

## 200YTT ~ Yoga Teacher Training Commuter Application

Carry yourself into the space of healing & you will be serving all of humankind.  
-Sudha

Dear Prospective Student,

Thank you for your interest in Kula Kamala Foundation's 200 Hours Yoga Teacher Training (YTT) Commuter program. This packet contains the information you will need to register and prepare for this exciting professional Certification program. If you have any questions please do not hesitate to contact us at 484-509-5073.

### **Mission Statement**

Kula Kamala Foundation provides affordable, high-quality training in the teaching and practice of yoga, a complement of holistic therapies and lifestyle; which has several benefits including stress reduction and overall enhanced health and happiness.

Our mission is to provide a unique, comprehensive and life-affirming Yoga Teacher Training Program open to aspiring and existing teachers, as well as dedicated students of yoga who wish to bring a holistic healing and wellness practice to themselves and to people in a variety of life situations. We strive to provide each participant with a robust foundation to practice and teach the process of yoga skillfully, with compassion, safety, and integrity. The program includes training in self-study, darshan (wisdom/ vision) of Yoga, asana, pranayama, meditation, lesson planning, and all aspects of classroom management, as well as training in the art of teaching, observation and adjustment, anatomy, and basic yoga therapeutics.

### **Curriculum Description**

Become a Nationally Certified Yoga Instructor, learn to apply the natural therapeutic techniques of yoga, or enhance your own wellness practice through this 200 hours Yoga Alliance Registered Yoga Teacher Training Program.

The Kula Kamala Foundation Yoga Teacher Training program provides comprehensive training to teach Yoga, its meditation, breath work, and energy components, as a vehicle for holistic wellness. Graduates of this program will be well suited to teaching Yoga classes with a focus on health and healing to the general public. During this training, students will study yoga ethics, meditation, pranayama (breath work), history and wisdom, the use of sound (chanting) and visualization in healing and holistic therapy, asana, anatomy, pathology, the importance of alignment, yoga psychology, energy, and basic Sanskrit (the language of yoga). Participants will learn basic

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principles for effective teaching, how to work functionally with beginner and intermediate practitioners as well as individuals with common health concerns. Appropriate and useful adjustments, how and when to use props, how to create a safe environment for your students and for yourself, sequencing of classes, the importance of your personal practice, and how to manifest your inner teacher are also topics of study.

### **Upcoming Commuter Program**

- January 20, 2019 to June 23, 2019: Every Sunday 8AM to 8PM
- Seva (Service) Requirement: **Choice of 2 First Saturdays, 4 Hours Seva each day**  
Seva Date Choices: 2/2/19, 3/2/19, 4/6/19, 5/4/19 and 6/1/19

### **Tuition**

Commuter Program Tuition during 2019: \$2,499.00

Total program cost, not including books and supplies is: \$2,499.00

### **Attire**

Practical attire for practice of asana and meditation should be worn and should not be too baggy as to drag on the floor. All clothing should be modest and white in color. Practice is bare footed.

### **Interview**

Prior to registering students are required to contact and interview with the program director, Sudha Allitt.

### **Required Texts**

The Kula Kamala Foundation Yoga Teacher Training Workbook is provided as part of your training. The following texts are not included in tuition but are necessary reading and should be purchased for your training.

- Farhi, Donna 2005 Bringing Yoga to Life: The Everyday Practice of Enlightened Living. HarperOne ISBN 0060750464 (approx. 13.00)
- Easwaran, Eknath 2007 The Bhagavad Gita. Nilgiri Press ISBN 1586380192 (approx. 8.00)
- Lidell, Lucy 2000 The Sivananda Companion to Yoga. Fireside ISBN 0684870002 (approx. 35.00)
- Iyengar, B.K.S. 2002 Light on Yoga Sutras of Patanjali. Thorsons ISBN 0007145160 (approx. 15.00)
- Nischala Joy Devi 2007 The Secret Power of Yoga. Three Rivers Press ISBN 0307339696 (approx. 10.00)
- Functional Anatomy of Yoga: A Guide for Practitioners and Teachers. Publisher: Lotus Publishing ISBN-10: 1905367465 (approx. 28.00)

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## **Other Expenses**

We have ashram mats & props for your use at the ashram during training. Some students prefer to buy their own.

