

**Sacred Jade Yoga
Teacher Training Program
Liability Waiver**

*****Please review waiver before
signing*****

I, _____, the undersigned, do hereby consent and agree to the following provisions as are set out in this waiver and release of liability and assumption of risk agreement (hereinafter the Agreement):

1. I intend to and shall participate in a class, workshop, retreat, teacher training, continued education program and/or other yoga-related teaching program or events (hereinafter Teaching Program) offered by Sacred Jade Yoga during which course I shall receive instruction implementing yoga poses/movements and I shall practice yoga poses/movements.
2. I understand that yoga in general and Sacred Jade Yoga in particular involves intense physical activity, which requires balance, flexibility, muscle strength, aerobic fitness, mental concentration and other physical and mental abilities. I understand that yoga classes and the practice of yoga may be physically and mentally exhausting and taxing, and that such classes and practice can result in muscle soreness, strains, sprains, pulls, tears, bruises, illnesses, or other unforeseeable risks which cannot be specified in advance. I have previously taken yoga classes or have otherwise conducted sufficient research into the practice of yoga to fully appreciate the type of activities taking place in yoga classes.
3. In consideration of the foregoing, I hereby represent and warrant that I am in good physical condition and do not suffer from any disability, illness, impairment, disease, infirmity or condition which would limit or prevent my full participation in this Teaching Program. I further represent and warrant that:
 - a. either I have had a physical examination and have been given my physician's permission to participate in this yoga program, or
 - b. I have, after careful consideration of my physical and mental condition at present, decided to participate in this Teaching Program without the approval of my physician, and
 - c. in either event, I do hereby voluntarily assume all responsibility for my participation and activities in this Teaching Program and for any risks, injuries or damages which I might incur as a participant in this Teaching

Program, including without limitation, traveling to or from and entering or leaving the location or premises at which this Teaching Program is held and making use of its facilities, participating in this Teaching Program itself, practicing or training for participation in this Teaching Program and any and all components of the curriculum offered under this Teaching Program, performing on my own the exercises, routines and yoga postures I have learned at this Teaching Program (either before, during or after this Teaching Program), and being instructed by paid or volunteer yoga instructors in this Teaching Program.

4. Notwithstanding the foregoing, if I do have any physical injuries or conditions, which might hamper my yoga practice, lead to pain or injuries when practicing yoga, or affect my participation in this Teaching Program in any other way, I shall promptly inform Jade Skinner of Sacred Jade Yoga in writing of those injuries or conditions at any point in time as such conditions may arise.

5. I agree to remain fully aware of my physical and mental conditions and limitations and I assume full responsibility for my physical and mental conditions and limitations while participating in this Teaching Program. I understand that I am at all times responsible for using sound judgment to ensure that I practice yoga at a pace and level of effort that feels safe and appropriate to me and my physical and mental conditions. I further agree to follow all guidelines and instructions of the persons teaching or assisting in this Teaching Program. I further agree that I shall not commit any actions that might impair my physical and/or mental condition and functioning, which might result in my being in a physically and/or mentally impaired state during any part of this Teaching Program, for example: using illegal drugs, pharmaceuticals, cigarettes, abusing alcohol or other harming substances will result in immediate release/expulsion from this Training Program and no refunds of any sort will be granted for any reason.

6. In consideration of my admittance to participate in this Teaching Program I, _____, for myself, as well as for my heirs, guardians, executors, administrators, successors and assignees, hereby release (forever and irrevocably) Jade Skinner of Sacred Jade Yoga, and any teachers or assistants involved in any way in the offering or the provision of this Teaching Program, the sponsors, host and facility providers of this Teaching Program, the directors, officers, shareholders, employees, agents and attorneys of each of the foregoing, the licensees, successors and assigns of the foregoing, and any other parties acting in concert with any of the foregoing (with all the foregoing parties being

