



URBAN OM'S YOGA THERAPY EDUCATIONS

URBAN OM
CENTER FOR YOGA
& MEDITATION

GENERAL OVERVIEW OF URBAN OM'S YOGA THERAPY EDUCATION 1 – 300H & YOGA THERAPY EDUCATION 2 – 500H

Our 300 H and 500 H yoga therapy educations are a unique and intensely transformative journey combining yogic practices and meditation based therapy. Two separate trainings delivered in modules at Urban OM over 24 months and integrated with two residential retreats held at **Baravara**, Center for Personal Growth in Dalarna, Sweden. This education is highly experiential where most learning is by practice and by doing. Our faculty are selected and assembled because of their unique skills and expertise.

EMBODIMENT

We experience life through our body. Our emotions, memories, traumas, and thoughts are all felt and held in the body. So it is quite logical that when you start connecting to the body, which happens naturally through the practice of yoga, you also begin assessing and addressing some of these experiences again.

Yoga then becomes a natural starting point for deeper healing. Urban OM's Yoga Therapy Training embraces this natural opening and continues further by safely allowing emotional release and welcoming deep personal insight.

VISION

We envision a world where people are 'being human again'. Where deep healing happens from meeting others with compassion. We believe yoga teachers can lead this transformation of 're-humanization' when given the right yoga therapy training and tools.

If you already know that you are curious and want to know more, you can apply and book an interview slot. Application is non-binding.



URBAN OM'S EDUCATIONS
ARE BASED ON THREE
FUNDAMENTAL KEYS:

BEING IN THE BODY

The foundation is Being in the Body, which means to start befriending all the different aspects of being human. We believe that there is no real transformation unless you access both body and feeling. Being in the Body is an antidote to cure the modern phenomena of 'disembodiment' caused by urban overload. In our Yoga Therapy Training we emphasize cultivating sensitivity of both the physical and subtle body by training stress reduction and interoceptive awareness. We'll utilise evidence-based yogic practices which apply the therapeutic qualities of postures, breathing and relaxation, thus allowing the body-mind to strengthen and heal. These practices are inspired mainly from the Krishnamacharya yoga lineage, modern mind-body therapy, Kundalini Yoga, and the bioenergetic methods of Alexander Lowen and Wilhelm Reich.

BEING REAL

Being Real then enables development of a sense of self nourishing the connection to truth that can cut through the illusion, dream and deception from the mind. Self-inquiry, or honest introspection, is an ancient practice found in every spiritual tradition. We'll train our yoga therapists in aspects of humanistic and transpersonal psychology in order to offer trauma-informed counseling sessions and group structures.

BEING TOGETHER

Being Together is the final key. Our focus here is how to create safe spaces which merge body and mind, and to explore the magic of letting go into 'something more'. Active and contemplative meditative practices inspired by the contemporary and ancient esoteric wisdom of Vedanta, Mantra and Osho will help participants transcend the fixation with individual self, ultimately cultivating a deeper sense of inner-connectedness.



YOGA THERAPY EDUCATION 1 – 300H

URBAN OM'S YOGA THERAPY EDUCATION 1 IS FOR YOU WHO HAVE:

- ✓ A longing to develop your teaching skills and take it to the next level of working with people

AND HAVE COMPLETED:

- ✓ Your 200 H Yoga Teacher Training Certificate from a Yoga-Alliance certified school
- ✓ Baravara's Door Opener 1 (www.baravara.se)

You will learn how to teach themed classes and courses, as well as how to tailor personal yoga sessions for private clients. The training is also a deep journey of self-discovery, as the foundation to support others always lies with understanding yourself first. This education is delivered in class modules over a span of 8 months, and includes a residential off-site immersion, as well as a residential retreat at Baravara. This 300-hour training is the foundation and pre-requisite to attend the 500-hour Yoga Therapy course and graduate as an IAYT-certified Yoga Therapist. The completion of the 300-hour program also meets the requirements to achieve a RYT 500 with Yoga Alliance.



