



OSHKOSH COMMUNITY YMCA

YOGA TEACHER TRAINING PARTICIPATION EXPECTATIONS

ENGAGEMENT & PARTICIPATION

This program is designed as an intentional, relational experience. The depth of transformation available is directly connected to your presence, consistency, and participation. Live sessions, mentorship, and community access are reserved for participants who remain actively engaged and in good standing.

To maintain access to the live experience and group environment, participants are expected to:

- **Prioritize consistent attendance.**
 - If you need to miss a session, communicate in advance whenever possible.
- **Take responsibility for missed sessions.**
 - Watch the recording and submit a brief reflection including:
 - Week and date missed
 - Key insights or takeaways

Honor your commitments.

- If you confirm attendance, your presence is expected. Sessions are shaped in real time around participant engagement.

Remain responsive.

- Timely communication is part of active participation.

Engage with integrity.

- Contribute in a way that supports a respectful, focused, and collaborative group environment.

These standards protect the quality, trust, and cohesiveness of the experience for everyone involved.

COMMUNICATION, FLEXIBILITY & PARTICIPATION STATUS

Engagement capacity can shift, and participants are encouraged to communicate openly and adjust their level of engagement as needed. There is no penalty for adjusting participation; clear and direct communication maintains your standing in the program. If participation becomes inconsistent, a check-in will be initiated. A timely and honest response is expected.

Active Status Includes:

- Regular attendance
- Communicated absences
- Ongoing engagement

Inactive Status May Occur If:

- Multiple sessions are missed without communication
- Missed commitments
- Outreach goes unanswered

Inactive status includes removal from:

- Live sessions
- Active group
- platform spaces

ACCESS

Live access is reserved for participants who are:

- Actively engaged
- In good standing
- Paid in full

Lifetime access to program materials is granted upon completion.

Participants who withdraw will lose access, with the option to rejoin a future cohort.

AGREEMENT

By registering for this course, you agree to the above expectations.