

BY level 1

Business Yoga Training 2017

For anyone who wants to:
Train and coach professionals
Improve business health: stress and burnout
Learn how to apply yoga to business related themes
Teach yoga, meditation and relaxation at the work place

The Business Yoga Training Level1 is developed by Business Yoga Nederland
and is registered in the Centraal Register Kort Beroepsonderwijs (CRKBO)

Topics

Chair yoga
BY Methodology
BY Competences
History of Business Yoga
Healthcare in Business
Communication skills
LifeMap process
Work Environment
Event optimization
Business knowhow
Research and recourses
Motivational Psychology
Training and Coaching
The right approach
Humanizing business
Project development
PR and Acquisition
Money and success

Our references

KLM, Rabobank, ING Postbank,
Politie Amsterdam, Design
Academy Eindhoven, VARA,
Ministerie van Binnenlandse
Zaken, NYSE Euronext, Woman
Inc, Achmea, CZ,
etc.

Business Yoga Training Level 1

With great enthusiasm we would like to share our knowledge with you and invite you to the first International Business Yoga Training that educates you to become a professional Business Yoga Teacher, Trainer and / or Coach

This training offers you the unique opportunity to bring your work as a yoga teacher to the professional world. Combining yogic knowledge, teaching skills, business knowhow, talents, gifts, qualities and all that you've learned to create a professional service. Business Yoga is about the integration of yoga in modern society. Learn how to teach yoga to people and professionals from all areas of life. And create your own professional service to help companies and organisations use this powerful technology.

4 Meetings

The training is offered in 4 long weekends / 4 days. Each meeting starts Friday at 10:00 AM and ends Monday at 18:00 PM. There are 2 months in between each meeting, to integrate what you've learned and work on your assignments. Besides daily BY practice and getting familiar with the BY methodology, you'll be engaged in dialogue, diary and reflection, games, research, homework, presentations, group projects, service development, and fieldwork.

Methodology

Business Yoga is based on Kundalini Yoga

as taught by Yogi Bhanan. This dynamic and complete form of yoga offers an extensive library of techniques, guidelines and materials that are ideal for working with Business related themes and topics. Kundalini Yoga is also called "the yoga of the householder," for people who are dealing with the many responsibilities of daily life and work!

Location

Amsterdam, Netherlands

Exact location will be confirmed later..

Material

During the training students will receive the Business Yoga Manual and the LifeMap Manual. In addition, to support the different topics, materials will be handed out or sent by email.

Requirements

To participate in this training you will need to have completed your Kundalini Yoga Teacher Training - Level 1. If you don't have affiliation with Kundalini Yoga but studied and practiced in another tradition then please contact us to discuss possibilities.

Certification

This training is certified by: Business Yoga Nederland. After successful completion of the training you receive the "International Business Yoga Level 1- Instructor" certificate.



Trainers & Team

Joost van Dijk / Siridharma

Siridharma started his career in the Netherlands as manager of the International 3HO Kundalini Yoga Center in Amsterdam and Sales manager of Yogi Tea. In 2003 he started his own yoga organization: Yoga Lifestyle. He opened



a yoga studio, organized certified teacher training programs and became a professional teacher trainer. In pursuit of his vision: to integrate yoga in modern society and bring it to the "non-believer", he started teaching in sport-schools, universities, and specialised in Yoga Therapy. Soon after he entered the corporate world with Business Yoga and Yoga Coaching, he started leading innovative projects for companies and organisations, and creating specialized training programs for professionals.

Team

Business Yoga Nederland works in collaboration with a team of independent trainers and guest teachers who all bring their unique skillset, approach and many years of experience. Teaching the themes and topics that they are most specialised in. This gives you the unique opportunity to learn from different teachers and benefit from their collective experience.

Location

Amsterdam, Netherlands

The exact locations will be announced later.

Pre-interview

A pre-interview helps us better understand your needs for the course. This can be done in person or on the phone.