HIGHLIGHTS

Gain insight into the deeper aspects of yoga through deeper knowledge of physiology and myofascial movement principles

Traditional yoga philosophy made relevant for modern life.

Best-practice methods on how to create a relational field and set healthy boundaries with individuals and in groups

Skills in how to create themed group sessions and classes and a deeper knowledge of how to work in one-on-one session

Understanding how to work with the nervous system and breath to create resilience and endocrine health

Undergo deep personal and professional development, and experience group therapy at Baravara

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STARTING THE PROCESS

3 DAY IMMERSION at Urban OM

This module serves the purpose of creating a safe environment and a bond between the participants. During these initial days we will explore our own personal goals, understand the underpinning philosophy of Urban OM's Yoga Therapy Approach and establish the group as a dynamic learning environment – a place of support where we accelerate growth by learning from each other. Working in the field of people demands an empathic approach and can only really start when you work with yourself so we start the journey of Being Revealed, a guided self inquiry process (Atmavichara).

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PHILOSOPHY & MANTRA

2 HOURS VIA ZOOM X 6 TIMES

Through the lens of classical yoga and nondual tantra we explore who we are in essence, underneath our learned behaviour and perceptions of reality. We will understand how yoga philosophy can guide us towards a more conscious and creative way of life. You will learn about the structures of the mind, get inspired by yogic mythology and cognize how yoga is a path to embodied liberation.

A large, stylized blue number 3.

BEING REVEALED

2 HOURS X 6 TIMES

This module serves the purpose of discovering who you are and how you relate to the world, understanding your conditioning and revealing your true inner self. It is based on the book Being Revealed by Isa Khalwati. We will work with self-inquiry exercises that you will explore for yourself and share with each other.



EMBODIED ANATOMY

5 DAY MODULE

This module is an invitation for inner exploration, understanding and integration of your anatomical body and its interplay with the mind, postural and movement assessment, and fascia: what is and why it matters. Creating an understanding around biomechanics, load and range of motion, this program will help improve body awareness, critical thinking skills and deeper listening around our bodies' movement patterns. This knowledge will translate to a compassionate, patient and understanding teacher who serves your students' ability to become anatomically embodied, empowered and vibrant.



TEACHING ASANA IN 3 PARTS

PART 1: IMPROFLOW - 2 DAY MODULE

How can you create a safe environment for students to experience the essentials of organic movement through a practice of self inquiry and self exploration. How can you move from puppeteering a students practice with multiple and continuous instruction to formulating a framework for students to experience movement as meditation... an experience of simply being in the body where the student can watch, learn and self assist as the magic unfolds.

PART 2: T ONE-ON-ONE - 2 DAY MODULE

You will learn the basic structure for a one-on-one yoga session and how to find your inner resource to hold space. We will look into how to structure the session, the ethics of individual work, techniques for structuring a consultation, using and intake form, taking a case history and basic listening skills. We will open the door to creating an individualized yoga session and program for your students.

PART 3: THEMED CLASSES - 2 DAY MODULE

How can you make your classes an inspiring journey that moves your students through all levels of experience? Create a theme that you weave through the whole class, from an introductory dharma talk to Savasana. With this you are inviting them into a deeper reflective introspective state, which often stays with them long after. It is a chance to bring the spiritual and philosophical side of yoga into even a flow class, giving it more depth and value.



