

Course Syllabus

Consent, Alignment and Adjustments

30 hours CPD

Delivered by

Warrior Wellness Coaching and Yoga

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Course Syllabus – Consent, Alignment and Adjustments – 30 hours.

Executive Summary

This 30-hour intensive training offers a blended approach, combining the practice of yoga asana with practical, hands-on experience in adjustments, consent, and communication. The course integrates theory, demonstration, and group discussion with supervised practice, providing participants with the skills and confidence to offer safe, ethical, and student-centred hands-on adjustments. An online follow-up session post-course supports ongoing learning, reflection, and professional development.

Course Aim

To equip yoga teachers/students with practical, ethical, and evidence-based skills in consent, hands-on adjustments, and anatomical alignment—ensuring safe, student-centred teaching for all levels.

Training Objectives

- Develop a clear understanding of the importance of consent in yoga teaching and adjustments.
- Gain practical skills in offering and receiving hands-on adjustments, with a focus on safety, ethics, and trauma awareness.
- Master the principles of anatomical alignment, using Iyengar and modern mobility-based strength and conditioning research.
- Learn to communicate effectively and respectfully with students regarding touch and boundaries.

Learning Outcomes

By the end of this module, trainees will be able to:

- Clearly explain and implement consent protocols before, during, and after adjustments.
- Demonstrate the ability to safely and confidently provide hands-on adjustments, adapting their approach to suit individual needs and contraindications.
- Assess and cue alignment for a wide range of asanas, modifying as necessary for different bodies.
- Demonstrate knowledge of when NOT to adjust, and how to use verbal/visual cues as alternatives.
- Reflect on their own motivations and boundaries as teachers.

Course Target Audience

- Qualified yoga teachers, trainee teachers, and movement professionals seeking to deepen their skills in adjustments, alignment, and ethical teaching practices.

- Teachers wishing to update their approach to consent and trauma-informed practice.
- Enthusiastic yoga students wishing to deepen their practice.

Qualifying Criteria for the Course

- 200hr yoga teacher training qualification (or equivalent experience desirable).
- Commitment to professional ethics and ongoing personal reflection (mandatory).
- Willingness to engage in practical partner work and group discussion (mandatory).
- Minimum number of eight (8) students enrolled to commence.

Duration of the Course

- 30 hours (can be adapted for intensive weekend or spread over multiple weeks). 28 contact hours, 2 hours self-reflection/submission.
- Each day: combining theory, practice, and reflection.

Concept of the Course (Sample Outline over a three-day intensive training)

Day 1: Foundations of Consent & Adjustments

- Introduction to the ethics and practice of consent in yoga
- Awareness of boundaries and trauma-informed teaching
- Overview of hands-on adjustments: theory, demonstration, and initial practice
- Group discussion and reflection on consent and safe touch

Day 2: Principles & Practice of Alignment

- Exploration of alignment principles and their application in practice
- Hands-on, verbal, and visual adjustment techniques for standing asana and inversions
- Group work and peer feedback on adjustment skills
- Reflection on teacher/student dynamics

Day 3: Integration & Advanced Application

- Adjustments for seated, supine, backbends, and restorative postures
- Case studies and scenarios: when and how to adjust, and when not to
- Development of personal approach to touch and consent
- Final practice, integration, and group reflection

Post Course

- Online two and a half (2.5) hour interactive session no more than three (3) months post course to answer any queries, questions from students and encourage active reflection post assessment.

Assessment

Assessment for this course is continuous, combining self-feedback, peer review, and trainer input. Students are mentored throughout, with regular advice and opportunities for reflection and improvement.

A written assignment must be completed at the end of the course, with a submission deadline of six weeks. This assignment is graded on a pass/fail basis and is designed to assess the student's understanding of the core principles of consent, adjustments, and alignment in yoga. Students who do not meet the requirements will be given clear feedback and guidance, with the opportunity to resubmit and complete certification at a later date.

Unique Selling Point

This training stands out for its uncompromising focus on consent, student autonomy, and trauma-aware teaching—blending rigorous hands-on practice with reflective discussion and real-world scenarios. Led by an experienced, multi-disciplinary teacher, the course goes beyond technical adjustment skills to empower participants to create safer, more inclusive, and genuinely student-centred yoga spaces. Graduates leave with practical tools, deeper self-awareness, and the confidence to offer adjustments ethically, respectfully, and with integrity.



Stephen Bunney
e-RYT, Coach, BA (int), Prof Dip
warriorwellness2023@gmail.com
www.warriorwellness.ie



Stephen Bunney

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Annex A

Course Breakdown in Hours

Module	E-RYT Contact Hours	Formal Non-Contact Hours	Total Hours
Foundations of Consent & And Considerations for Adjustments and Assists (inc workshops)	8	0	8
Principles & Practice of Alignment, Yoga Asana and Reflection.	8	0	8
Assists, Adjustments, Alignment Practical (Standing, Seated, Inversion and Backbends) with feedback.	10	0	10
Post-Course Online Session	2	0	2
Written Assignment	0	2	2
Total	28	2	30

Terms and Conditions

Booking and Attendance.