hereinafter collectively referred to as the Released Parties), from any duties, agreements, claims, counter-claims, debts, obligations, costs, expenses, loss of services, actions, risks, injuries, damages, accidents, liabilities, claims, demands, judgments, losses, costs and causes of action of any kind whatsoever arising or resulting from or relating in any way (in whole or in part) to my participation in this Teaching Program or any other yoga program with any of the Released Parties in the future, regardless of whether any such claims, injuries, etc. result from my own actions, inaction or negligence, the actions, inaction or negligence of other participants to the same or future Teaching Programs, the alleged actions, inaction or negligence of any of the Released Parties or any combination of the foregoing. No representations of any kind have been made to me by any of the Released Parties to induce me to sign this release form; I am signing this form because I am to attend Sacred Jade Yoga 200hr Yoga Teacher Training Program.

7. Without prejudice to any considerations herein, I agree not to sue or bring any legal claim, proceeding or action against any of the Released Parties (and I hereby knowingly, voluntarily and expressly waive any right to bring any such action) for any action or inaction (including any action or inaction constituting negligence) of the Released Parties resulting in personal injury, defamation, libel, invasion of privacy or any other similar harm as a result of my participation in this Teaching Program, irrespective of whether the cause, nature or existence of any such claim is known or unknown to me at this time. I understand that it is not in the nature to harm or be harmed in any fashion during this Training Program. I am aware that some potential injuries in yoga classes are foreseeable, and that others are unforeseeable and that any such injury, which I do suffer, may be known or unknown to me for any given length of time. To the extent permitted by law, I hereby waive and relinquish all rights and benefits I might have now or in the future under any federal or state statutes or common law provisions that either (i) do not extend to claims which I do not know or suspect to exist to be in my favor at the time of executing this release that, which if known, would or might have materially affected my agreement to the provisions of this Agreement or (ii) otherwise prevent or hamper the enforceability of releases or waivers of claims under this Agreement.

8. Should any part of this Agreement be found invalid or not enforceable by law, I understand and agree that the remaining provisions of this Agreement shall remain in force and continue to be enforceable to the end and completion of my training, regardless, If I graduate or not. Any modifications to this

Agreement must be in writing agreed by both parties. This Agreement ensures to the benefit of myself, _____, Sacred Jade Yoga and the released parties involved in offering this Teaching Program and represents the entire agreement between concerning such Teaching Program and the subject matter hereof.

- I. I am eighteen (18) years of age or older, and I am competent in all ways to sign this Agreement and I realize that this is a legally enforceable binding document. By signing below I certify that I have read and understood every part of this Agreement and I agree to comply with all of its terms and conditions;
- II. I, _____, am the parent/legal guardian of the applicant, _____. I understand that I assume full responsibility for the applicant while he or she is participating in this Teaching Program. By signing below I certify that I have read and fully understand every part of this Contractual Agreement and I agree to the terms and conditions there on behalf of and for the Participant. I, _____, represent and warrant that I, _____, am competent in all ways to sign this Agreement and I realize that this is a legally enforceable and binding document.
- III. I, _____, am the individual given above. I, _____, confirm that all information provided herein is true, accurate and up to date. Further, I agree that to the extent that there are any changes to the information provided above that may affect my ability to attend this Teacher Training, I shall inform Jade Skinner of Sacred Jade Yoga as soon as possible hereof. I understand and agree that any and all information I submit via this Application Form will be sent to Sacred Jade Yoga. I will make a photocopy for myself for the purposes of registration and application for the Training in question. In addition, I confirm that I have read, understand and agree to the payment and refund terms.

The 200hr Yoga Teacher Training Program with Jade Skinner of Sacred Space Yoga is formatted to develop the skills and knowledge necessary to teach a well rounded Yoga class. Students entering this Teacher Training program are stepping into the role of a teacher. With that role comes great responsibility. It is your duty to hold space for students, assist in a compassionate, loving, respectful way.

