

200YTT ~ Yoga Teacher Training Application

Carry yourself into the work of healing & you will be serving all of humankind.
- Swamini Shraddhananda

Dear Prospective Student,

Thank you for your interest in Kula Kamala Foundation's 200 Hours Yoga Teacher Training (YTT) 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, practice, and life wisdom of yoga, which offers practitioners several benefits including stress reduction, overall enhanced health and happiness, and the experience spiritual unity.

Curriculum Description

Our mission is to provide a unique, comprehensive, and life-affirming Yoga Teacher Training Program open to aspiring and existing teachers, as well as sincere dedicated students of yoga who wish to bring a spiritual, holistic healing, and wellness practice to themselves, and to the people they serve. 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 (svadyaya), wisdom (vidya) of Yoga, postures (asana), breathwork (pranayama), concentration and meditation (dharana and dhyana), chanting (Veda and sanskrit), sequence and lesson planning (krama), and all aspects of classroom management, as well as training in the art of teaching, observation and adjustment, anatomy, and basic yoga therapeutics.

Graduates of this program will be well suited to teaching basic Yoga classes with a focus on health and healing to the general public.

2025 COMMUTER HYBRID 200YTT

THURSDAYS ONLINE 6pm-10pm (60 hours)	SATURDAY IN PERSON 10am-6:30pm (8 hours)	SUNDAYS IN PERSON 10am-6:30pm (128 hours)	REQUIRED SEVA (8 hours)
July 10, 17, 24, 31 August 21, 28 September 4, 18, 25 October 2, 16, 23, 30 November 13, 20	November 22	July 13, 20, 27 August 3, 17, 24, 31 September 7, 21, 28 October 5, 19, 26 November 2, 16, 23	Seva to be arranged during program <hr/> Graduation is November 23 at 3pm

Tuition

Tuition includes 200YTT program, program manual, dormitory accommodations, brunch, dinner, and snacks daily. Books and supplies, other than the program manual, are extra.

Attire

All students are required to wear WHITE 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. Shoulders should be covered in the temple rooms. There is no sleeping in the temple rooms. Practice is typically bare footed.

Pre-Requisites for Yoga Teacher Training

- A deep love and intense interest in yoga, and an openness to its spiritual wisdom
- A willingness to learn and practice a lot
- At least one year of regular practice of any style of Hatha yoga
- Understand upon enrolling that our approach to Yoga is spiritually based and therapeutic. This is not a power vinyasa training. Students will be taking part in chanting, studying scriptures including the Bhagavad Gita, and experiencing and learning rituals such as Aarti and a simple Homa.

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.

- Easwaran, Eknath 2007 The Bhagavad Gita. Nilgiri Press ISBN 1586380192 (approx. 8.00)
- Iyengar, B.K.S. 2002 Light on Yoga Sutras of Patanjali. Thorsons ISBN 0007145160 (approx. 15.00)
- Iyengar, B.K.S. 2013 Light on Pranayama. Harper Collins ISBN 0007921284 (approx. 15.00)
- Keil, David 2014 Functional Anatomy of Yoga: A Guide for Practitioners and Teachers. Publisher: Lotus Publishing ISBN-10: 1905367465 (approx. 28.00)

Requirements for Graduation

In order to successfully pass this course, students must:

- Attend 99% of program.
- Complete all required readings, presentations, and homework assignments.
- Practice teach three 75-minute classes as assigned
- Participate in all aspects of training.
- Pass practical examinations, quizzes and written exams.

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 its application as a spiritual and 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 check in a timely manner. There will be a tutor fee of \$108 per hour in the event make-up time is needed to fulfill course requirements.

Notifications

We post special announcements, documents relevant to training, conduct online discussion, and share supportive information with the YTT sangha through a 200YTT Facebook group, which you will have the option to become a member of upon registration. Notifications can be sent to students, who are not on FB, by phone and/or by email when possible.

Classroom Etiquette

Students are expected to:

- Follow the example of the Yama & Niyama - this is a must. Violent behavior of any kind, including excessive complaining and gossiping, is not conducive to a learning and growing space and will not be entertained. We ask you all to honor each others journey by staying focused on the work at hand. If there is an issue to be addressed please see a staff member for support.
- Abstain from smoking, alcohol, vaping, illegal or addiction based drug use while enrolled in ashram programming. Please note THC containing CBD and marijuana are not permitted at the ashram. **Please note that any student who comes to class under the influence, or who partakes while in residence, will be immediately discharged from the training with no refund.**
- Be aware of any injuries, traumas or sensitivities you are carrying and honor them throughout your practice.

- Be dedicated to the program, giving 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 Aarti, 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, or any of their respective names. If this is unsettling to you then this is not the appropriate for your needs.
- 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 appropriately and as instructed.
- 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.
- Have course materials (texts, etc.) with you when class starts.
- Complete all assignments, presentations, papers, homework, journal entries, power points, quizzes in a timely manner.
- Turn cell phone ringers off.
- No recording of class sessions without the permission of the instructor.
- Abstain from chewing gum in class.
- Be on time when returning from breaks.
- 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.

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 any 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. In the event a student is dismissed from the program for one of the above reasons there is no refund of any tuition amount whatsoever.

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 re-phrasings 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.

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 your originally intended and registered program. Such a timely cancellation will entitle the student to a refund of any tuition paid less a \$250 administrative fee. 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 of any tuition whatsoever 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. There is a \$250 transfer fee if the student wishes to transfer their registration to one of our 200YTT programs starting on an alternate date.

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 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 are prohibited at the ashram.
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.
- **Santosha** is Contentment. Contentment with yourself, with others and with the situation of your life, Santosha 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.
- **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 Hour Yoga Teacher Training (YTT) program submit your:

- Completed application indicating the option you are applying for
- Signed waivers & agreements
- Submit the items on the attached checklist (references can be sent separately)
- Be sure to include one letter of reference from a yoga teacher - required of all students
- Include your tuition payment by check with your application, or via PayPal thru our website www.kulakamalafoundation.org/200YTT.html
- All payment plans must be fully paid by July 3, 2025

Email or send your application packet to:

study@kulakamalafoundation.org

**Kula Kamala Foundation
attn: 200YTT Registration
17 Basket Rd
Reading PA 19606**

Again, thank you for your interest in Kula Kamala Foundation's 200 Hour Commuter Hybrid Yoga Teacher Training (YTT) program. If after reading this packet you have other questions, please call Casey the ashram at 484.509.5073. You can also visit www.kulakamalafoundation.org/200YTT.html 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.

Swamini Shraddhananda Saraswati,
co-Founder & Director

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 exceeds the Yoga Alliance requirements for 300 hour Advanced Yoga Teacher Training Certifications.



we also offer:

Spiritual Leadership Certification.

Education & Service Based Internships.

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



200YTT 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 professional resume or CV
2. 1 letter of reference from yoga teacher
3. Tuition payment amount enclosed _____ or Paypal _____
4. COMMUTER HYBRID 2025

Drop off, email to study@kulakamalafoundation.org or mail application materials to:

Kula Kamala Foundation
Attn: YTT Director
17 Basket Rd
Reading PA 19606

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 _____

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

- 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 to 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.
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?

- | | |
|--|--|
| <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 |
| <input type="checkbox"/> Shoulder injury Joint replacement - which one(s) & when _____ | |
| <input type="checkbox"/> 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. During the past two (2) years have you received care from a mental health 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

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 PICTURES and VIDEOS INCLUDING ME MAY BE TAKEN DURING THIS TRAINING PROGRAM. I HEREBY GIVE MY PERMISSION, WITH NO 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 STUDYING WITH 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 _____

COMMUTER, HYBRID, & RESIDENTIAL STUDENT AGREEMENT

I UNDERSTAND THAT MY TIME SPENT WITH TEACHERS AND INSTRUCTORS FROM KULA KAMALA ASHRAM IS FOR THE PURPOSE OF STUDY AND SERVICE. I AGREE TO SUPPORT AND RESPECT THIS COMMUNITY. I UNDERSTAND AND ACCEPT THAT IF MY BEHAVIOR IN THIS TRAINING CAUSES HARM OR CONSTANT DISTRACTION TO ANY STUDENT OR TEACHER, IS VIOLENT OR THREATENING, BULLYING, HARASSING, OR PURPOSELY INTERRUPTING THE PROCESS OF LEARNING, IT IS GROUNDS FOR REMOVAL FROM THE PROGRAM WITH NO REFUND WHATSOEVER.

Signature _____ Date _____

SOBRIETY AGREEMENT

I AGREE TO ABIDE IN A STATE OF SOBRIETY DURING MY TRAINING.

Signature _____ Date _____

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, 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 and mental 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 classes require physical exertion and some require the student to be in an upside down position with relationship the floor (inversion). It is my responsibility to consult with a physician prior to participating in any program to insure the safety and appropriateness of my participation. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the classes offered as part of this training. If I do have such a condition, I have informed the instructor and asked for an alternate practice for any practices that are contraindicated.
5. I agree to assume full 100% 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 associated with Kula Kamala Foundation and Yoga Ashram and this 200YTT training. I accept full and complete responsibility for my own well-being and my decision to take part in all related activities. This includes without exception any of my own pre-existing or newly acquired injuries, or damages that may result from the mistake or negligence of the founders, the instructors, landlords, and/or other students of Kula Kamala Foundation and Yoga Ashram and kula-kamala-yoga LLC.
6. By signing below, I acknowledge that I understand yoga, meditation, relaxation, and every other activity I may take part in while studying with Kula Kamala 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 or causing death, 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 by 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 programs, trainings, classes, workshops, or other experiences, 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: _____

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

REFUND POLICY

1. The school will refund the student's tuition if the applicant is not accepted into the program.
2. The school will refund a student's tuition prior to fourteen days before the start date of their originally registered program, less a \$250 administrative fee.
3. There are **NO REFUNDS** for any tuition paid if the student withdraws during the fourteen days prior to the start date of their originally registered course, or at any time once that course has begun. There are no refunds for rescheduled courses.
4. A \$250 transfer fee will be charged for any transfer into an alternate Kula Kamala Foundation program.
5. 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.
6. A student may be removed from the program or the roster of a particular course without any refund whatsoever 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, bullying, 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 habitually absent, late or disruptive in class
 - i. student commits or makes statements that are obscene or bullying
 - j. student is habitually intolerant and critical of the views and practices of other students or teachers.

Printed name of student:

Signature of student: _____

DATE: _____