## **Pre-Requisites for Yoga Teacher Training**

- A deep love and intense interest in yoga, and an openness to its spiritual facets
- A willingness to learn and practice a lot
- At least one year of regular study of any style of Hatha yoga
- Understand upon enrolling that our approach to Yoga is spiritually based

## **Requirements for Graduation**

In order to successfully pass this course, students must:

- Attend 99% of program.
- Complete all required readings and homework, incl. book reports & bibliographies.
- Participate in all aspects of training.
- Pass a practical examination, all quizzes and a final exam.

All quizzes and exams must be taken & passed and all hours completed in order to receive a Yoga Alliance recognized 200 Hour Certification. NOTE: You can apply for your Yoga Alliance Certification upon successful completion of the training program. Yoga Alliance charges an application fee and a registration fee. Your registration must be renewed yearly and you will be required by Yoga Alliance to submit Continuing Education Credits every three (3) years to maintain your certified status.

## **Transfer Credits**

While we honor and respect all traditions of Yoga, due to vast diversity in approaches to Yoga, and it's application as a therapeutic modality, the Kula Kamala Foundation 200YTT Professional Yoga Teacher Training Certification is unable to accept transfer credits from other studios, schools or ashrams of Yoga or Yoga Therapy.

## **Special Needs**

Students with special needs must notify the course instructor at the beginning of the semester of necessary modifications that are needed. Such modifications must be documented and approved by the Program Director.

## **Attendance & Lateness**

Students are expected to attend all class meetings and arrive in a timely manner. Students are responsible to make up any work missed during semester. There will be a tutor fee of \$65 per hour in the event make- up time is needed to fulfill course requirements. In case of being late, please come into class quietly.

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## Holidays

Kula Kamala Foundation provides allowance for the following holidays: New Years Eve, New Years Day, Passover/Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas. While we will still meet on certain of these holidays, students who celebrate them are entitled to take them off without it counting against their attendance.

## Inclement Weather

In the event of emergency closure due to weather or other circumstance, students will be notified by phone and by email when possible. Notices will also be posted on the ashram website ([www.kulakamalafoundation.org](http://www.kulakamalafoundation.org)), Facebook and Twitter pages.

## Classroom Etiquette

Students are expected to:

- Follow the example of the Yama & Niyama
- Abstain from smoking, alcohol, illegal or addiction based drug use while enrolled in ashram programming, while residing at the ashram, while on ashram property, or when representing Kula Kamala at any function. **Please note that any student arriving or becoming intoxicated on a training day will be immediately discharged from that training and will forfeit their tuition.**
- Be aware of any injuries, traumas or sensitivities you are carrying and honor them throughout your practice
- Be dedicated to the program, giving their full attention and practicing presence
- Arrive promptly and be ready to start on time
- Understand that we are a spiritual ashram and therefore we will chant and conduct special rituals, such as Shivaratri, the solstice and/or other celebrations. While we respect everyone's feelings and faith traditions, we do not shy away from the words God and Goddess.
- Practice Self study and be aware of any distracting personal energy that you might be bringing to the class
- Avoid side conversations during class
- Ask questions and interact with your class
- Commit to conscious listening and the use of "I" statements
- Hold any sensitive information discussed in class as confidential
- Inform the instructor about any and all injuries and illnesses
- Bring course materials (texts, etc.) to class
- Complete all assignments, presentations, papers, homework, journal entries, power points, quizzes in a timely manner
- Leave cell phones in the car – cell phones and computers are not permitted in the classroom – no texting during class
- No recording of class sessions without the permission of the instructor
- Wear only white clothes. Clothing is to be appropriate for practice – shirts/sweaters/

