any information advertised at any time, to include, but not be limited to, dates, times, content, location, and trainers. We will advise you of any changes at the earliest possible date.

5. Insurance and health

(a) It is your responsibility to inform The Rocci Tree of any injury/medical conditions or anything else that may impact your programme, when applying, before the programme and before the start of every session. If you have any health concerns, it is advisable that you consult a doctor or physician before attending the programme to ensure you are sufficiently fit and healthy to undertake the programme.

(b) If you experience any injury or discomfort during any activity organised for you, you must stop immediately and advise the trainer(s) accordingly.

(c) Due to the nature of yoga we are unable to accept pregnant women on our programme. If you are pregnant or are planning to be pregnant during the programme, please contact us before applying.

(d) We reserve the right to stop your participation in any activity, at any time, if we consider that you are physically, mentally or emotionally unable to do so in a safe way.

6. Liability waiver

(a) By applying for and attending a teacher training course with The Rocci Tree you accept and will abide by the following release of liability:

'I understand that, while the utmost care is taken, neither the individual trainers, the venue, nor The Rocci Tree Limited, will be liable for any damage or injury resulting from my practice or use of the programme venue, nor any loss or damage to personal belongings. I understand that sessions may be physically strenuous and may challenge me mentally and emotionally, and I voluntarily participate in them with the knowledge that there is risk of personal injury, mental health issues, property loss or death. I recognise that it is my responsibility to notify the trainer of any illness or injury before the start of every session and I will not perform any posture to the extent of strain or pain. I understand that should I not want physical adjustment in class it is my responsibility to inform the trainer before the start of every session. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against The Rocci Tree, its trainers or its clients for any injury, property loss, or wrongful death, whether caused by negligence or otherwise.'

(b) The release of liability statement applies to the duration of the programme and every session or activity you participate in, whether in a group or private setting.

7. Media capture

(a) We may capture photo and video content throughout the programme which may be used for purposes to include but not be limited to our website and advertising material. By agreeing with these terms and conditions you grant The Rocci Tree full permission of the use of this media.

8. Alcohol and drugs policy

(a) You should not attend any session of the programme under the influence of alcohol or drugs, and doing so will result in immediate dismissal from the programme with no refund being issued.

9. Right to refuse

(a) We reserve the right to dismiss or refuse entry to any session of the programme at any time at the trainer's discretion with no refund being issued in the event of a breach of any of these terms and conditions, or due to disruptive or abusive behaviour.

10. No guarantee of work with The Rocci Tree

(a) We cannot guarantee employment with The Rocci Tree at the end of the programme.

11. Privacy policy

(a) Your application and any other contact you make with us, will be dealt with confidentially and only shared with The Rocci Tree programme trainers and its supporting staff.

12. Confidentiality

(a) During the programme you will share and hear Confidential Information. This term includes personal information shared by other participants on the course, and you shall hold all such information in confidence, and not disclose it or permit it to be made available to any other party without the prior written consent of The Rocci Tree

13. Complaints

(a) If you have a problem during your programme, please inform a member of our team immediately, who will endeavour to put things right. Please note that we cannot be responsible for the individual behaviour of any other group member.

14. GDPR

As a student of The Rocci Tree training course, I consent to my contact details (name, email and phone number) being passed onto our partners, Yoga Alliance Professionals, so they can contact me directly and invite me to register as a Trainee and Teacher. I understand that I have the option of opting out of this registration process.

Any personal information will be destroyed after completion of the course apart from information we need to keep for legal reasons.

14. Subject to Change

These Terms and conditions are subject to change at any time.



Yoga is not about touching your toes it's about what you learn on the way down.

Jigar Gor