Dates: 2017 / 2018

14 - 17 July

08 - 11 September

03 - 06 November

02 - 05 February

The training is offered in 4 meetings of 4 days with 2 months in between the sessions. Each meeting includes a weekend: starting on Friday at 10:00 AM and end Monday at 18:00 PM.

Costs

The costs are from € 2500

which includes:

- course fee
- registration deposit
- course material
- seminar house
- examination

Payment options*

Early and full payment:

€ 2500 (8 weeks before the training starts)

€ 2600 (2 weeks before the training starts)

€ 2650 (late payment - the deposit of € 500

+ € 650 and 2 monthly payments of € 750)

We kindly ask you to transfer the full amount at registration.

(*This information may change.)

Registration

1) Fill out the online registration form on our website: www.businessyoga.com by opening the Business Yoga Training page, and pressing the 'register here' button.

2) Send a deposit of € 500 (non-refundable) Limited to 25 students.

Bank: Rabobank Rek.nr. 1281.30.369

Please specify: BYL1 2017 + your name

Contact information

Joost van Dijk

info@businessyoga.com

www.businessyoga.com

+31 6 42 00 63 64

"Business know-how?
What we need is a huge amount of self-knowledge"

- Employee ING POSTBANK -

"The greatest waste in business is failure to use
the abilities of people"

- W. Edwards Deming -

"It's not enough to do your best, you must know what to do
and then do your best"

- W. Edwards Deming -

"People will forget what you said. People will forget what you did.
But people will never forget how you made them feel."

- Maya Angelou -

"Train people well enough so they can leave.
Treat them well enough so they don't want to"

- Richard Branson -

"I don't think of work as work or play as play, it's all living"

- Richard Branson -

"Take the next step, close the gap, build the bridge and cross it"

- Siridharma -

"Identify the need, bring it to the level of understanding,
adapt to the environment, exceed the expectation"

- Siridharma -

Study Conditions – Business Yoga Training Level I

I. Registration

1.1 Online registration

Students can register by completing the online registration form including the pre-interview questionnaire. The agreement between the student and Business Yoga Nederland (BYN) includes the online registration form, the study brochure and the included study conditions. Through online registration the student agrees with its contents.

1.2. Deposit

The registration is only valid after a deposit of 500 euro per bank.

Indicating:

BYL1 2017 deposit and your name.

Bank information

Rabobank 1281.30.369

Business Yoga Nederland

Amsterdam

IBAN: NL05RABO0128130369

BIC: RABONL2U

1.3 Admission interview

Upon receipt of the registration BYN will contact the student for an admission interview. The pre-interview questionnaire will be used as a reference during the admission. During the interview the student can ask questions about the program and share special needs or desires. For the training this meeting is an important means to better understand the background and motivation of the student. This will help to best serve the students needs during the training. The conversation may take place during a personal appointment or if not possible by telephone or computer.

1.4 Welcome

The student will receive by email a confirmation and further details in preparation for the first weekend:

- Confirmation of registration.
- Information about the location, route description and other practical information.
- Before the first weekend, the student will also receive a contact list of all enrolled students. This can be used to arrange transportation, and for later correspondence.
- Student contact list

1.5 Time for reflection

After registration, the student has a reflection time of 14 days. If the student decides not to do the training within this time, the contract shall be dissolved and the paid training fee reimbursed.

2. Payment

2.1 Transfer

Payment by bank transfer:

Please specify:

BYL1 2017 deposit, your name, the installment number (where applicable).

Bank information

Rabobank 1281.30.369

Business Yoga Nederland

Amsterdam

IBAN: NL05RABO0128130369

BIC: RABONL2U

2.2 Payment Options

On the application form the student can choose from several payment options:

- Early payment and discount:
For full payment before the specified discount dates, the student receives a significant discount. The full fee has to be paid at the latest 8 weeks before the first training meeting.
- Payment in installments:
Both the deposit of 500 euro for registration and the first term, have to be paid in full at the latest 2 weeks before the first training meeting.

2.3 Billing

The student receives an invoice for the total training costs.

2.4 Administrative questions

For administrative questions, the student can contact the student contact person present during the training or the study coordinator. [See 13 Contact list].