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sweatshirts/shawls/etc. must be white in color with little to no adornment. kindly refrain from wearing short shorts (mid thigh is fine), spaghetti strap or shirts where the belly is exposed

- Abstain from chewing gum in class
- Clean their areas and remove all garbage from their seated area
- Help clean up after class
- Abstain from wearing perfume and strong fragrances
- Be on time when returning from breaks
- Abstain from violence
- Refrain from carrying weapons
- Refrain from using negative, harsh, or fowl language
- Be mindful when talking to others that they may not wish to be captive to your personal life story
- Hold space for each person in the program
- Be friendly, considerate and kind

### **Discontinued Programs**

If the Foundation discontinues any portion of the program after a semester has begun, students will receive a pro-rated refund of that currently active semester tuition. If the ashram changes its location, students will be notified in writing as soon as possible or reasonable. If the new location creates a hardship for the student, then the student can, in writing request to be released from the program with a prorated refund of tuition paid during and for that currently active semester only. A written request for a prorated one semester only refund must be made within 30 days from the date the program was relocated. Prorated refund will be paid within 30 days after receipt of the student's written request.

### **Class Cancellation for Low Enrollment**

The Foundation may cancel a starting course if the number of students enrolling in that course is insufficient. In such an instance, the student is entitled to a full refund of all money paid for that particular course less their application fee. (See below for the refund policy in the event a student withdraws from class.)

### **Grading**

Grading System is Completed/Not Completed.

### **Student Progress**

Students are expected to attend all classes, participate, complete all work, arrive and leave according to the course schedule. Excessive absence, tardiness, non-participation, failure or refusal to do the work associated with the program, and violating the rules of conduct of the ashram, are grounds for dismissal from the program - without a refund.

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## **Academic Honesty**

We strive to be a morally grounded community with ethical guidelines, based in peacefulness and compassion. Our approach to Yoga is grounded in the Yama and the Niyama (see student's handbook) and similar teachings. Academic and community integrity is essential in the pursuit of truth and knowledge and our dedication to the process gives the Kula Kamala Foundation community credibility. Actions that dishonor the code set by Patanjali's Yama and Niyama may be reason to remove a student from the program without refund.

Dishonesty in any work is regarded as a serious offense and may result in removal from the course and dismissal from the program with no refund. Academic dishonesty is any act of cheating, fabrication, plagiarism, abuse of resources, forgery of academic documents, dissimulation, or sabotage, and any act of aiding and abetting academic dishonesty. Kula Kamala Ashram assumes the academic integrity of its students. In cases where academic integrity is in question, the following definitions and policies will apply:

1. Dishonesty - Examples of dishonesty are copying someone else's homework, copying someone else's test, copying a homework partners report and submitting it as your own, using an unauthorized "cheat sheet", inventing of any information, citation, source, or data in any academic exercise.

2. Plagiarism is the use of the words and ideas of another as one's own. Plagiarism includes failing to give a proper citation for using work from any other person or source. Modifications and rephrasings do not reduce the requirement for giving a citation. This also applies to information obtained electronically, such as from the Internet. Students should always be mindful of the intellectual rights and copyrights of others.

3. Fabrication of Information, including false excuses for behavior such as missing classes, postponing tests, handing work in past the due date, turning in a paper for one class that was originally written by another student, in another students handwriting, or for another class when original work is requested.

4. Abuse of resources is the damaging of any resource material or inappropriately limiting access to resource material that is necessary for academic work. Abuse includes hiding ashram materials, removing ashram property from the premises without permission, and failure to return such materials when requested by the ashram.

5. Forgery of academic documents is the unauthorized changing or construction of any academic document including transcripts, grade sheets, grades on papers, and forging signatures. Forgery includes the omission or falsification of any requested information on applications or any other document completed and upon which admission to the program relied.

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6. Aiding & abetting academic dishonesty is knowingly facilitating any act defined above.