YOGA NIDRA

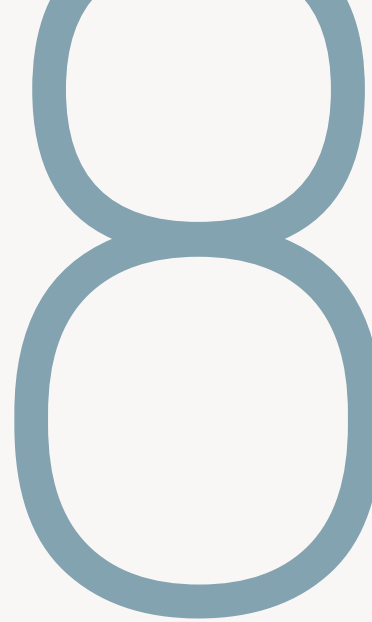
3 DAY MODULE

Yoga Nidra is a guided meditative technique to encourage sensory awareness, introspection, acceptance, self-worth and positivity. Contained with the practice are techniques of witness consciousness, affirmations, visualization and using guided and specific language to access deep relaxation and restoration of the body, mind, being. You will learn to lead Yoga Nidra to individuals and groups and you will experience the benefits of Yoga Nidra for yourself.

BREATH & BIOENERGETICS

5 DAY MODULE

Bioenergetics is an approach that combines physical therapy with psychotherapy. In this module we will be investigating the body by using postures and breath to encourage the opening of feelings that are connected to the different areas and muscle segments of the body. These exercises will allow us to experience, see and understand the tensions and repressions in our physical and emotional body that are limiting our life energy.



YOGA OF BREATH & ENERGY

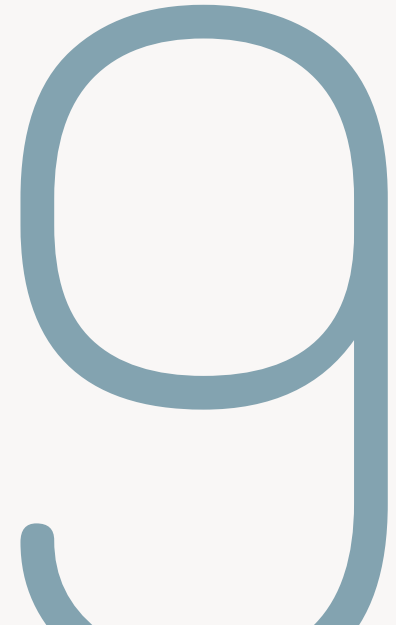
5 DAY MODULE

This module includes Pranayama, the science of breath as well as understanding of the nervous system and the endocrine system. All are fundamental tools for the yoga student and closely intertwined. This module includes functional western anatomy as well as practical asanas, meditation and breathing techniques to stimulate, strengthen and balance both the nervous system and the endocrine system. Yoga for promoting health and vitality.

DOOR OPENER 2

5 DAY GROUP at BARAVARA
booked separately, see available
dates at www.baravara.se

In our daily lives we often encounter old patterns and reactions that can repeat over and over again. Despite having a deep longing for something more fulfilling, we can easily get stuck in self destructive behaviors. During these days you will get support to understand these old patterns and to see what is preventing you from living your truth and full potential. With deeper insights gained during this group and from a foundation of trust you can begin to experience your intimate relationships in a new light and with greater love and understanding.



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GRADUATION WEEKEND

This is when we celebrate your journey and your progress as a student and a teacher of yoga. We will also have a beautiful sharing of your learning by inviting clients to experience a private yoga session with you.

SELF STUDY

As part of the training you are required to spend at least 20 H in self study, guided and directed by the faculty between modules.

STEP 1

Application via
www.urbanom.se

1

STEP 2

Urban OM team reads and
responds within 1 week.

2

STEP 3

Interview with Yoga
Therapy School.

3

STEP 4

Provide documentation
of graduation from
200-hour yoga teacher
training (i.e. graduation
certificate)

4

STEP 5

Digital Terms &
Conditions to sign
via email.

5

STEP 6

Invoice sent to you for
your payment choice.

6

STEP 7

Membership begins from
the date you sign Terms
& Conditions.

7

STEP 8

Your will receive your
welcome letter, reading
list and pre-course
preparations closer to
course start.

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HOW TO APPLY

A person with long dark hair is shown in a yoga pose, with their back to the camera. They are wearing a dark top. The background is a dark, textured surface with several large, white roses and some pink buds. The overall mood is serene and artistic.

