



200 Hour Vinyasa Teacher Training Application and Participation Agreement

Application

Thank you for your interest in the Red Diamond Yoga 200 Hour Teacher Training Program.

Email completed applications along with your signed participation agreement to info@reddiamondyoga.com

PROGRAM REQUIRMENTS:

Trainees must complete all training hours in order to be eligible to receive a 200-Hour Yoga Certificate. Trainees must complete all homework, reading assignments, and receive a passing grade on both written and in-class final exams in order to graduate and receive a program certification. Paying for the program and completing the hours alone, does not guarantee you will pass the program and receive a certificate.

CERTIFICATION:

Upon successful completion of this program, graduates will be certified at the 200-hour level by Red Diamond Yoga to teach Yoga.

PROGRAM DATES:

- Orientation Fridays October 12, 2018 5-9:00
- Saturdays 12-8
- Sundays from 10-8
- The Studio reserves the right to modify the schedule

TUITION:

- \$300 non-refundable deposit
- \$2500 early bird before August 15, 2018
- \$2800 full price
- All Payments must be made directly to Red Diamond Yoga, at reddiamondyoga.com, in person or by phone (310) 425-8528.

TEACHER:

- Laetitia Guyot

NAME _____

DOB: ___/___/___

EMAIL: _____

PHONE #: _____

STREET: _____



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CITY: _____ STATE: _____ ZIP: _____

COUNTRY: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT RELATIONSHIP: _____

CURRENT OCCUPATION: _____

HOW DID YOU HEAR ABOUT OUR TRAINING? _____

HOW LONG HAVE YOU PRACTICED YOGA ? _____

HOW MANY DAYS PER WEEK DO YOU TYPICALLY PRACTICE? _____

WHAT STYLE DO YOU TYPICALLY PRACTICE _____

WHERE DO YOU CURRENTLY PRACTICE? _____

HAVE YOU PRACTICED AT RED DIAMOND BEFORE? IF SO, WHEN, WHICH TEACHER AND WHICH CLASSES _____

PLEASE LIST ANY OTHER INFLUENTIAL TEACHERS YOU MAY HAVE

PLEASE LIST ANY OTHER YOGA TRAINING PROGRAMS YOU HAVE COMPLETED (LOCATION, DATE AND TEACHER)

PLEASE LIST ANY OTHER TRAINING OR EXPERIENCE YOU THINK MIGHT BE RELEVANT

DO YOU HAVE A REGULAR PRANAYAMA OR MEDITATION PRACTICE?



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WHY DO YOU PRACTICE YOGA AND WHAT DOES IT MEAN TO YOU?

ARE YOU CURRENTLY TEACHING? IF SO, WHERE AND HOW OFTEN?

AT THIS TIME, ARE YOU INTERESTED IN BECOMING A TEACHER?

WHAT AREAS OF YOGA CHALLENGE YOU THE MOST?

WHAT DO YOU HOPE TO GAIN FROM THIS PROGRAM?

TELL US SOMETHING UNIQUE ABOUT YOURSELF!



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MEDICAL HISTORY:

DO YOU HAVE ANY INJURIES THAT MAY AFFECT YOUR ABILITY TO PARTICIPATE IN THIS TRAINING

_____ DO YOU
HAVE ANY HEALTH CONDITIONS AND/OR ARE YOU CURRENTLY TAKING ANY MEDICATIONS THAT MAY
AFFECT YOUR ABILITY TO FULLY PARTICIPATE IN THIS TRAINING?

HAVE YOU HAD ANY SURGERIES IN THE PAST YEAR? IF SO PLEASE EXPLAIN

IS THERE ANYTHING ELSE ABOUT YOUR HEALTH WE SHOULD KNOW?



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Red Diamond Yoga 200 Hour Vinyasa Teacher Training

Participation Agreement

I, _____ understand that if I pay the program in full and fulfill all the requirements of this 200 Hour Yoga Teacher Training including attending the in-class hours, completing homework, quizzes, and passing both the written and in-class final exams, I will receive a certificate of completion, which can be submitted to a prospective employer as evidence that I have completed a 200-hour Teacher Training program. Paying for the program and completing the hours alone does not mean I will pass the program and receive a certificate.