### **Procedures for Dealing with Academic Dishonesty**

A faculty member who perceives or is informed of academic dishonesty will first inform the student of the allegation. If necessary, the faculty member will then report the action with evidence to the program director. The program director will then meet with the student and based upon the student's explanation, determine if the action warrants removal from the program. There will be no refunds when a student is removed from the program for unethical behavior, nor if a student leaves a program voluntarily for any reason. The student will be informed in writing by the program director of any complaint/decision regarding their status as a student.

### **Student Complaint and Grievance Procedure**

Students may bring their complaints to the Director of the Ashram to attempt resolution. If the situation cannot be resolved the student may bring their complaint to an outside person of their choosing. The Foundation must be notified formally of any and all student complaints within 30-days after a student discontinues a program. All complaints, resolutions and evidence associated with the complaint will be documented in the students file. The filing of a complaint will not effect the student's academic standing in any way.

### **Cancellation of Enrollment Contract**

**You may cancel your enrollment contract, in writing only, at any time prior to 14 days before the start date of the program. Such a timely cancellation will entitle the student to a refund of any tuition paid less a \$250 administrative fee and less their \$100 application fee. The application fee is non-refundable and is not counted toward tuition. In the event of a dispute over timely notice, the burden rests with the student to prove they submitted the proper request in a timely manner. There are NO refunds for any tuition paid if the student withdraws during the fourteen days prior to the start date of the course, or at any time once the course has begun.**

### **Unfair Business Practices**

Kula Kamala Foundation will not sell or transfer this contract or promissory note without the signed written consent of the student or his/her parent or guardian.

### **Placement Assistance**

Kula Kamala Foundation does not provide employment placement assistance at this time. However, as opportunities come up, and when it is appropriate, students will be offered opportunities for service and employment.

### **Statement of Non-Discrimination**

Kula Kamala Foundation, Kula Kamala Ashram, kula-kamala-yoga, LLC, its teachers and staff, do

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not discriminate based on any criteria, including but not limited to race, sex, religious tradition, ethnicity, gender, sexual orientation, disability, or economic status.

### **Code of Conduct: Teachers, Students, Faculty, and Administration**

Faculty, Administrators, Students, Yoga Therapists, and Teachers of Yoga should strive toward the highest ethical behavior as set forth in the Yama and Niyama as espoused in Patanjali's Yoga Sutra. In this way their actions will support the clients' healing and their own personal sense of empowerment. As Yoga Therapists, we are examples to our clients. We should strive to exemplify the change we wish to see in the world. We can best achieve this goal by conducting ourselves in a way that fosters peace, harmony and integrity.

As such we should strive toward the highest ethical behavior as set forth in the Yama and Niyama as espoused in Patanjali's Yoga Sutra. In this way, their actions will support the clients' healing and their own personal sense of empowerment. As teachers of Yoga, we are examples to our students. As Yoga Therapists, we are examples to our clients. We should strive to exemplify the change we wish to see in the world. We can best achieve this goal by conducting ourselves in a way that fosters peace, harmony and integrity.

All members of our study sangha should hold the deepest intention to:

1. Conduct all interactions with integrity and in a professional and conscientious manner.
2. Honestly represent their skills and scope of practice and if necessary, refer students to seek alternative instruction, advice, treatment, or direction when same is out of the purview of my skills.
3. Provide a safe, clean and holistic environment where all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation feel welcome.
4. Respect the privacy of all students and treat them in a dignified manner at all times.
5. Maintain safe boundaries - do not commit sexual, verbal or physical harassment of any student, teacher or client. Do not take part in conversations of a highly sensitive personal nature except in an appropriate context.
6. Follow all local government and national laws pertaining to the business of yoga.
7. Honor client privacy by not sharing client information with third parties for any reason not associated with the regular operation of our yoga ashram or to meet the requirements of legal authorities without the client's permission.
8. Drug influence, use and possession is prohibited at the ashram.

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9. Abide by yogic ethics as set forth in the Yama and Niyama, as follows:

## YAMA

The Yama are behavioral restraints. They guide our interactions with humans, non-humans and our interactions with the world we inhabit.

