

# **The Thinking Body**

**Foundation Training in Somatic Movement  
Education with Lisa Petersen and Faculty**

**Terms and Conditions**

## 1. ELIGIBILITY:

In order to apply, you do not need to be a teacher of a movement practice but you do need to have experience as a teacher, coach, therapist, or holistic professional in a public or private practice.

If you are interested in this course solely to address any personal issues – physical, mental or emotional – we suggest that you attend some private sessions with a qualified Somatic Movement Educator before applying.

## 2. APPLICATION PROCEDURE:

Our application procedure has three steps as follows:

Read these Terms & Conditions

Complete the application [form here](#)

Pay the €150 deposit using this link (scroll to the bottom of the page): [Deposit Payment Link](#)

Please note that applications cannot be accepted without a deposit (see below).

Your application will be processed within two weeks and you will be notified within that period whether your application has been accepted.

## 3. DEPOSITS, FEES AND PAYMENTS:

Course fees include all tuition, assessment and module manuals. They do not include travel, accommodation or food.

Payment Type	Cost in Euros
Deposit on application*	€150
Early-bird payment before January 7th, 2023	€1450 minus deposit = €1300
Regular Rate single pay or instalment plan	€1700 minus deposit = €1550

### \* Applications cannot be accepted without deposit payment

We will contact you within two weeks of receiving your form and if, for any reason, you are deemed ineligible, you will be refunded your deposit in full. If you are accepted onto the course, your deposit will be deducted from the overall cost as per your payment choice.

- The **Early-bird** option must be paid in full before January 7th, 2023.
- The **regular rate** for the course can be paid either in a [single payment](#) or on a [payment plan](#). If you would like details of the payment plan, please contact [info@living-yoga.ie](mailto:info@living-yoga.ie). Please be advised that if you opt for the payment plan, you will be asked to provide proof of a Standing Order set up for specific payment dates.

## 4. CANCELLATIONS AND REFUND POLICY

If you wish to cancel after paying for the course and your place can be filled from our wait-list, we offer a

full refund minus a €40 administration fee before December 23rd, 2022.

Refunds for other major life events or *force majeure* after that date are at the discretion of the

Training Co-ordinator and require written proof.

All cancellation and refund requests must be made in writing.

## **5. CANCELLATION OF COURSE**

Living Yoga reserves the right to cancel the training. If the course is cancelled more than one month prior to the course start, 100 per cent of the fees will be refunded. If the course is cancelled within one month of the start date or over the duration of the course itself, Living Yoga will offer alternative course dates at no extra cost.

We advise you to put travel insurance in place to cover flights and accommodation in the rare and unlikely event of cancellation.

## **6. CERTIFICATION**

This training is certified with Living Yoga. On successful completion of the course, including all written work and a half-day assessment, you will be given a certificate of competency by Living Yoga as a qualified Somatic Exercise Coach.

## **7. ASSESSMENTS**

We ask you to complete five written tasks to be submitted prior to the end of the course and to participate in a half-day assessment of your practice and your teaching of the somatic exercises.

## **8. CONTACT AND NON-CONTACT HOURS**

The 'Thinking Body' training comprises 10.5 full days' training which constitutes 64 contact hours. In addition, there are 120 hours of required home practice, for which you will be required to keep a learning log or home practice journal. Other non-contact hours include home study and 'study buddy' sessions, as well as review and consolidation of class materials – these are strongly encouraged but not mandatory.

## **9. MISSED TIME AND EXTENSIONS**

We do not accredit anything less than full attendance.

Students can make up 3 hours on any given module with a qualified representative of Living Yoga. The cost for this will be outside of the course structure. Any more than 3 hours missed on one module will require the module to be repeated.

Students may apply for an extension of course work. This is at the discretion of the Training Co-ordinator.

## **10. REPEATING COMPETENCY AND INTEGRATION**

If you do not pass, you will be offered feedback and the opportunity to repeat the module for free at the next iteration of that module.

## **11. FEEDBACK AND COMPLAINTS PROCEDURE**

Please address any unsolicited feedback or complaints in writing to the Training Co-ordinator, Áine at [info@living-yoga.ie](mailto:info@living-yoga.ie)

## **12. CODE OF ETHICS FOR TRAINING**

We acknowledge the unique and sensitive nature of the student-teacher relationship and recognise that ethical behaviour is the foundation of all good practice and teacher training. We believe that it is the responsibility of the teacher to ensure a safe environment in which a student can grow physically, mentally, emotionally and spiritually. For any clarifications please contact us on [info@living-yoga.ie](mailto:info@living-yoga.ie)

## **13. CODE OF ETHICS FOR TEACHERS**

As teachers of the Somatics Exercise Coach Training, we agree to uphold the highest professional standards as set forth in the following Code of Ethics.

We welcome all students with respect and friendliness and do not discriminate against or refuse professional help to anyone on the basis of race, gender, sexual orientation, religion or national origin.

We make only realistic statements regarding the benefits of Somatics, make responsible decisions to determine if and when we can assist a student, and use our knowledge and skills only for their benefit.

We provide rehabilitative and therapeutic instruction only for those problems or issues that are within the reasonable boundaries of our competence.

We do not mis-represent our professional qualifications and we promote our services with accuracy and dignity.

We establish and maintain professional relationship boundaries at all times.

We understand that all forms of sexual behaviour or harassment with students is unethical and use only appropriate methods of touch when assisting students.

We conduct our public and private affairs with honesty in all financial, material, emotional and spiritual interactions.

We respect the rights, dignity and privacy of all students, and treat all communications from students with professional confidence

## **14. STUDENT RIGHTS AND RESPONSIBILITIES**

Students have the right to:

Pursue their training in an environment that is without harassment or discrimination.

Be treated always with respect, dignity and fairness.

Expect confidentiality in all personal matters.

Have their learning needs known and addressed by the teacher.

Receive training and assessment from competent and experienced teachers.

Appeal an assessment decision and be re-assessed if found not yet competent after initial assessment.

It is the responsibility of the student to:

Ensure that all current policies and procedures at a training venue are understood and adhered to.

Seek clarification from the course director if a policy or procedure is not understood.

Attend all classes in a timely, courteous, and professional manner.

Respect the rights of other students, clients and employees of a training venue.

Keep confidential any information of a personal nature obtained during the courses.

Make all reasonable efforts to achieve the competencies specified in the training plan and take advantage of all learning opportunities.

Maintain a true record of practice in a learning log/practice journal.