



300-Hour Advanced Yoga Teacher Training

Student Handbook

2026 Edition • Maat Booking 1.16.1

Yoga Alliance approved RYS 300 • Advanced study, practice, leadership, and integration

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Owner • Instructor • Lead Trainer

Contents

Use this guide as a practical companion to your training portal, live sessions, and direct communication from Maat Wellness.

Section	What you will find
1. Welcome	How the handbook and student portal work
2. My Training	Account, cohort, modules, tuition, and status
3. Attendance	Timestamp arrival and approved completion decisions
4. Advanced study	Modules, integration, evidence, and communication

5. Tuition	Payments, installments, sponsor support, and hardship communication
6. Completion	Messages, privacy, final checklist, and support

1. Welcome and how to use this handbook

This handbook explains the student-facing part of the 300HR experience: your account, attendance, requirements, tuition, sponsor support, communication, and completion records.

YOUR SOURCE OF TRUTH

Use My Account → My Training for your current enrollment and payment information. Direct messages from Maat Wellness may add cohort-specific dates, readings, assignments, or room/Zoom details.

What Maat Booking keeps connected

- Your contact and account identity.
- Your program, cohort, and enrollment status.
- Recorded attendance and progress information.
- Tuition option, payments, installments, sponsor support, and balance.
- Training confirmations, reminders, and approved surveys.

2. My Account and My Training

1. Sign in at MaatYoga.com and open My Account.
2. Choose My Training to review your current enrollment.
3. Confirm your name, program, cohort, tuition option, payments, installments, and balance.
4. Use the displayed payment action when an installment is available.
5. Contact Maat Wellness if a payment, sponsor contribution, cohort, or status does not match your records.

DO NOT CREATE DUPLICATE ACCOUNTS

Use the same email address for training enrollment, WooCommerce checkout, sponsor communication, and Maat Wellness messages. If you have more than one account, ask staff to connect the records.

3. Attendance and participation

Arrive ready to learn, practice, share, and teach. Maat staff records attendance with a timestamp that includes the local arrival date and time.

- Be on time and stay for the complete session.
- For virtual sessions, join from a device with reliable audio and video and keep your camera on unless an accommodation has been arranged.

- Maintain a distraction-reduced environment and participate in opening circles, practice, dialogue, and teaching exercises.
- If an attendance record is incorrect, notify staff promptly. Do not ask staff to erase history; corrections should explain what changed.

300HR ATTENDANCE

Your cohort or module communication defines the attendance needed for completion. Staff tracks exact arrivals and any approved makeup or completion decision.

4. Advanced study and completion evidence

The 300HR pathway is a Yoga Alliance approved RYS 300 program. Cohort communications define the required modules, integration sessions, assignments, practicum, and completion evidence.

- Review the module and cohort schedule before making travel or teaching commitments.
- Complete assigned preparation, practice, reflection, and integration work by the stated due dates.
- Use My Training to confirm enrollment and tuition information; staff maintains the authoritative requirement and attendance status.
- When a module is also offered individually, your 300HR enrollment determines how it applies to program completion.
- Ask for clarification before substituting outside coursework or assuming a missed session is automatically excused.

CURRENT PORTAL SCOPE

The 300HR portal shows attendance, status, requirements, notes, tuition, and installments. A dedicated assignment-by-assignment academic tracker may be added later; until then, follow cohort instructions and staff-confirmed records.

5. Tuition, payments, and sponsor support

Your training enrollment controls the approved tuition path. WooCommerce records card checkout. Verified Zelle and other approved outside payments are added to the payment ledger.

- Check My Training for the current balance and available payment actions.
- Keep receipts and transaction references until the payment appears correctly.
- A payment plan must be completed by the end of training unless Maat Wellness approves a different written arrangement.
- If hardship may affect your commitment, contact Ja before a due date so options can be discussed.

Using a sponsor link

- Ask Maat Wellness to create a secure sponsor link for your deposit, an installment, or a flexible funding goal.
- Share the link with the sponsoring person or organization. Do not share your student password.
- Sponsors may use preferred no-fee Zelle or card checkout.

- Flexible goal links accept multiple contributions until funded or expired. Exact installment links require the exact remaining installment.
- A Zelle contribution is pending until staff verifies the bank transaction and sends final confirmation.