**Ahimsa.** Avoid violence or unkindness in word, deed and thought, and avoid activities that stunt the realization of harmony.

**Satya.** Being honest in word, deed and thought. Manifesting an authentic representation of ourselves and others by not concealing truth, and by not downplaying or exaggerating our abilities and accomplishments.

**Asteya.** In its simplest form it means do not steal or take what is not yours and includes physical items such as money and items as well as ideas, identities, and experience. Do not act out of jealousy.

**Brahmacharya.** Behaving in an ethical way that enhances one's own experience of the Divine while honoring the experience of others also. It encompasses unconditional love, true joy for others, and treating all with integrity. It includes practicing moderation in all behaviors.

**Aparigraha.** Non-grasping. Live simply. Do not accumulate things needlessly. Do not hoard and do not give material objects, status or greed priority over that which enhanced truth and harmony.

## NIYAMA

The Niyama guide our inner relationship with self, and are practices we intend adherence to.

**Sauca** is Purity or Cleanliness. It enhances balance and sharpens clarity.

**Santosa** is Contentment. Contentment with yourself, with others and with the situation of your life, Santosa involves surrendering to your faith and truly believing that the process of yoga will bring you from personal suffering toward great happiness.

**Tapas** is the fire of self-discipline. Think of it as the willpower to follow through.

**Svadyaya** is the Study of the Self. We self-inquire, we practice mindfulness, it is also the study of scriptures and chanting. Svadyaya opens us to our own divine nature.

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**Ishvara Pranidhana** is devotion or surrender to the Divine. It is about being open-hearted to the possibilities.

### **HOW TO REGISTER**

To register for the Kula Kamala Foundation 200 Hours Yoga Teacher Training (YTT) Commuter Program submit your:

- Completed application
- Signed waivers & agreements
- Attach the items on the attached checklist
- \$500 deposit or other payment including in full
- Be sure to include one letter of reference - required of all students

Send your application packet to:

**Kula Kamala Foundation  
17 Basket Rd  
Reading PA 19606**

Again, thank you for your interest in Kula Kamala Foundation's 200 Hours Yoga Teacher Training (YTT) Commuter Program. If after reading this packet you have other questions, please call the ashram at 484.509.5073. You can also visit [www.kulakamalafoundation.org](http://www.kulakamalafoundation.org) for more information.

We look forward to working with you as you embark on this exciting, life-changing journey! May you be Peaceful. May you be Happy. May you realize One-ness. Jai. Peace.

OM. Peace.

Sudha Allitt, PhD, E-RYT500, C-IAYT  
Executive Director

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## CERTIFICATIONS OFFERED BY KULA KAMALA FOUNDATION



200 hours Yoga Teacher Certification exceeds the Yoga Alliance requirements for 200 hour Yoga Teacher Training Certifications.

300 hours Advanced Yoga Teacher Yoga Therapy Level 1 Certification meets and exceeds the Yoga Alliance requirements for 300 hour Advanced Yoga Teacher Training Certifications.

we also offer:

870 hours Professional Yoga Therapy Certification.

Spiritual Leadership Certification.

Kula Kamala Foundation is  
a registered 501(c)3 non-profit organization.

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## COMMUTER APPLICATION & REQUIRED DOCUMENTS

To apply for admission into the Kula Kamala Foundation 200YTT certification program complete the enclosed application, enrollment agreement, promissory note, refund policy acknowledgement, health and photography waivers and return them together with

1. copy of high school diploma, GED, college transcript/diploma if available
2. copy of professional resume or CV
3. 1 letter of reference from yoga teacher, spiritual guide, professional
4. \$500.00 deposit, or
5. tuition paid in full

AMOUNT enclosed \$ \_\_\_\_\_

Drop off at the ashram or mail all application materials to:

**Kula Kamala Foundation 17  
Basket Rd  
Reading PA 19606**

Again, thank you for your interest in Kula Kamala Foundation 200 hours Yoga Teacher Training Commuter Program. If after reading this packet you have other questions, please call us at 484-509-5073. You can also visit [www.kulakamalafoundation.org](http://www.kulakamalafoundation.org) for more information and to make tuition payments. We look forward to guiding you on this exciting, life-changing journey! Your Yoga. Your Journey. Our Oneness.