YOGA THERAPY EDUCATION 2 – 500 H

STARTING JAN 2023.
16-MONTH PROGRAM

A person is shown in a yoga pose, likely a variation of Bhujangasana (Cobra), with their arms extended forward and their head tucked. The person is wearing a dark blue or black long-sleeved top. A large, white, semi-transparent flower is overlaid on the left side of the image, partially obscuring the person's arm and the background. The background is a dark, textured surface, possibly a wall or a backdrop, with some light-colored, abstract patterns.

THE YOGA THERAPY EDUCATION 2 IS FOR YOU WHO HAVE COMPLETED:

- ✓ Your 200 H Yoga Teacher Training Certificate from a Yoga-Alliance certified school
- ✓ A 300 H hour continued education
Baravara's Door Opener 1 & 2 (www.baravara.se)

This is a unique and intensely transformative Yoga Therapy Training combining yogic practices and meditation based therapy. Delivered in modules at Urban OM over 16 months and integrated with one residential retreat held at [Baravara](http://www.baravara.se) Center for Personal Growth in Dalarna, Sweden. This education is highly experiential where most learning is by practice and by doing. Our faculty are selected and assembled because of their unique skills and expertise.

If you already know that you are curious and want to know more, you can apply and book an interview slot. Application is non-binding.

HIGHLIGHTS

Gain insight into the deeper aspects of yoga through deeper knowledge of physiology and myofascial movement principles

Understand and assess how to look at body types through the lens of anatomy and physiology, bioenergetics and ayurveda

Learn how to develop and deliver integrative yoga therapy programs for clients

Become attuned to your own authentic voice and learn how to trust your intuition when working with clients

Gain new skills in counseling and how to deepen your way of working with clients

Develop skills to lead transformational group sessions

Learn how to support clients with emotional release in a trauma informed way

Support clients in reaching deep personal insights

1

STARTING UP THE PROCESS

3 DAY MODULE

This module serves the purpose of creating a safe environment and a bond between the participants as well as learning the skills of how to do so. During these initial days we will explore our own personal goals, understand the underpinning philosophy of Urban OM's Yoga Therapy Approach and establish the group as a dynamic learning environment – a place of support where we accelerate growth by learning from each other. Working in the field of people demands an empathic approach and can only really start when you work with yourself. We will also revisit and summarize some of the teachings from the Progressive Yoga Training.

LEARNING OUTCOMES:

- How to create a relational field
- How to create safety in a group
- Learn how to use an intake form to get to know one another
- Learn structures around goal setting
- First experience of giving a consultation

2

PHILOSOPHY

2 HOURS VIA ZOOM ONCE A MONTH

From the vast wealth of knowledge contained in the yogic texts we delve deep into different concepts and models including Panchamaya Kosha, the Gunas, the Kleshas, Purusha/Prakriti, and their relevance and application in yoga therapy. Analysing and inquiring into the mind's structure, states, functioning, and conditions, including greed, anger, attachment and antaraya (obstacles to progress in yoga and life). These sessions are weaved throughout the education allowing time for reflection, contemplation, questions and integration.

LEARNING OUTCOMES:

- Application of the yoga philosophical models in modern life and a therapeutic setting
- Yoga philosophy as a tool for support when meeting people

3

BREATH CENTERED THERAPEUTIC YOGA

5 DAY MODULE

Fine tuning your teaching skills to a more therapeutic approach of sequencing a breath centered practice based on myofascial movement principles and traditional asana, including pranayamas, mudras, mantra and yoga nidra. You will learn how to adapt the practice to different needs and use these therapeutic tools to support your students psychophysiological self-regulation and sense of inner balance. You will learn how to support students with hands-on assists based on their postural pattern and energetic states. This module prepares you for the work with personalised programs in module 3.