3. Study Materials

3.1 Manual, materials and necessities

During the training students will receive the Business Yoga Manual and the LifeMap Manual. In addition, to support the different topics materials will be handed out or sent by mail. There are also optional materials and necessities that are not included in the training fee and will need to be purchases by the student itself.

3.2 Study material list

- Business Yoga Manual
- LifeMap Manual
- Optional:
- Other yoga manuals
- Business Suite / Outfit
- iPad or Laptop
- iPod and Loudspeaker set
- Presentation material

3.3 Ownership

All the study materials and BY materials (books, text, illustrations, etc.) are under copyright. The materials may not be copied, reproduced or handed out in any way, without official permission from the author.

4. Exam and Certification

4.1 Certificate

Upon successful completion of the course the student will receive the "Business Yoga Level 1 - Instructor" certificate. The certificate is issued and recognized by Business Yoga Nederland. Business Yoga Nederland is registered with CRKBO - (Centraal Register Kort Beroepsonderwijs"). This confirms the professional status as Business Yoga teacher.

4.2 Conditions

Students must fulfill the following criteria to successfully complete the training and receive the certification:

Fee:

Full payment of all fees.

Attendance:

Students must attend a minimum of 90%. That means they are not allowed to miss more than one and a half day. If a student cannot attend the lead trainer will indicate how to catch up the missed material. Absence of more than 90% may result in a student completing the course by attendance at a future Training program. Note: maximum length of training is 2 years from the starting date.

Work experience:

In addition to the hours described below, the student is required to have at least 4-8 hours of Business Yoga experience. That means that the student will teach several Business Yoga sessions under the supervision of a qualified trainer, preferable in an existing company with real employees. The time indicated includes preparation time.

Hours:

The course will at least takes at least 150 hours to complete [and additional time for home assignments, preparing for the written exam, practice exam, study and required work experience]

- 150 hrs classroom instruction and practice [6 weekends]
- 6 months daily meditation and yoga practice [11-31 minutes a day – own time]
- 12 hrs reading [see study material]
- 12 sadhana / morning practice [2hrs on training weekends]
- 40 day personal discipline [11-31 minutes a day – own time]

Reading:

The Business Yoga training manual by BYN and regular reviewing the LifeMap manual and personal notes after the LifeMap training.

For a complete list of additional Kundalini Yoga books and material visit: www.satnam.eu

Additional classes:

Students with little no or little Kundalini Yoga experience are required to attend a minimum of 20 Kundalini Yoga classes or 2 Yoga Coaching programs. Preferable before, but can also be during the training. These must be taught by a KRI certified instructor or BYN trainer or coach.

Examination and course assignment:

- Written practical exam: design a BY course curricula.
- Theoretical exam: present a BY related topic.
- Practical exam: teach a BY class.

4.3 Evaluation Of The Student:

- The student's involvement with the training [including leading a business yoga session during the training]
- Their general grasp of the practical and theoretical BY material
- Commitment to the professional values, competences and representation of a Business Yoga Teacher.
- Satisfactory completion of the written, theoretical and practical exam [see 4.2 Examination and course assignment].
- Group evaluation by the tutors.

4.4 Evaluation Of Tutors:

The student is required to complete a brief confidential evaluation form for each of the BY tutors on the course. These will be submitted to the head office of BYN.

4.5 Retake:

A student who fails the first exam may retake and receive extra training at reduced costs.

4.6 Questions and advice:

The student has the right to ask for free advice regarding the study. During the training days advice can be sought at any time from the student contact person or teachers present.

4.7 Monitoring

Examinations are stored and supervised by BYN. BYN can perform a random check up. If the student disagrees with the outcome of the exam, the student can request BYN to re-evaluate. This result is binding.

5. Disclaimer

5.1 Care and medical advice

We invite the student to practicing yoga with enthusiasm. However, we recommend careful consideration to the implementation of the exercises during the training offered. If the student doubts whether yoga is recommended for certain complaints, injuries or conditions, we suggest them to consult a doctor or therapist. The instructions and guidance from the training provided are not intended to replace professional medical and psychological care. There are certain restrictions on the practice of yoga for pregnant and menstruating women. As a student, you're supposed to be aware of these restrictions. The student can find information about this in the study materials or can be informed by the teacher.