Please note: The following must be provided by all students applying to the program.

### Personal Information

Name \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/CellPhone \_\_\_\_\_

Email \_\_\_\_\_ Recommended by \_\_\_\_\_

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I am applying for enrollment in the following commuter program:

January 20 - June 23, 2019

How did you learn about our professional training programs? (check all that apply)

- I practice with Kula Kamala
- Foundation Internet Search
- My Yoga teacher recommended it (please list teacher's name) \_\_\_\_\_
- Advertisement (please list source)
- \_\_\_\_\_
- Friend
- Other

1. How long have you been practicing Yoga? \_\_\_\_\_

2. What is your highest educational degree awarded, from what school and in what subject?  
\_\_\_\_\_

3. How many days per week do you practice Yoga? \_\_\_\_\_

4. What style of Yoga do you usually practice? \_\_\_\_\_

5. Do you have a home practice?  Yes  No

6. What is your favorite posture and why? \_\_\_\_\_

7. What is your least favorite posture and why? \_\_\_\_\_

8. Who have been your primary Yoga teachers? \_\_\_\_\_

9. Do you practice meditation?  Yes  No

pranayama?  Yes  No

kriya?  Yes  No

If yes for kriya, which ones: \_\_\_\_\_

10. List any advanced training or specialty workshops you have attended in the last three years.

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11. What are your expectations for this training? What do you hope to achieve at the completion of the program?

12. Not including physical posture/ asana practice, what technique of Yoga most calls to you and why?

13. SOBRIETY AGREEMENT. Are you willing to attend and prepare for your training hours in ***sobriety***, agreeing to avoid cigarettes, alcohol and drugs (other than valid prescriptions) on training days and at any time you are working or studying in regard to your program?

Yes  No

### **Medical History**

Please complete the medical history section below so that we can be sure to respond to any needs/emergencies should they occur during your training. Please note that none of your responses will exclude you from being accepted into the program.

1. How would you evaluate your current health?

Excellent       Good       Fair

2. List accurately the challenges you may face in the program as the result of health concerns (briefly describe):

3. Do you suffer from any of the conditions below?

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- |  |  |
|--|--|
| <input type="checkbox"/> Epilepsy      | <input type="checkbox"/> Heart Disease: heart attack, uncontrolled high blood pressure |
| <input type="checkbox"/> Seizures      | <input type="checkbox"/> Addiction to alcohol or drugs                                 |
| <input type="checkbox"/> Diabetes      | <input type="checkbox"/> Digestive disorder (IBS, gastritis, gluten allergy, etc)      |
| <input type="checkbox"/> Carpal tunnel | <input type="checkbox"/> Lymes disease or other immune issue                           |
| <input type="checkbox"/> Cancer        | <input type="checkbox"/> Depression  |
- Shoulder injury Joint replacement - which one(s) & when \_\_\_\_\_
- No, I do not suffer from the above conditions to my knowledge

4. Are you pregnant now or plan to become pregnant during the course of the training?

- Yes       No

5. Are you currently or during the last two (2) years have you been under the care of a medical doctor?

- Yes       No

6. Are you currently or during the last two (2) years have you been under the care of a mental health care professional?

- Yes       No

7. Do you currently have or during the last two (2) years have you experienced any mental health care concerns?

- Yes       No

If yes, please explain: \_\_\_\_\_

8. Please list medications you are taking prescribed by your physician or mental health care professional:

9. Do you have health insurance? \*if yes please attach a copy of your insurance

- card Yes       No

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10. Do you have professional liability insurance? \*if yes please attach a copy of your insurance certificate