LEARNING OUTCOMES:

- Sequencing different breath centered practices, one uplifting and energising, one calming and rejuvenating
- Yogic techniques for directing the purpose and effect of the practice
- How to adapt breath and movement to regulate the tone of the nervous system
- Intelligent modern trauma-informed touch and hands on assisting

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PERSONALIZED PROGRAMS

WOVEN OVER 8 MONTHS VIA ZOOM

Yoga therapy in practice; tools for working with musculoskeletal issues, cancer, heart disease, mental health issues etc.

During this module we will hone your skills for tailoring practices for clients with neck and shoulder pain, back pain and sciatica, anxiety and depression, heart health, cancer, diabetes and chronic pain. Learning about the pathologies via theory we then apply well chosen practical yoga therapy tools that support wellbeing and healing. There will be plenty of time for practicing newly-learned skills.

LEARNING OUTCOMES:

- Students will learn to apply their yoga training in healthcare environments by understanding the unique circumstances of that environment and the people who work in it.
- Students will learn to assess, identify, and analyze and apply yogic solutions to various common aches, pains and stressors.
- Students will learn about common medications and will understand how to analyze these medications in conjunction with their understanding of the clients' state of mind and use this knowledge to support clients with yogic practices that help provide ease.

VOICING

5 DAY MODULE

The voice is an extension of your body and breath. Using the voice as a yogic practice can be a deep and powerful tool for self-knowledge and transformation. Singing connects us with our breath, body, emotions and life force as well as being the bridge that connects us with others. Founded in Nada yoga, basic singing technique, expressive arts therapy theory and kundalini yoga, Authentic Voicework, guides you through the process of connecting with your own voice as an energy form in motion and supports you to trust your own expression.

LEARNING OUTCOMES:

- Get to know your voice, where it is, how you use it and the state of it.
- Build awareness of your body as an instrument and vehicle of expression.
- Discover how your voice is a barometer.
- Learn the anatomy of your voice.
- Cultivate a new relationship with your own voice.
- Experience music meditation through singing.

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BREATH & BIO-ENERGETIC

5 DAY MODULE

Deepening the understanding about how feelings of fear, anger and pain might restrict our life-energy from flowing naturally. We will learn how to recognize different physical tendencies and personality structures in people and see the effect that life experiences can have on the physical body. We will explore and practice various ways to support people with these different structures to help them tap into their life energy and recover their natural energetic flow again.

LEARNING OUTCOMES:

- Learning experientially about the three main emotional holding patterns in the body
- Experiencing which segments in the body are connected to different emotions
- Learning about different character structures and what you might meet in their personality
- Opening up emotional and physical holding patterns
- Understanding resistance and flow through explorations an

AYURVEDA

5 DAY MODULE

In this module you will learn about the origins and history of Ayurveda. We will explore the Ayurvedic universal vision of life and it's journey. In Ayurveda the body is called the Temple of the soul and we will learn about it's constitution, maintenance and support of the body's natural deterioration. We will also look into the dynamics and interactions of the Doshas and how minds fluctuate through three different qualities called Gunas. And get a general understanding of how a person can work with the flow of Doshas to balance it in day to day life, with food, beverages, spices and herbals.

LEARNING OUTCOMES:

- Where and how exactly an imbalance will begin in the body and mind.
- What is Doshas and how to make Doshas relevant in daily life
- What are Gunas?
- How therapeutic yoga and breathing can support the body to function better

BEING REAL

5 DAY MODULE

In this module you will get to fully immerse yourself in one of the most ancient therapeutic techniques - self-inquiry. You will experience what it is like to direct a question towards yourself and to speak from connection, depth and authenticity. As you slow down you learn to track your own sensations, emotions, thought patterns, and reactions. So that you can fine tune your body as an instrument to know what resonance feels like and to detect subtle inner changes as cues for deeper inquiry. We will direct some curiosity to where in your own life you can move into a deeper sense of integrity, setting up parameters for what it would mean to make a shift into a more wholesome direction.

