



Waver, Policies and Requirements

I understand that Yoga 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, 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 the teacher for support. I will continue to breathe smoothly.

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. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Chaya~Sharon Heller, ChayaVeda™ Integrative Healing Arts, our teaching venue or any of the instructors.

It is also understood that any illicit or sexually suggestive remarks or advances made by me will result in the immediate termination of my enrollment, and I will be liable for payment of the program in the full amount.

Payment:

Please make checks payable to Sharon Heller and mail to ChayaVeda Integrative Healing Arts Studio, 2641 NW 41st St. Suite E6 Gainesville, FL 32606 or use the link on the website.

You must attend all sessions and complete all evaluations to receive a certificate. Completion of this course provides the credentials for you to apply for yoga alliance registry.

January 3rd-July 26, 2020

Program hours: Fridays 6:00pm-8:30pm, Saturdays and Sundays 7:30am-6:30pm.

Program Dates: January 3-5, February 7-9, March 6-8, April 3-5, May 15-17, June 5-7, June 26-28, July 10-12, July 24-26, 2020.

Program tuition includes the Integrative Yoga Therapy Teacher Training Manual and certificate of completion. Tea and water will be provided.

Tuition: \$2,825 (Payment plan available: 50% deposit, balance due by December 24, 2020)

Early Bird thru November 15th: \$2,575, Extra Early Bird thru December 19th: \$2,375

Refund Policy: Refunds and withdrawals from the program are accepted through November 15, 2019, minus a \$75 processing fee. Early bird discounts apply only for payment received in full by their respective due date. If you miss the early bird requirements, you will automatically be adjusted to the regular tuition rate.

We have a limited amount of discounted guest rooms at our teaching venue in Gainesville. Please contact us to discuss reserving.

I have read all of the above and agree to the terms and conditions of participation in the program.

Signature: _____ Date: _____

Print Name _____