I agree that I am over 18 years old. All events are booked on a first-come first-served basis. Students must arrive and check in no later than 5 minutes before class start time. Places may be given to wait-listed students after this time. If you are more than 15 minutes late for your class, for safety reasons it is not possible to join the class. In the unlikely event that a workshop or private class is cancelled, 100% of the payment will be refunded, or an alternative workshop or private class will be offered. If daily classes, workshops or private classes are halted or interrupted due to exceptional circumstances outside the control of the event holder, there will not be a refund if more than half of the event has been completed (start and finish times/ dates inclusive). Warrior Wellness accepts no responsibility for injuries, illnesses, medical or psychiatric conditions of customers developed before, during or subsequent to classes or workshops. Warrior Wellness accepts no responsibility for loss of, or damage to, personal property during their attendance at their class.

Payments.

Class passes purchased are non-refundable (if outside of cancellation policy terms) and non-transferrable and must be used by the person specified at time of purchase. A Class Pass expiry cannot be extended beyond its expiry date. Warrior Wellness cannot guarantee a place in a class or a workshop until the full payment has been received. Warrior Wellness has full discretion to offer discounts and concessions to individuals as it sees fit. This does not automatically entitle other customers to the same discounts and concessions. Only one (1) discount offer is eligible per purchase. Bank Transfer (STRIPE) is the preferred payment method. Cash payments will be accepted with prior notice.

Cancellation.

Class Bookings: We understand plans can change! If you need to cancel a class, please do so at least 24 hours before through the Legit Fit App. Your class credit will be automatically returned to your account. Cancellations within 24 hours of class time will use the class credit - this helps us manage our class sizes and waitlists fairly for everyone.

Workshops/Trainings: For our special workshops, we ask for 14 days' notice for cancellations. If something comes up closer to the date, don't worry - you can transfer your booking to another workshop or pass it to a friend.

Injury and Medical Conditions

Clients agree that they undertake any classes or workshops at their own risk. Warrior Wellness holds no liability for physical injuries or psychological/mental ill health that occur to clients or

trainees during workshops, trainings or classes or whilst on the premises of Warrior Wellness during, before or after classes, workshops, retreats or other events. Clients are fully responsible for following the instruction of Warrior Wellness teachers for injury prevention, including modifications for asana and use of props. Clients with pre-existing and existing physical injuries and medical conditions should seek medical advice before attending and classes or workshops and let their injuries or illness known to the teacher prior to class starting. Clients agree to monitor their own bodies and be responsible for their self care during classes and workshops only entering and exiting poses that they feel comfortable to do so, even if guided by the teacher. It is the clients responsibility to know their own limitations and to act within them. Clients with pre-existing and current injuries and medical conditions have contacted their treating physician or allied professional (physiotherapist, counsellor etc.) for clearance to participate in online classes and workshops. If you are pregnant, you are strongly advised to only participate in the classes specifically advertised as Pregnancy Yoga classes by Warrior Wellness. Yoga during pregnancy is contraindicated for first trimester. The highest risk for miscarriage occurs in the first trimester, as this is the time of embryo implantation and attachment of the placenta to the uterus. Yoga can be practiced after the first trimester but it must be modified. Clients who suspect they may be pregnant are required to seek medical advice before purchasing a class, Membership or workshop event. Our priority is always the safety and wellbeing of our clients. By partaking in workshops and classes, you as the client retains control and direction over all your physical activities and voluntarily assume full liability and accept the risk of harm, including physical injury and discomfort as a result of participation in activities during the classes or workshops. The nature of a yoga workshop and classes includes a certain level of interpersonal physical contact. By participating a customer voluntarily agrees to this contact and understands its professional nature. If you are NOT comfortable with this, please let the teacher know prior to each class.

Photo and Video Release

From time to time Warrior Wellness will take and potentially use digital images and videos of workshops and classes for use in a promotional capacity on Facebook, Instagram and the company website etc. Photos and videos taken by clients during workshops and classes are strictly prohibited unless permission is given by the teacher. Warrior Wellness retains no liability for use of pictures or videos taken by other paying participants in the workshops or classes.

Use of Materials

Unless otherwise stated, Warrior Wellness owns the intellectual property rights for all material used for all online workshop, trainings and classes. All intellectual property rights are reserved. You may only circulate with express permission from Warrior Wellness.

Schedule and Programme Changes

Warrior Wellness reserves the right to alter the advertised schedule of classes and programmes and reserve the right to select yoga teachers from a pool of qualified teachers depending upon availability and location.

Changes to these Terms & Conditions

If you have not read, understood or do not agree to these Terms and Conditions, do not proceed to booking a class or workshop or any other programme or event by Warrior Wellness. By booking a class or workshop or any other event you are stating that you fully and voluntarily agree to said Terms and Conditions and acknowledge that you have both read and fully comprehend the nature and consequences of agreement to these Terms and Conditions.

It may be necessary to review and revise these Terms and Conditions. Warrior Wellness reserves the right to review and change these terms and conditions at any time. If revised, changes will be posted on their instagram platform. If you would like to be personally contacted in the event of a review and revision of Terms & Conditions please inform Warrior Wellness via email on WarriorWellness2023@gmail.com.

Legislation

Warrior Wellness Terms and Conditions are policed by the laws of that country, Ireland

By agreeing, you are saying that:

I have read and fully understand the terms and conditions.

I give my consent to be contacted in relation to upcoming classes and workshops (this will be very minimal and you can opt out at any time).