LEARNING OUTCOMES:

- What Socratic Questions are and how to use them.
- Explore the dynamic of sitting with someone in deep exploration - the basis of the therapeutic dynamic
- Practice active participation and passive listening
- Practice holding space for someone else from an open, allowing, permissive, patient stillness inside
- Know what it is like to cut through personality layers, not getting stuck in ego and experience what is real

EMBODIED ANATOMY

5 DAY MODULE

In this module, we will explore the way our nervous system evolutionary has become wired to seek safety, detect threat and prioritise survival. This affects our physiological wellbeing and social behaviour. We will integrate modern neurophysiological understanding of the nervous system via the Polyvagal Theory (the responses of fight and flight, social engagement and freeze), the yogic Panchamaya Kosha model of our 5 layers of the being and knowledge of fascia as a sensory organ. We will learn accessible practices that help us shift from an unbalanced reactive state to a more conscious and harmonious state. We will awaken our body awareness through movement, touch and hands on assists as a therapeutic tool. The focus will be on understanding the full enlivenment of the physical practices that we teach, from physical to the more subtle realm of emotions. As teachers we have a responsibility to be a safe pair of hands whenever we choose to make physical contact, and it is our obligation to ensure we have both a technical and psychological understanding of our actions and offerings.

LEARNING OUTCOMES:

- In depth understanding of the Poly vagal theory and Panchamaya Kosha model
- Physiology of stress, relaxation and social engagement
- Fascia as a sensory organ
- Practices for self-regulation and how to shift from dysregulation to homeostasis
- Creating physical integrity in asana movement and stillness - guiding words are Simplicity, Patience & Compassion
- Intelligent sequencing & creative design
- Understanding the ethics of teaching by touch

COUNSELLING

5 DAY MODULE

In this module we will focus on the very essence of the therapeutic relationship, the communication that moves between client and therapist. The way you may create a healthy healing relationship with your client, allowing them to feel seen, heard and met.

We will work with setting up a session, making a therapeutic agreement and establishing healthy boundaries. We will also look at how to set up goals for your work together.

LEARNING OUTCOMES:

- How to listen from empathy and non interpretation
- Understanding Core Beliefs
- How to work from inner resources, being attuned to yourself and your body
- Language & Body mirroring
- How to set healthy boundaries and the ethical aspect of working with people

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DOOR OPENER 3

6 DAY GROUP at BARAVARA booked separately, see available dates at www.baravara.se

This course focuses on how your childhood affects your life today. We will explore why we make the same mistakes over and over again. Why is it so hard to step out of old, destructive patterns? Why is it so difficult to stop being stressed and start taking care of ourselves?

Our painful early childhood experiences are linked to the development of survival strategies and limiting behavioural patterns that often are repeated in our adult life and hinder us from living the life we want.

During these days you will get support to look at what has been hidden away in your unconscious. All feelings are encouraged to be felt and expressed. By connecting with your inner child and dealing with painful emotional memories in a safe environment, you will increase your understanding of the patterns you took over from others, start healing the wounds from the past and find an acceptance that you are ok just as you are.

10

CLINIC

Approx. 10-12 h/month (Urban OM or other location of your choice)

Time to apply what you have learned! Meeting clients one-on-one as well as designing and sharing themed yoga therapy group courses under supervision and support. This is the bridge between being a student, a teacher and a therapist. We will be there for you along the way, through group supervision meetings and individual support. The objective is for you to become comfortable in your new role and feel fully ready to step out from the training and share your special flavour of yoga therapy, in a client-centered, relaxed and safe way.

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STEP 1

Application via
www.urbanom.se

1

STEP 2

Urban OM team reads and
responds within 1 week.

2

STEP 3

Interview with Yoga
Therapy School.

3

STEP 4

Provide documentation
of graduation from
200-hour yoga teacher
training (i.e. graduation
certificate)

4

STEP 5

Digital Terms &
Conditions to sign
via email.

5

STEP 6

Invoice sent to you for
your payment choice.

6

STEP 7

Membership begins from
the date you sign Terms
& Conditions.

