



A Whatsapp group is not a Yoga Alliance requirement, it is an optional course addition to foster peer support and create community on the online training. It is not obligatory, all course information is available on the learning portal or via email so there is no pressure to join if you don't want to.

If you do join, there is no obligation to react or reply to messages, you can simply use it to keep up to date with information and offer comment when you like. Please do not feel any additional pressure otherwise. It is your responsibility to manage your own energy in that way.

When commenting in the group, please abide by the following Terms of Engagement:

1. Please use the group to share course relevant information, rather than personal day to day happenings, or the course information can become diluted or lost.
2. The group is not a political platform; please avoid arguing, fear-mongering, dramatisation, or inaccurate facts. If you are sharing course information be mindful not to create anxiety or panic for other course participants, e.g. offering misinformation about the exam. If you are ever unclear about any course requirements please email teachertraining@soulsanctuarystudios.com
3. Don't spam the group with memes, adverts or deals, it is not a group for advertising any products or services.
4. Post your message in one single chunk of text, don't post every word or sentence in a new message.
5. Avoid long one-on-one conversations in the group. Switch to private messages.
6. Avoid posting between 21:00 and 07:00 unless it is an emergency. Emergencies entail incidents regarding safety.
7. Never use the group to berate someone else or air grievances. If you have an issue address it with the course leaders by emailing teachertraining@soulsanctuarystudios.com

8. Once you have graduated please move into the Graduates group - you will be sent that link in your Course Completion email.

If you are not sure whether to comment, ask yourself these three questions before you post:

1. Is this relevant?
2. Is this necessary?
3. Is this a good time to post?

As stated in the course Terms and Conditions, you have 2 x 20 minute 1-1 calls included in the course cost. 200 hour trainings are / should be around £2000, offering lower than £10/hour is not a fair or healthy energy exchange and would lower the industry standard which has a dangerous impact for the wider yoga community.

All the content you need is covered in the 200 hours on the portal and live calls. It has worked perfectly for hundreds of graduates so far.

We are happy to support with a couple of emails regarding technicalities, but will suggest private 1-1 coaching at an additional cost if more hours are being required beyond that.

If you need any further clarification please contact teachertraining@soulsanctuarystudios.com.

By joining the group you agree to abide by the above conditions. Any breaches of the above agreement will result in being removed from the group.