I understand that Red Diamond Yoga LLC 3500 reserves the right at any time to ask me to leave the training if it appears that my health or physical practice are not suitable to participate in the training or if there are other concerns that the studio deems a justifiable reason. Under such circumstances, I understand that I will be given a prorated refund, based on the amount of time I have attended in the training.

Absences may be made up subject to Teacher Trainer and Studio availability at the rate of \$100 per hour. I understand that if I miss hours that are not made up, I will receive a non-passing status.

I understand that if I am habitually tardy, I will not receive credit for the days I am tardy. If I am 15 minutes late more than twice, the third time I will be asked to leave and will be required to make up the day according to the makeup policy. If I leave 15 minutes early more than twice, the third time I will be asked to leave and required to make up the day according to the makeup policy.

I UNDERSTAND THE FOLLOWING REFUND POLICY:

- There will be no refunds after August 15, 2018
- If I enter into a payment plan and default on the payment plan, I will be expelled from the training session with no refunds.
- Red Diamond Yoga reserves the right to cancel any training program at any time with a full refund.
- Red Diamond Yoga reserves the right to amend this policy at their sole discretion.

I understand that the 200 hour Teacher Training manual and all content contained therein and any and all parts of the manual may not be copied, reproduced, distributed, displayed, used or performed without written permission from Red Diamond Yoga 3500 LLC by any person, persons or entity in possession of the Teacher Training manual.

TUITION:

I understand that all tuition fees must be paid in a timely manner in accordance with deadlines specified.

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- \$300 non-refundable deposit
- \$2500 early bird before August 15, 2018



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- \$2800 full price

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I understand that even though there are parking lots onsite, parking is not available for the training and all participants, including the Teacher must find offsite parking at all times.

I have read and accept the above terms and requirements: ___ Yes ___ No Please initial: _____

Assumption of Risk, Health Warranty, Release & Waiver of Liability

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

1. I intend to and shall participate in a 200-Hour Teacher Training Program (hereinafter Teaching Program) offered by Red Diamond Yoga, during which course I shall receive instruction concerning yoga exercises and I shall practice yoga exercises.
2. I understand that yoga in general and Vinyasa Yoga in particular involves strenuous and physical activity, which may require balance, flexibility, muscle strength, aerobic fitness, mental concentration and other physical and mental abilities. I understand that yoga classes and the practice of yoga may be physically and mentally stressful and tiring, and that such classes and practice can result in new injuries or in re-injuring old injuries, including muscle soreness, strains, sprains, pulls or tears, cuts or bruises, illnesses, or other unforeseeable risks which cannot be specified in advance. I have previously taken yoga classes or have otherwise conducted sufficient research into the practice of yoga to fully understand the type of activities taking place in yoga classes.
3. In consideration of the foregoing, I hereby represent and warrant that I am in good physical condition and do not suffer from any disability, illness, impairment, disease or condition which would limit or prevent my full participation in this Teaching Program. I further warrant that:
 - a. Either I have had a physical examination and have been given my physician's permission to participate in this yoga program, or
 - b. I have, after careful consideration of my physical and mental condition at present, decided to participate in this Teaching Program without the approval of my physician, and
 - c. In either event, I do hereby voluntarily assume all responsibility for my participation and activities in this Teaching Program and for any risks, injuries or damages which I might incur as a participant in the Teaching Program, including without limitation: traveling to or from



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and entering or leaving the location or premises at which the Teaching Program is held and making use of its facilities, participating in the Teaching Program and any and all components of the curriculum offered under the Teaching Program, performing on my own the exercises, routines, and yoga postures I have learned at the Teaching Program (either before, during, or after the Teaching Program) and being instructed by paid or volunteer yoga instructors at the Teaching Program.