5.2 Liability

Registration means that the student agrees to assume full responsibility and release all others from any liability for any injury or damage to persons or property directly or indirectly the result of the training. Organizers, teachers and staff are not responsible for any injury or damage to persons or property.

6. Cancellation and Termination

6.1 Deposit

The deposit of 500 euro for registration is non-refundable.

6.2 Foreclosure

If the student is temporarily unable to follow the training days, the training or payments for the training will not stop. Not attending training days needs to be reported at the latest 10 days before those training days. Together with the teacher we can examine how the missed material can be made up. Missed weekends can be attended in the next year's training. The student pays just the cost of accommodation and meals. There is no refund of tuition for missed weekends possible.

6.3 Termination

If the student wants to stop the training without the intention of finishing the training within the following year the program can be terminated prematurely. Denunciation shall be effected by a registered letter to be received at the latest 10 days before the start of next training day. The student is entitled to 50% refund for the remaining days of training. At termination, the student will also be charged 350 euro for additional organizational and administration costs.

6.4 Special cases

In special cases where the student terminates the course early, such as when there is an inability situation, BYN will see what agreement is for both parties is a fair solution.

6.5 Termination of agreement

The mutual rights and obligations arising from the agreement end once the agreement is terminated and the fee is paid.

7. Late payments

7.1 Late payments

If payments are over 8 days late, the student will be addressed and the amount can be increased with an administration fee. With a late payment of two months or more BYN is entitled to terminate the student's participation in the training, until payments have been done in full. Obligation for payment of the full training fee remains.

7.2 Collection

If a collection agency needs to be hired to recover the tuition, the money owed will be increased by 10%, with a minimum of 35 euro - collection fee. After payment of the debt, the training agreement can be restarted.

7.3 Debtors administration

The debtors administration will be executed by the BYN accountant:
Le Bourdon B.V.
Cees de Hommel

8. Information

BYN does everything in its power to avoid errors in brochures, ads and lessons. BYN cannot accept liability for any errors. The copyright of all training materials produced by BYN belongs to BYN. It is not permitted to copy or use training materials, promotional materials, website text, illustrations, photo materials, brochures, study conditions, etc. for any other purposes than use within this training without prior consent.

9. Changing training dates & team

BYN has the right to make changes in the team and training dates. In case of insufficient registrations BYN maintains the right to cancel or postpone the training. Upon agreement the paid course fees can be refunded to the student. Refund does not include flight & travel expenses. Students will be informed in time.

10. Privacy policy

The student provides personal information. BYN uses this data to keep students informed about the training and relevant offers from BYN. The student can object in written form. Our privacy policy can be found at our website: www.lifestylestudio.nl.

11. Complaints and disputes

BYN is committed to provide the best possible training and support. If a student has a complaint, an email can be sent to the customer service of BYN. The email address is: info@businessyoga.com All complaints and disputes are registered and supervised. If BYN and the student do not come to an agreement, a complaint can be filed to the Complaints Committee of KRI. The outcome of KRI is binding on both parties. The student will receive a response within 2 weeks. Within 4 weeks the complaint will be handled. If the complaint cannot be handled within 4 weeks, the student will receive a proposal and term. The complaint will always be treated confidentially. The complaints and the manner of handling are registered for a minimum of 1 year.

12. Feedback and suggestions

BYN encourages the student to give feedback, share ideas and suggestions. The input of the student will be deployed to improve the method and curriculum, and as much as possible aligned with the wishes of the student. The first alignment already takes place during the introductory meeting.

13. Contact list

Student contact registration

info@businessyoga.com

Study coördinator / director organization

Joost van Dijk (Siridharma Singh)

joost@businessyoga.com

BYN

info@businessyoga.com

www.businessyoga.com

BYN intends to reply emails and answer questions within 3 work days.





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