- **Admission** - Sacred Space Yoga (aka, Sacred Jade Yoga) Teacher Training Program requires all trainees/ students practice the yoga specified by Jade Skinner each time we meet as well as practice 3-4 times/ week outside of training. Due to the intensity involved in this training course, all students applying are required to have 2 years of consistent yoga practice. No prior teaching experience is required upon applying.
- **Tuition - A)** No Payment Plan: Tuition and fees for Sacred Jade Yoga's 200hr Teacher Training Program is **\$3200USD**. Accepted Applicants are required to put a deposit of **\$1200USD by the due date on website** (see refund policy) . The remaining balance of **\$2000USD** is to be paid 30 days prior to the first day of Yoga Teacher Training. **B)** Payment Plan: Tuition and fees for this 200hr Yoga Teacher Training Program is **\$3500USD**. Accepted Applicants are required to put a deposit of **\$1200USD by the due date on website** (see refund policy). The remaining balance of **\$2300USD** is divided into **5** monthly installments of **\$460** for the duration of this Teacher Training Program. All Tuitions must be paid in full by the end of this Yoga Teacher Training Program to receive a certificate of completion.
- **Payments** can be made by cash, check, or credit card (applicant is responsible for all credit card fees). Students/Accepted Applicants are responsible for purchasing all additional required reading material (Reading List) for this Teacher Training Program.
- **Program + Make-up hours** - The 200hr Teacher Training Program is formatted for a 5-13 month Weekend Format. Attending all the lectures are required for the completion and certification of this Training. In case of an EMERGENCY and you cannot make a lecture, you will need to notify Lead Trainer, Jade Skinner, immediately. Please understand that I, Jade Skinner, have invested a lot of time, energy, knowledge, research, and love into making this course happen. I, Jade Skinner, have very limited extra time during the week and on non-Training weekends. Therefore, make-up hours are to be done in 2x Private lessons by Jade Skinner of Sacred Jade Yoga, or by the other teacher who's class you may have missed. Private lessons start at **\$125/hr (3hrs max)**. Only two private lessons are allowed per training and the rest of the hours are to be made up with additional homework, essays, videos, and/or extra teaching. It is vital that students attend all the guest teacher workshops, technique, practice-teaching, and lecture classes scheduled during this 200hr Yoga Teacher Training Program. If the above said applicant misses guest teacher lectures/workshops, it is the responsibility of the applicant to resource the missed material from another colleague or provided recording material (if allowed by the guest teacher) for missed lecture/workshop. Additional non-contact hours of personal study, homework and reading/writing assignments are required for the duration of this Training.
- **Refund Policy** -

- **Deposits/Tuitions- 90days prior to the start date of this Yoga Teacher Training are 100% refundable (minus credit card fees).**
- **Deposits/Tuitions 60 days prior to the start date of this Yoga Teacher Training are 50% refundable (minus credit card fees).**
- **Deposits 30days prior to this Yoga Teacher Training are NON-REFUNDABLE and NON-TRANSFERABLE.**
- **Evaluation** - To receive your certification of completion, students must attend all lectures, complete assigned homework, teach 1-2 final group classes and make up any missed hours. You must complete all the requirements given at orientation, and demonstrate complete competence as a Teacher of Yoga. Students must conduct themselves in an ethical manner and act in accordance with the mission of Sacred Jade Yoga's 200hr Teacher Training standards. Students who fail to demonstrate competency in teaching yoga and/or who are not able to finish the 200hr Yoga Teacher Training requirements will not receive a certificate of completion.
- **Registration** - Sacred Jade Yoga is a RYS200 accredited Registered Yoga School with Yoga Alliance. Yoga Alliance is a nationally recognized organization. Upon completion of this Yoga Teacher Training Program you will be able to register as a RYT200hr with Yoga Alliance as a Vinyasa Teacher or Ashtanga-Vinyasa Teacher.

Applicant (print) _____ Date:

Applicant (sign) _____ Date:

Date of Training Program _____

Lead Trainer/School (print) Jade Skinner/Sacred Jade Yoga
 _____ Date:

Lead Trainer/School (sign)
 _____ Date: