

# Urban Òm Power Yoga

## 200 hour Teacher Training Agreements and Code of Conduct

### Commitment and Agreements

I will commit to the time and focus a learning process like this requires. I acknowledge the schedule of dates listed below and will be in attendance of all required hours. If I know I will miss any scheduled hours, I will inform the training staff as soon as possible. If any hours or information is missed, I will make them up with the required assignments. If the missed days are not made up to quality standards, I understand I will not receive my certificate until completed. I understand that in order to receive my 200 hr Teacher Training certificate, I must successfully complete the required hours and earn passing marks on testing.

### Required Materials:

- Science of Yoga by Ann Swanson
- The 4 Agreements by Don Miguel Ruiz
- The Yoga Sutras of Patanjali translation by Sri Swami Satchidananda

### Schedule:

#### January/February

Jan 31-1

14-15

28-Mar1

#### March

14-15

28-29

#### April

11-12

25-26

#### May

2-3

16-17

30-31

**I will not** judge, disrespect, or bring ego into this process, either towards myself or anyone else.

**I will** be open to the learning and growing process.

**I will** always do my best.

I take full responsibility for my experience in the Urban Òm Power Yoga teacher training. I understand that the Urban Òm Power Yoga teacher training 200 hour program may be challenging for me physically, emotionally, and/or spiritually. I agree to take care of myself at every level. I agree to contribute to a learning environment that is safe, respectful and constructive for myself and everyone involved in this training. I commit to my full participation in this program. However, I am aware it is my responsibility to alter, adjust or discontinue any experience that does not feel safe or appropriate to me. If I feel unsafe, I will communicate this with maturity and clarity and ask for assistance.

### Acceptance of Risk

I am of sound mind and body, capable of participating safely in this program. I fully recognize and except any risk that I undertake in this program. If I have any concerns I would consult with my health care providers for approval. I will not hold Urban Òm Power Yoga liable for any injury occurring before, during, or after this program. I acknowledge the practice of yoga often involves exploring my personal edges and limits and Urban Òm Power Yoga is not responsible for any physical or psychological challenges I choose to explore throughout my educational process.

### Substance Use

The use or abuse of alcohol or other recreational drugs, including marijuana (unless for medical usage and with valid FL medical license), is prohibited during the training and is not allowed on the premises. Violation of this policy at any time during the training will result in immediate dismissal from the program with no refunds.

### Promotional Efforts

I understand that at times, the Urban Òm Power Yoga staff maybe taking photographs and or audio/video recordings of the training for promotional purposes. I hereby consent to being the subject of any photographs or audio/video recordings made during my training I grant permission for these to be published or posted in any way that promotes Urban Òm Power Yoga. If I wish to not appear in any photographs and or audio/video, I can bring this to the staffs attention and I can be moved to a place in the room that is not being photographed or recorded.

**Social Media Responsibility**

Any use of the Urban Om Power Yoga name or logo requires our written permission. I understand that I am solely responsible/potentially liable for any images posted causing damage to anyone, including Urban Om Power Yoga or its staff, by my online activity related to Urban Om Power Yoga.

**Refund and Cancellation Policy**

I understand that space is limited for these trainings and all deposits are nonrefundable. If the training has not started 80% of addition payments are refundable. If I choose to leave the program once it has started, no refunds are available. After the start of the teacher training program, if I am asked to leave the program because my participation is not in alignment with the Urban Om Power Yoga standards or I violate the aforementioned agreements, my tuition refund will be prorated.

**Non-Guarantee and Non-Compete**

I understand that by going through the teacher training at Urban Om Power Yoga that this by no way guarantees me a teaching position at this or any other of its studios. I also agree, that by attending any portion or completing this teacher training course, I will not open a facility within 20 miles that would, in anyway, be in competition with Urban Om Power Yoga or any of its signed future locations.

**Proprietary Agreement**

I understand that all documents, handouts, forms, and materials are proprietary and all rights belong to Urban Om Power Yoga Inc. I agree that these materials will not be used or distributed in any manner outside of this training.

**Release of Liability**

I represent and warrant that I am in good physical health and do not suffer from any medical condition which would limit my participation in the classes or activities involved in the teacher training offered at Urban Om Power Yoga Inc. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any of the yoga classes, trainings, or workshops. I understand the risks associated with the activities offered by Urban Om Power Yoga Inc and I agree to follow all instructions so that I may safely participate in classes, workshops, or other activities.

I hereby WAIVE AND RELEASE Urban Om Power Yoga Inc, its owners, officers, employees, and instructors from any claim, demand, cause of action of any kind resulting from or related to my participation in the programs offered at the facility. In taking part in the yoga classes, workshops, or other activities at Urban Om Power Yoga Inc, I understand and acknowledge that I am fully responsible for any and all risks, injuries, or damages, known or unknown, which might occur as a result of my participation in the classes, workshops, or other activities.

I have read the above release and waiver of liability and fully understand its content. I am legally competent to sign and voluntarily agree to the terms and conditions stated above.

Name: (print)\_\_\_\_\_ Date:\_\_\_\_\_

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

**Pandemic Release**

Although measures are being taken by Urban Om Power Yoga Inc to prevent the spread of COVID-19, the undersigned acknowledges that attending classes, trainings, workshops, etc. at Urban Om Power Yoga Inc could result in COVID-19 infection. Accordingly, in addition to all waivers and limits on liability already agreed to by the parties and because of the COVID-19 Pandemic, the undersigned, HEREBY WAIVES AND RELEASES, indemnifies, holds harmless and forever discharges Urban Om Power Yoga Inc and its owners, officers, employees, instructors, contractors, and members, and of and from any and all claims, demands, debts, prosecutions, expenses, causes of action, lawsuits, damages and liabilities, of every kind and nature, whether known or unknown, in law or equity, that I ever had or may have, arising from or in any way related to participation in any of the events or activities conducted by, on the premises of, or for the benefit of, Urban Om Power Yoga Inc, provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, willful or wanton misconduct, further, it is acknowledged that operation during the pandemic does not fall into these categories.

Name: (print)\_\_\_\_\_ Date:\_\_\_\_\_

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