

Chudography Yoga Teacher Training

Admissions Policy

Purpose

The purpose of this policy is to ensure that all applicants are admitted through a fair, transparent and supportive process. We aim to welcome individuals who are committed to learning, willing to engage with the training, and motivated to develop into confident, authentic yoga teachers.

Chudography Principle

At Chudography, we believe that great teachers are not defined by how flexible they are, how many poses they know, or how long they have been practising yoga. Great teachers are curious, compassionate, open to learning and committed to helping others.

Our role is not to create copies of one teacher, but to support each trainee in discovering their own authentic teaching style. We value individuality, thoughtful communication and a willingness to grow. We believe that learning happens best when people feel safe, respected and encouraged to ask questions without fear of judgement.

Our admissions process reflects these values. We are looking for people who are ready to learn, contribute positively to our community and embrace the journey of becoming the teacher they are meant to be.

1. Who Can Apply

Applications are welcomed from adults aged 18 years and over who have a genuine interest in yoga, movement and personal development.

Applicants should:

- 1.1. Have an established personal yoga practice.
- 1.2. Be open to learning and receiving feedback.
- 1.3. Demonstrate a respectful and professional attitude.
- 1.4. Be willing to participate fully in practical, theoretical and group learning activities.
- 1.5. Be committed to completing the course requirements.

1.6. Previous teaching experience is not required.

2. Entry Requirements

2.1. Applicants will normally be expected to:

2.2. Complete an application form.

2.3. Attend an informal interview, either in person or online.

2.4. Discuss their previous experience of yoga and their reasons for joining the training.

2.5. Complete a confidential health questionnaire before the course begins.

2.6. Applicants who have not previously practised with Kiran will normally be required to attend one of his public yoga classes as part of the admissions process, ensuring that both the applicant and Chudography are confident the training is the right fit.

2.7. Having a medical condition, disability or previous injury does not automatically prevent acceptance onto the course. Where appropriate, reasonable adjustments will be considered to support safe participation.

3. Selection Process

Applications are considered individually. Decisions are based on an applicant's readiness to undertake the training rather than their current level of ability.

During the admissions process we consider:

3.1. Commitment to learning.

3.2. Willingness to participate.

3.3. Ability to work respectfully within a group.

3.4. Understanding of the commitment required.

3.5. Motivation for becoming a yoga teacher.

3.6. We are not looking for the most experienced or flexible person in the room. We are looking for people who are curious, kind, willing to learn and genuinely interested in

helping others. Technical skills can be developed throughout the course, but qualities such as openness, integrity and respect form the foundation of becoming an effective teacher.

4. Equal Opportunities

4.1. Chudography is committed to creating an inclusive learning environment where everyone is treated with dignity, fairness and respect.

4.2. Applications are welcomed regardless of age, race, ethnicity, religion, disability, gender identity, sexual orientation or background. Selection is based solely on an applicant's suitability for the training.

5. Course Suitability

5.1. This training is educational rather than therapeutic. While many students experience personal growth throughout the course, the primary purpose of the programme is to develop knowledgeable, safe and confident yoga teachers.³³

5.2. Applicants should feel physically and emotionally able to engage with the practical and theoretical demands of the course and seek appropriate support outside of the training where necessary.

6. Acceptance

Successful applicants will receive confirmation of their place once:

6.1. Their application has been approved.

6.2. Any required interview has been completed.

6.3. The agreed course deposit or payment has been received.

6.4. They have accepted the Terms and Conditions of the training.

7. Deferred Entry

7.1. Requests to defer a place to a future course will be considered on an individual basis and are subject to availability.

Review

This policy will be reviewed annually to ensure it remains fair, transparent and aligned with current legislation and the values of Chudography.