Yes       No

**EMERGENCY CONTACT**

NAME: \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_

**PHOTOGRAPHY WAIVER**

I UNDERSTAND THAT MY PICTURE MAY BE TAKEN DURING THIS TRAINING PROGRAM AND I HEREBY GIVE MY PERMISSION, WITHOUT EXPECTATION OF COMPENSATION, FOR ANY AND ALL IMAGES TAKEN OF ME DURING TRAINING TO BE USED BY KULA KAMALA FOUNDATION, KULA KAMALA YOGA, OR BY KULA KAMALA ASHRAM, FOR PROMOTIONAL AND FOR INFORMATIONAL PURPOSES.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**DHARMA, KARMA & VARNA AGREEMENT**

I AGREE THAT MY TIME SPENT AT KULA KAMALA ASHRAM WILL BE GUIDED BY THE PRINCIPLES OF PATANJALI'S YAMA AND NIYAMA IN THAT I WILL PRACTICE TO THE BEST OF MY ABILITY: NON-HARMING, TRUTHFULNESS, NON-STEALING, SELF-RESTRAINT/MODERATION, NON-GRASPING, CLEANLINESS, CONTENTMENT, SELF-STUDY, DISCIPLINE, AND AN HONORING OF THE SACRED.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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I UNDERSTAND THAT MY TIME SPENT AT KULA KAMALA ASHRAM IS FOR THE PURPOSE OF STUDY AND SERVICE. I AGREE TO UPHOLD THE MISSION AND SUPPORT AND RESPECT THE COMMUNITY AT THE ASHRAM AND I WILL NOT BRING ALCOHOL, CIGARETTES, DRUGS (UNLESS DOCTOR PRESCRIBED & APPROPRIATELY AND LEGALLY USED), WEAPONS, MEAT OR ANY OTHER OBJECT THAT MIGHT REPRESENT HARM OR CAUSE DISTRACTION TO THE STUDY OF YOGA. I UNDERSTAND POSSESSION OF ANY OF THE ABOVE, OR BEING INTOXICATED OR ANY VARIATION OF "HIGH", WHILE AT THE ASHRAM IS MEANS FOR REMOVAL FROM THE PROGRAM WITH NO REFUND.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**SOBRIETY AGREEMENT**

I AGREE THAT DURING MY TIME AT KULA KAMALA ASHRAM I WILL ABIDE IN A STATE OF SOBRIETY AND NOT HINDER THAT SAME OPPORTUNITY FOR OTHERS.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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## LEGAL WAIVER

I, \_\_\_\_\_ understand and agree to the following

1. I am at least 18 years of age
2. When I participate in traditional yoga classes or aerial yoga classes, I will receive information and instruction about yoga, health, and the unique aspects to each practice. I recognize that all forms of Yoga require some physical exertion that may be strenuous and may cause physical injury, emotional upset, crying, and even risk of death.
3. Injuries can include but are not limited to bruising, strained/pulled muscles, soreness, muscle spasms, dizziness and nausea.
4. I understand that many of the traditional Yoga, specialty trainings and the Aerial Yoga classes require physical exertion and some require the student to be in an upsidedown position with relationship the floor (inversion). It is my responsibility to consult with a physician prior to participating in any program including physical activity, including programs at Kula Kamala Foundation and Aerial Yoga. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the traditional Yoga, specialty workshops and trainings and aerial Yoga Classes/ Workshops held at Kula Kamala Foundation. If I do have such a condition, I have completely informed the instructor and asked for an alternate practice for the practices that are contraindicated.
5. Some medical conditions, which I do not have, but I understand would prevent me from participating in certain traditional Yoga and Aerial Yoga, include, but are not limited to: Pregnancy, high or low blood pressure, glaucoma, use of alcohol or impairing drugs or substances, and receiving botox injections within 24 hours of class. I also understand that certain medical conditions are contraindicated with the traditional Yoga practices of asana, pranayama, relaxation and meditation techniques. I have notified my instructor of all pertinent medical conditions, including any conditions that might prevent me from participating in classes. I understand it is my responsibility to inform the instructors otherwise they cannot give me appropriate practice variations. I understand I am required to have a doctor note to excuse me completely from a particular practice or technique.
6. I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in any and all classes and workshops at Kula Kamala Foundation and Yoga Ashram, including traditional Yoga practices and Aerial Yoga, including any of my own pre-existing or newly acquired injuries, or damages that may result from the negligence of the founders, the instructors, landlords, installers, manufacturers, and/or other students of Kula Kamala Foundation and Yoga Ashram and kula-kamala-yoga LLC.
7. By signing below, I acknowledge that I understand that yoga, meditation, relaxation, and every other activity I may take part in while staying or visiting Kula Kamala

