



Main Campus
1500 Big Bend Blvd.
Richmond Heights, MO 63117
(503) 810-6708

The Yoga Connection
221 E. Center Drive
Alton, IL 62002
(618) 462-3900

Student Information:

Name	
Telephone	
Email	
Address	(city/state/zip)
DOB	
Emergency	(Contact Name/Tel)

Homework, Certification + Graduation Requirement

95% attendance.

Homework/Journaling: Journal your experience through training. A summary is due at the end of course.

Student Teaching: A minimum of 5 in-class sessions will be taught by students (could be more and will vary based on enrollment). This is an opportunity to demonstrate your ability to teach and work on your favorite style or blend of favorites. Students are required to teach to a group outside of the program hours. Send in 5+ evaluation forms from your students. 300- hour trainees have the opportunity to student teach with Jaime.

Home Practice: Starting a home practice is essential in teaching yoga, not to mention all the great yoga benefits- every day you should do some yoga: meditation, pranayama, nidra, asana work, study of yogic philosophy. A journal of your experience is required for this course. A summary is due at end of session.

Ethical Behavior and Conduct: All students are expected to adopt a yogic way of living during their time spent in training, at least during classroom hours. Yogi practices and ethical guidelines are intended to maintain a professional and open environment while creating a safe space to learn, practice and grow. There is not much room for a teacher to have this life and that life. It is a merged existence, the living, teaching, breathing and we should practice.

Conscious Living: WE Yoga practices (and attempts) vegetarianism or meat-free living and we ask that you do not bring any meat products into a session. We invite you to take it a step further by adding the practice of ahimsa into your daily practice. Vegetarianism will be practiced throughout training- during classroom hours and through assignments.

Asanas: There is asana work on the syllabus/schedule. It is work to be done outside of classroom training hours and it is supposed to be fun. You may work on other asanas if the ones on the list do not appeal to you. Send in at least 8 asana evaluation forms.



300-hour Intro to Wellness Workshops: part of the 300 hours training program. They are mandatory. The questions listed are for your benefit, to do a little research prior to or directly after the workshop. Optional + additional cost for those enrolled in the WE YTT 200-hour program.

Challenges: required, but should fit in with your life. You may choose your own challenge as long as it meets the program description.

300-hours program/Meet with Dr. Sanchez: Please contact Dr. Sanchez to schedule one-on-one meetups to discuss your yoga, payment, hours, etc. Meet for up to 2 hours each time.

Readings and essays: assigned throughout the course, designed to help you go a little deeper into your yoga and prep you for discussion and practice. Please be an active participant.

Successful completion of this YTT program is based on your attendance, journaling, homework and project completion, participation, passing the anatomy and yoga finals, and any additional assignments, etc. Anatomy and yoga finals must receive a passing grade of 75% or better, demonstrating knowledge and application of yoga.

The 200/300 clock hour teacher training course at WE uses curriculum established by Yoga Alliance, a national registering organization for yoga teachers and yoga teacher training schools. This is a complete comprehensive program designed to give students an in-depth knowledge in yoga techniques, philosophy, anatomy and teaching methodology in order to go forth and share their love of yoga with others. Upon successful completion of the program, students will be awarded a certificate of completion and be eligible for registration with Yoga Alliance as a Registered Yoga Teacher.

Options to make-up missed hours of training:

Make-up work is assigned and approved by the program director. A list of projects to choose from will be provided. Projects must be completed within 14 days of missed class. If you miss more than two scheduled sessions, you may not be able to continue with the program.

Enrollment Agreement Cancellation Policy

- The student can cancel the enrollment agreement without penalty by notifying the program director and financial coordinator in writing within 3 business days of signing the enrollment and tuition agreement (excluding weekends and holidays).
- If cancellation notification is received within 3 business days, a full tuition will be made to the student within 14 days of cancellation notification.
- If a student cancels the agreement after 3 business days, no deposit/payment refund will be made.
- Students choosing to withdraw from the program within 30 days of program start date will be eligible for tuition paid reimbursement less 25% administrative fees, \$200 payment plan option, and non-refundable \$250/\$500 deposit.
- Students with past due accounts will be suspended from the program until their account is current.

Student Information:

Name	
Telephone	
Email	

200 Hour Program Payment Options

Program	Deposit Due	First Payment Date	Final Payment Due
Fall/Winter 200 Hour Sept. to Feb.	August 1	September 15	December 15
Spring/Fall 200 Hour Feb. to Nov.	January 1	February 15	June 15
Spring/Fall 200 Hour Feb. to Nov. The Yoga Connection/Be Well Now	January 1	February 15	June 15

Please indicate your payment choice by typing an X in the field below.

