



## Teacher Training Program Agreement

305 University and 305 Yoga (the “Studio”) and \_\_\_\_\_ hereby agree as follows:

### Section 1. Refunds

Your deposit of \$500 and all other funds paid are non-refundable under any circumstances.

You understand that you are not entitled to any refunds, credits, or adjustments if you fail to complete the Program or satisfy the Certification Requirements (as defined below). You will not be entitled to a refund and all funds must be paid in FULL if you withdraw from the Program module or are removed from the Program. You understand that the Studio is under no obligation to award any credit for past experience or training if you fail to complete the Program but may do so in the exercise of the discretion of the Studio’s Teaching Committee (the “Committee”).

### Section 2. Teacher Training Certification Requirements

Our Certification Requirements for graduation are as follows:

- Completion of all hours and assignments
- Passing score on the written exam
- Passing performance on the practical exam
- Completion of required internship classes
- Full payment of all tuition fees

Full participation in and completion of all Certification Requirements is mandatory for certification. We require 100 percent completion of hours. If you need to miss any session you must speak to the Program Director prior to the session. You are responsible for tracking any course material missed and taking advantage of makeup opportunities.

In addition, all students must possess the skills and abilities necessary to safely and competently teach yoga, and a high level of emotional and mental stability and maturity. Your conduct and participation during the course of the Program will be the basis on which we will make this determination. Attendance in the Program and completion of the components does not ensure that you will be certified.

We may withhold certification from any student who fails to meet the Certification Requirements and to demonstrate the necessary skills, competencies, maturity and emotional stability necessary to safely and competently teach yoga. We have the right to make this assessment in the exercise of our sole discretion. You understand the inherently subjective nature of this determination.

Any student who is denied certification has the right to seek the review of the Committee. The Committee will conduct a fair review of the situation. The determination of the Committee will be final.

### **Section 3. Participation and Challenges**

You understand the Program has been designed to create the optimal yoga education for the majority of students. You recognize that this Program has been designed to provide yoga education for students who are pursuing a career as a yoga teacher as well as those who only wish to deepen their yoga practice.

During your participation in this Program, you are responsible for monitoring what is safe for you and you can stop your participation in any experience at any time. Although your attendance is required in each session to meet our Certification Requirements, you recognize your responsibility to speak up or take yourself out of an experience if you feel uncomfortable.

You understand that the nature of yoga is to promote physical and psychological growth through which profound transformation can occur. It is your responsibility to do your best to uphold and foster a sacred and safe environment to foster transformation for yourself and the other students in the Program. It is important for you to possess a high degree of emotional maturity and personal integrity in order to graduate from our Program and to ultimately serve your students.

You understand that during the course of the Program, you will be challenged physically and psychologically. You understand that practicing yoga is often about exploring new boundaries and limitations. You understand that the study of yoga involves exploring and discussing different religious and belief systems. These belief systems may be different from yours. You understand that the Program is not requiring you to change any of your beliefs.

### **Section 4. The Code of Ethics**

You agree to follow the following Code of Ethics

I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that I live up to any commitments I make to my students or to the public, and ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner who adheres to certain precepts.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment or harassment based on other legally protected characteristics.
- Adhere to the traditional yoga principles as written in the yamas and niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

## **Section 5. Release**

You recognize that you must be in adequate physical and mental health to participate in the Program. You understand that the Program may require intense physical exertion, and you represent that you are physically fit enough to participate and have no medical or emotional condition which would prevent your full participation in the Program. You recognize that the Program may cause or aggravate a physical injury or medical condition. You understand that it is your responsibility to consult with a physician before your participation in the Program. If you have done so, you have taken the physician's advice.

You are aware that your participation in the Program could result in high blood pressure, fainting, heartbeat disorders, physical injury, heart attack or stroke and may aggravate pre-existing injuries. You understand that you could experience muscle, back, neck and other injuries as a result of your participation in the Program. You understand your physical limitations and are sufficiently self-aware to stop or modify your participation in any activity before you become injured or aggravate a pre-existing injury.

In consideration of being permitted to participate in the Program, you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result of participating in the Program, including those which may result from the negligence of the Studio.

You knowingly, voluntarily and expressly waive any "Claim" (as defined below) you may have against the Studio, its owners, managers, teachers, instructors, workshop presenters, employees,

independent contractors and staff (each, a “Released Party”) that you may sustain as a result of participating in the Program even if the Claim arises from the negligence of any Released Party or anyone else. You agree to indemnify and hold harmless each Released Party from any loss, cost, or liability incurred in defending any Claim made by you or anyone making a Claim on your behalf, even if the Claim is alleged to or did result from the negligence of any Released Party or anyone else.