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

4. I agree to remain fully aware of my physical and mental conditions and I assume full responsibility for my physical and mental condition and limitations while participating in this Teaching Program. I understand that I am at all times responsible for using sound judgment to ensure that I practice yoga at a pace and level of effort that feels safe and appropriate to me and my physical and mental conditions. I further agree that I shall not commit any actions that might impair my physical and/or mental condition and functioning, which might result in my being in a physically and/or mentally impaired state during any part of the Teaching Program, for example: using alcohol, illegal drugs or other harming substances.
5. In consideration of my admittance to participate in this Teaching Program, I, for myself, as well as for my heirs, guardians, executors, administrators, successors and assignees, hereby release (forever and irrevocably) Red Diamond Yoga 3500 LLC, any teachers or assistants involved in any way in the offering or the provision of this Teaching Program, the sponsors, host and facility providers of this Teaching Program, the directors, officers, shareholders, employees, agents and attorneys of each of the foregoing, the licenses, successors and assignees of the foregoing, and any other parties acting in concert with any of the foregoing (with all the foregoing parties being hereinafter collectively referred to as the Released Parties), from any duties, agreements, claims, counter-claims, debts, obligations, costs, expenses, loss of services, actions, risks, injuries, damages, accidents, liabilities, claims, demands, judgments, losses, costs and causes of action of any kind whatsoever arising or resulting from or relating in any way (in whole or part) to my participation in this Teaching Program or any other yoga program with any of the Released Parties in the future, regardless of whether any such claims, injuries, etc. result from my own actions, inaction or negligence, the actions, inactions or negligence of other participants in the same or future Teaching Programs, the alleged actions, inaction or negligence of any of the Released Parties or any combination of the foregoing. No representations of any kind have been made to me by any of the Released Parties to induce me to sign this release form; I am signing this form because I wish to attend a Teaching Program at Red Diamond Yoga.



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6. Without prejudice to any considerations herein, I agree not to sue or bring any legal claim, proceeding or action against any of the Released Parties (and I hereby knowingly, voluntarily and expressly waive any right to bring any such action) for any action or inaction (including any action or inaction constituting negligence) of the Released Parties resulting in personal injury, defamation, libel, invasion of privacy, or any other similar harm as a result of my participation in this Teaching Program, irrespective of whether the cause, nature or existence of any such claim is known or unknown at the time. To the extent permitted by law, I hereby waive and relinquish all rights and benefits I might have now or in the future under any federal or state statutes or common law provisions that either (i) do not extend to claims which I do not know or suspect to exist to be in my favor at the time of executing this release that, which if known, would or might have materially affected my agreement to the provisions of this Agreement or (ii) otherwise prevent or hamper the enforceability of releases or waivers of claims under this Agreement.
7. Disputes that cannot be settled via a mutual decision-making process will be subject to arbitration through JAMS.
8. Should any part of this Agreement be found invalid or not enforceable by law, I understand and agree that the remaining provisions of this Agreement shall remain to be in force and continue to be enforceable to the greatest possible extent. Any modification to this Agreement must be made in writing and agreed by both parties. This Agreement inures to the benefit of Red Diamond Yoga, and/or the Released Parties involved in offering this Teaching Program and represents the entire agreement concerning such Teaching Program and the subject matter hereof.

I hereby represent and warrant that either:

- I am at least eighteen (18) years of age and am competent in all ways to sign this Agreement and I realize that is a legally enforceable and binding document. By signing below, I certify that I have read and understood every part of this Agreement and I agree to comply with all of its terms and conditions; OR
- I am the parent / legal guardian of the applicant (the Applicant). I understand that I assume full responsibility for the Applicant while he or she is participating in the Teaching Program. By signing below I certify that I have read and understood every part of this Agreement and I agree to the terms and conditions thereto on behalf of and for the Participant. I represent and warrant that I am competent in all ways to sign this Agreement and I realize that this is a legally enforceable and binding document.

Signature: _____

Print Name: _____

Date: _____