7

STEP 8

Your will receive your
welcome letter, reading
list and pre-course
preparations closer to
course start.

8

HOW TO APPLY

GRADUATION

This is when we celebrate your journey
and your progress as a student and a yoga
therapist with a special event just for you.



YTE 1 & YTE 2

CERTIFICATION

On completion of the **PROGRESSIVE YOGA TRAINING 300 H** you will be eligible to register with YOGA ALLIANCE at the RYT®300 and RYT® 500.

To be able to register with Yoga Alliance at RYT® 500 you need to have completed:

- ✓ 200-hour teacher training with an RYS 200
- ✓ 300 hours of training with an RYS300
- ✓ At least 100 hours of teaching experience after completed education



- Urban OM is a registered school with Yoga Alliance at RYS 200 & RYS 300. Urban OM has met the requirements set by Yoga Alliance, demonstrating that our training's are of the highest standard and that our graduates may use the title 'Registered Yoga Teacher RYT®500' as a sign of quality, assuming criterias from the Yoga Alliance are met.

- On graduation you will be eligible (at your own cost) to register with the Yoga Alliance (www.yogaalliance.org)

Urban OM is currently in the certification process to become a registered Yoga Therapy Education with the International Association of Yoga Therapists.

We aim to have this completed prior to the end of your education. Upon successful completion of the Urban OM **YOGA THERAPY EDUCATION 500 H** you will be able to register for the 800 H IAYT certification with the INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS (IAYT)

PAYMENT & INVOICING

Monthly payments are binding and will not be refunded, and cannot be cancelled without valid reason that prevents you to complete the training (i.e physical injury or illness with doctors note, pregnancy) and consultation with the School Director.

Invoices are payable within 20 days. If payment is not received 30 days after the due date, you will receive a reminder. If payment is not received 60 days after the due date, the invoice will be forwarded to Inkasso for collection.

Terms are binding

- When signing the Terms and Conditions student is agreeing to pay the entire course fees and to participate in the entire course.
- If a student begins the education, and cannot finish for whatever reason (we understand that things happen, sickness, pregnancies etc) we will not be able to refund your tuition, however, we will allow you to transfer onto the next training.
- The number of students is very limited, so when you register for the Progressive Yoga Training and/or the Yoga Therapy Education we value and encourage full commitment. We rarely

accept students after the education has started, therefore no-one else can take your place if you fail to finish the education. The spot may be given to someone else who successfully gets through the application process prior to the education start date.

CANCELLATION

Student cancellation

- If a student cancels more than 60 days before the start of the course then you will receive a refund for course fees you've paid less the non-refundable deposit and less 1000 SEK administration fee. Transfer of deposit to another training, for exceptional reasons, will be at the discretion of Urban OM management.
- If a student cancels less than 60 days before the course start date we are unable to give a refund of any payments made. Transfer of deposit to another training, for exceptional reasons, will be at the discretion of Urban OM management and will incur a 1000 SEK administration fee.

Urban OM cancellation

- In the unlikely event that Urban OM cancels the training before the start date, 100% of your deposit and payments will be returned.

Unexpected events

- When an unexpected closure occurs due to extraordinary conditions such as inclement weather, pandemic such as COVID-19, faculty illness or health and safety, students will be notified as soon as possible by phone, email, and/or text message. Urban OM has the right in these situations to postpone the dates of the modules and / or change the faculty member delivering the course component
- We cannot accept liability for cancellations, delays or changes caused by war, threat of war, closure of airports, pandemic such as COVID-19, civil strikes, industrial action or natural disaster or other events outside of our control.

Liability waiver

- Urban OM accepts no liability for any injury or illnesses that occur to trainees during the education or any medical conditions which may develop during or subsequent to the education.

Refusal of admission

- Urban OM reserves the right to refuse admission to education. In the event that admission is refused for any reason within the discretion of Urban OM after payment of deposit or in full, 100% of the money received by Urban OM

CONTACT US WITH ANY QUESTIONS

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FIND US

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