“Claim” includes but is not limited to any and all liabilities, claims, demands, expenses, fees, legal actions, rights of actions for damages, personal injury, mental suffering and distress, or death that you may suffer, your spouse, children or unborn child may suffer (including any legal fees or expenses) in connection with participation in the Program. You, your heirs and legal representatives forever release, waive, discharge and covenant not to sue any Released Party for any Claim caused by any negligence or other acts of a Released Party.

### **Section 6. Restrictions on Use of Program Materials**

You recognize and agree that the “Studio Program Materials” (as defined below) are confidential and proprietary information belonging to the Studio. You agree that you will keep the Studio Program Materials strictly confidential and shall not disclose any Confidential Information to any third party. The Studio Program Materials are for your own personal use. You may not share the Studio Program Materials with any other yoga studio, yoga teacher training program or wellness business.

You may not copy, publish, distribute, upload to the Internet or post on any social media platform all or any part of the Studio Program Materials. Your breach of any of these provisions may result in continuing and irreparable harm to the Program for which there may be no adequate remedy at law. Accordingly, the Program may enforce these provisions by any equitable remedy. If the Program pursues such an action against you, you shall be responsible for all legal fees and expenses.

“Studio Program Materials” shall mean the Studio’s teacher training manual and all other documentation, texts, audio and video files, photographs, charts and other content provided to you in connection with the Program.

### **Section 7. Use of Student Images For Advertising**

You agree that the Studio may use your picture in any advertising or marketing campaign, including, but not limited to social media, journals, magazines, websites and any other promotional channels. Your image on video, may also be included in our online yoga classes.

### **Section 8. Legal Proceedings**

The laws of the State of Florida shall govern this Agreement and you consent to jurisdiction and venue in the state courts located in Miami Dade County, Florida. The Studio and Program shall have no

liability to you as a result of participating in the Program. You agree that your sole remedy for breach of this Agreement or for any problem you may have with the Program is the refund of the amount paid to the Program. In any action or suit to enforce any right or remedy under this Agreement or to interpret any provision of this Agreement, the prevailing party shall be entitled to recover its costs, including reasonable attorney's fees. If any provision of this Agreement is held invalid, illegal or unenforceable, it shall not affect any other provision and this Agreement shall be construed as if such provision had never been contained herein.

The parties hereto have executed this Agreement effective as of the last signature date below.

305 Yoga

Student

(Sign)

(Sign)

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Name (Print)

Name (Print)

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Title

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Date

Date

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## 200 HR Course Tracker + Rate Sheet 2022

Complete All Core Curriculum Courses for Certifications.

Course	Rate By Course	Date Completed
Transforming Trauma	\$398	_____
Ultimate Chakra Balancing	\$997	_____
Therapeutic Yoga Alignment	\$533	_____
Intelligent Sequencing	\$117	_____
Yoga Philosophy	\$233	_____
The Meditation Module	\$277	_____
Teaching Methodology	\$477	_____

Total Core Curriculum Tuition,  
without Teachers Path \$3032

Complete all Core Curriculum courses AND complete the  
**Teacher Training** paths for 200, 300 or 500 Hour  
Teaching Certification

### **200 Hour Teachers Path**

**\$299**

Become a certified yoga teacher.. Jump on the teachers path at any time, to complete the courses and assignments needed to graduate 305 University.

Get your personal yoga mentor with 4 private coaching sessions, your 305U TT Manual, Testing/ Practicum + Internship hours. Must log 100 practices

Total 200 Hour Tuition- \$3331

Commit to the whole program during your first module, (with payment plan) and save \$500.

Total 200 Hour with the commitment savings is \$2831

- Receive 20% off monthly membership while on the Teachers Path

# 200 Hour Assignment Checklist

## For Certification

Chakra Imprint Assessment

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Sanskrit Quiz

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Asana Quiz

Posture Assignment

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Aliment Research Project

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Submit Sequences (2)

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Yama/ Niyama Assignment

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Pranayama Assignment

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Mantra Assignment

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Book Report

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Practicum

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Written Final

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3 Internship Classes

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Assist 3 internship classes

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Headshot, Posture Shot + Bio

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100 Practices w/ Journal

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# Mentorship + Coaching Sessions

**Your Personal Yoga mentor is:**

\_\_\_\_\_ Contact at: \_\_\_\_\_

Date Completed

Initials

Mentor Session 1: \_\_\_\_\_

Mentor Session 2: \_\_\_\_\_

Mentor Session 3: \_\_\_\_\_

Mentor Session 4: \_\_\_\_\_

Each student is responsible for the scheduling of the sessions with their mentor.

It is suggested to do one every 60-90 days.