6. Communication, privacy, and completion

Messages and surveys

- Read confirmations and reminders carefully; verify the date, local time, location, and Zoom link.
- Use the manage-booking or account link in the message when available.
- Complete requested surveys honestly. Private feedback is not a public testimonial unless you give permission.
- Tell Maat Wellness when your email, phone, accessibility needs, or emergency contact changes.

Privacy

Training applications, private notes, payment details, and coaching information are protected administrative records. Sponsors see only the information needed to complete a contribution. Teachers and staff receive only the access needed for their role.

Completion checklist

- Attendance and approved makeup requirements are complete.
- Program assignments, reflections, evaluations, or final work are complete.
- Any required final assessment or presentation is complete.
- Tuition is paid in full or an approved final arrangement is documented.
- Your name and contact details are correct for certificates and records.

NEED HELP?

Contact Maat Wellness at MaatWellness.com or (213) 598-1970. Include your full name, training program, cohort/module, and the specific record or payment you are asking about. Never send a password.

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MaatWellness.com

(213) 598-1970

7. Your six-module pathway

The full Maat Wellness 300HR pathway is organized as six connected modules. Some modules may also be offered as standalone YACEP continuing education, but your 300HR enrollment determines how each completion applies to the full credential.

Module ID	Module	Primary learning focus
MW300-M01	Maat	Foundations, ethics, study, and orientation
MW300-M02	Rekh	Lineage, history, culture, and restoration
MW300-M03	Embodied Anatomy	Applied anatomy, movement, and embodied learning
MW300-M04	Kaushalam	Skill in action, teaching craft, and practicum
MW300-M05	Jnana	Knowledge, inquiry, philosophy, and integration
MW300-M06	Seba	Mentorship, leadership, service, and capstone integration

FLEXIBLE PACING

Students may complete standalone modules over time, including across a two-year span. Maat Wellness must review accumulated records before applying them to the full 300HR pathway.

8. Evidence and completion states

Code	Evidence type	What it records
READ	Reading	Assigned reading and source engagement
REFL	Reflection	Written or recorded integration response
PRAC	Practice	Teaching lab, practicum, or applied demonstration
MENT	Mentorship	Mentor meeting, feedback, or supervised development
SURV	Survey	Evaluation, feedback, or program reflection
CAP	Capstone	Final integration, presentation, and completion evidence

- Submitted means your work was received; it does not yet mean approved.
- In review means faculty or program administration is evaluating it.
- Revision requested means more work or clarification is required.
- Approved means that evidence item meets its requirement.
- Complete means the full module requirement has been administratively closed.

9. Student materials library

- Canonical Student Manual: the authoritative curriculum reading and chapter sequence.
- Student Workbook: reading responses, teaching laboratories, mentorship journaling, and capstone preparation.
- Module materials: schedules, session resources, and assignment directions shared for the active cohort or standalone module.
- My Training: your operational record for attendance, tuition, progress, installments, and completion status.

FINAL VERIFICATION

The RYS 300 credential requires all six modules plus required attendance, evidence, tuition, capstone, and final administrative verification. A module purchase alone is not a graduation decision.

2026-2027 Program Update



YOGA ALLIANCE REGISTRATION

Maat Yoga is a Yoga Alliance Registered Yoga School (RYS 300). The full 300HR pathway is led by Ja Cole, E-RYT 500 and Yoga Alliance Continuing Education Provider.

Module ID	Module	Scope	Standalone tuition
MW300-M01	Maat	15 CE hours	\$595
MW300-M02	Rekh	20 CE hours	\$895
MW300-M03	Embodied Anatomy	20 CE hours	\$695
MW300-M04	Kaushalam	20 CE hours	\$695
MW300-M05	Jnana	20 CE hours	\$695
MW300-M06	Seba	Advanced residency	\$695

SIX-MODULE STANDALONE VALUE

\$4,270. Full 300HR Early Registration is \$3,100 through July 31, 2026, a \$1,170 savings compared with purchasing all six modules individually. Regular full-program tuition begins August 1, 2026.

- The full 300HR pathway includes all six modules, required attendance and evidence, mentorship, practicum, capstone, tuition completion, and final administrative verification.
- A student may complete related standalone YACEP modules over time and request an administrative review toward the full pathway.
- A module purchase or YACEP certificate alone does not award the full 300HR credential.

Current enrollment and program information: <https://maatyoga.com/300hr-training/>