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Foundation includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. I accept full responsibility for my decision to practice Yoga and any other activity offered or presented at Kula Kamala Foundation.

8. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing below, I affirm that I alone am responsible to decide whether to practice yoga.
9. **By signing below, I hereby agree to irrevocably, completely and entirely release and waive any and all claims that I have now, have had in the past, or may have hereafter at any point in time with regard to any circumstance whatsoever against Kula Kamala Foundation, Kula Kamala Ashram, kula-kamala-yoga and its founders, directors, officers, administrators, employees, teachers, whether full or part time or visiting, faculty, staff, personnel, and volunteers.**
10. **By signing below, I also release and waive completely and irrevocably any and all claims that may arise in connection with sleeping, eating/drinking, practicing, studying, or abiding at the ashram during retreat weekends, meals, classes, volunteerism, training programs, and at any time, and for any reason whatsoever.**
11. **I understand that by signing this waiver I am agreeing that I will not name Kula Kamala Foundation, Kula Kamala Ashram, kula-kamala-yoga, its founders, directors, officers, administrators, employees, teachers, whether full or part time or visiting, faculty, staff, personnel, and volunteers in any lawsuit or claim related to any circumstance concerning my participation or experiences at the ashram or with any service or interaction offered by them anywhere, at any time, at any location.**
12. **I understand this waiver applies to any and all visits to the ashram and any events attended elsewhere that are offered by Kula Kamala Foundation, which occur now, in the past or in the future.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

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I have received, read and understand the following REFUND POLICY:

**REFUND POLICY**

1. The school will refund the student's \$500 deposit if the applicant is not accepted into the program or if the semester to which the deposit is applied is canceled. The application fee is non-refundable.
2. The school will refund a student's tuition prior to fourteen days before the start date of a program less a \$250 administrative fee and less any application fee.
3. There are NO refunds for any tuition paid if the student withdraws during the fourteen days prior to the start date of the course, or at any time once the course has begun.
4. In cases of medical emergency, when presented with an original signature doctor note on the doctor's letterhead, a credit might be applied to the student's account to be used toward a future semester. The student is responsible to notify the program director of any medical emergencies or issues within 24 hours of their happening or they will forfeit any possible credit. Applying a credit to a student's account may carry an administrative fee, not to exceed \$250.
5. A student may be removed from the program or the roster of a particular course without any refund for the following reasons. There may be additional reasons for removal from the program not listed here:
  - a. student does not fulfill their tuition payment plan in the agreed upon manner
  - b. student misses more than 1% of their program
  - c. student refuses to complete required class/homework
  - d. student commits plagiarism as defined in student manual
  - e. student commits an act of academic dishonesty as defined in student manual
  - f. student commits an act of violence or intrusion against another student, against a faculty member, or against school property
  - g. student attends classes while under the influence of alcohol or illegal drugs
  - h. student is in possession of or under the influence of drugs, alcohol
  - i. student is in possession of vape, cigarettes, or weapons
  - j. student is habitually disruptive in class
  - k. student commits or makes statements that are obscene
  - l. student is habitually intolerant and critical of the views and practices of other students

Printed name of student:

Signature of student: \_\_\_\_\_

DATE: \_\_\_\_\_

**INITIALS** \_\_\_\_\_