- Option 1: Advanced Paid in Full.....\$2,500
- Remit enrollment and tuition agreement form with \$2,500 by credit or debit card upon acceptance to complete the enrollment process in the teacher training program.
 - You may choose to pay the \$250 deposit only at the time of acceptance to hold your spot in the training program and remit balance before the program start date.
- Option 2: Enrollment Payment Plan.....\$2,500
- Remit \$250 deposit by credit or debit card upon acceptance to complete your enrollment in the teacher training program.
 - Provide a credit or debit card to be used for payments for the balance of the tuition (\$2,250).
 - Payments need to be made by the 1st of every month until the Final Payment Due date indicated above..
 - Fall/Winter Program Payment \$562.50 for 4 months.
 - Spring/Fall Program Payment \$450.00 for 5 months.

300 Hour Program Payment Options

	Deposit Due	First Payment Date	Final Payment Date
Spring/Fall Feb. to Nov.	January 1	February 15	July 15

- Option 1: Advanced Paid in Full.....\$3,500
- Remit enrollment and tuition agreement form with \$3,500 by credit or debit card upon acceptance to complete the enrollment process in the teacher training program.
 - You may choose to pay the \$500 deposit only at the time of acceptance to hold your spot in the training program and remit balance before the program start date.
- Option 2: Enrollment Payment Plan.....\$3,500
- Remit \$500 deposit by credit or debit card upon acceptance to complete your enrollment in the teacher training program.
 - Provide a credit or debit card to be used for payments for the balance of the tuition (\$3,000).
 - Payments need to be made by the 1st of every month until the Final Payment Due date indicated above.



YOGA TEACHER LIABILITY STUDENT WAIVER AGREEMENT

(print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. Participation in yoga class includes, but is not limited to, participation in meditation techniques, yogic breathing techniques, and performing various yoga postures. Yoga postures, or asanas, are designed to exercise every part of the body-stretching and toning the muscles and joints, the spine and the entire skeletal system. They also work on the internal organs, glands and nerves. Yoga incorporates sustained stretching to strengthen muscles and increase flexibility. Yoga is an individual experience.

As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. My signature acknowledges I understand that in yoga class I will progress at my own pace. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the yoga teacher (the "Teacher"). I will continue to breathe smoothly. If at any point I feel overexertion or fatigue, I will respect my body's limitations and I will rest before continuing yoga practice.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. By signing my name below, I acknowledge that participation in yoga classes exposes me to a possible risk of personal injury. I am fully aware of this risk. I hereby consent to receive medical treatment that may be deemed advisable in the event of injury, accident and/or illness during a yoga class.

I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: I (a) irrevocably WAIVE, RELEASE AND DISCHARGE FROM ANY AND ALL LIABILITY for my death, disability, personal injury, property damage, property theft or actions of any kind which hereafter may occur to me, including my traveling to and from yoga classes, Teacher and the Facility, who is hosting these classes and where sessions are being held, and each of their directors, officers, employees, volunteers, representatives and agents; and (b) INDEMNIFY, HOLD HARMLESS AND AGREE NOT TO SUE the entities or persons mentioned in this paragraph as to any and all liabilities or claims made as a result of participation in the yoga classes, whether caused by the negligence of releases or otherwise.

By signing below, you are acknowledging that an inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending classes, you and any guests voluntarily assume all risks related to exposure to COVID-19 and agree not to hold West East Yoga or any other venue; or any of their affiliates, directors, officers, employees, agents, contractors, or volunteers liable for any illness or injury.

My signature further acknowledges that I shall not now or at any time in the future bring any legal action against Teacher and/or the Facility; and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns. My signature verifies that I am physically fit to participate in yoga classes and a licensed medical doctor has verified my physical condition for participation in this type of class.

If I am pregnant or become pregnant or am post-natal, my signature verifies that I am participating in yoga classes with my doctor's full approval. I realize that I am participating in yoga classes at my own risk.

The Student Waiver Agreement shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I acknowledge that this Student Waiver Agreement form will be used by the persons or entities being released in the yoga classes and that it will govern my actions and responsibilities in said classes.

I hereby certify that I have read this document; and, I understand its content. I am aware that this is a release of liability as well as a contract and I sign it of my own free will. I also understand at the yoga classes or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purposes by the Teacher or Facility.

DATE OF ACCEPTANCE

I certify that I have read and understand the associated fees and tuition, cancellation and refund policies and; I am entitled to an exact copy of this enrollment and tuition agreement and any other papers I sign. I hereby agree to abide by the terms and conditions set forth herein.

Student Name	Date
Program Start Date	Program End Date
Student Name Signature	

OFFICE USE ONLY: As an authorized representative of the school, I hereby agree to the terms and conditions set forth herein:

WE YTT STAFF

DATE

Photograph Release Waiver Form

I also understand at the yoga classes or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purposes by the Teacher or Facility.

Signature _____