



STUDENT HANDBOOK

1,000 Hr. Ayurveda Yoga Therapy Course

Ver. 1.5 Jan 20, 2021



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SCHOOL INFORMATION

Name: Houston Yoga and Ayurveda Ashram (HYA)

Location: 13602 Kluge Rd, Cypress, TX 77429 USA,

Contact Healing@houston-yoga-ayurveda.com

tel: +1 281 256 8461

Web Site and social media: www.houston-yoga-ayurveda.com

Facebook: Houston-yoga-Ayurveda

Training Location: at school location, see above

Facility & Learning Resources

HYA has a dedicated yoga therapist teaching room with laptop and projector capabilities. Several indoor & outdoor yoga and massage rooms, kitchen and office, serve as individual or group study rooms. Free Wi-Fi is available, although the use during class, yoga lessons or practicum is not encouraged. visitors and students are requested to leave the facility in good a state as they found it. In addition, we will share a closed Facebook yoga teacher page to share information for those who wish to.

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VISION & MISSION STATEMENT

VISION

HYA fosters a community that inspires and supports practitioners and teachers of Yoga & Ayurveda promoting the health of the community.

MISSION STATEMENT

To provide the structure that promotes and sustains the growth of the Vedic Sciences with focus on traditional Yoga, Yoga Therapy and Ayurveda.

HYA fulfills its mission & vision by using these values to guide its work:

- Recognition of the sacred in the heart of all being
- Unity within diversity
- Excellence defined by high standards, professionalism & a desire to learn
- Mutual respect and responsibility
- Integrity characterized by fairness, honesty and transparency

Governing Board

Sharon Kapp, Certified Ayurvedic Specialist, (CAS), professional member at the Ayurvedic doctor level of the National Ayurvedic Medical Association (NAMA), a Certified Yoga Therapist (C-IAYT), PKS, RYT, LMT, CMA, Yoga Alliance registered, Reiki Master, Vastu Shastra consultant.

Christean Kapp, Vice President and CFO

Ian Kapp, Secretary

Full and Part Time Staff

Janie Roberts, RYT200, Preeti Keith RYT200, Erin Bainbridge RYT200, Erica Brunoehler, RYT200 Note: subject to change.

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AYURVEDA YOGA THERAPY PROGRAM

Students who complete HYA's 1,000-Hour Ayurveda Yoga Therapy Training Program are eligible for a final certificate of completion. HYA's Ayurveda Yoga Therapist Training is a multiple weekend and weekday evening program, divided in five 200 Hr. intensive modules. All four intensive modules together include more than 1,000 Hrs. for work and instruction; and more than 225 Practicum Hrs.

Admission Requirements & Prerequisites

A YTT course of at least 200 hours with a minimum of 100 hr. yoga practice. A one-year yoga teacher experience and personal practice is also required as a pre-requisite to attend the Ayurveda Yoga Therapy course at HYA.

Admission Procedures

Applicants may register online at [Houston Yoga & Ayurveda](http://www.houston-yoga-ayurveda.com) and make the full or down payment or visit the center at 13602 Kluge Rd,

Academic Calendar

Each module should complete in two to four months incl. practicum. The course work makes up 120 hours and is scheduled in either ten full days or thirty partial days. Practicum is scheduled individually.

Tuition & Fees

All five modules cost together \$15,950 excl. discount. A minimum down payment of \$900 is required to register. Cash, Check or Credit Card payments for the down or full payment are possible. Individual autopay monthly installment payment plans are offered for up to twelve months increasing the cost by \$300 or app. 1.9%. **If a monthly payment is late by more than two weeks, the student may be expelled from the course.** Payments made to the school up to this point will not be returned. No graduation certificate will be issued unless payment for the course was received in full.

Room & Board

For students staying at Houston Yoga and Ayurveda, the cost of a room in our arch cabin or treehouse costs typically \$50-125 per night. This does not include meals. Detailed information is available at: <http://www.houston-yoga-ayurveda.com/yoga-arch-cabin.html>. <http://www.houston-yoga-ayurveda.com/yoga-tree-house.html>

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Learning Resources

These Books and DVDs etc. provide a great background to yoga therapy are available through our store.

Ayurveda Yoga Therapy Module I:

The following texts and other resources are assigned for this course:
• Dr Vasant Lad, The Science of Ayurveda
• Dr David Frawley, Yoga & Ayurveda: Self Healing & Self-Realization, WI Lotus Press 1999
• L Kaminoff, A Mathews Yoga Anatomy, Breathe Trust 2012
• A&I Mohan, Yoga Therapy, Shambala 2004
• Science and Philosophy of Teaching Yoga & Yoga Therapy Sun Yoga 2009
• Vasant Lad Marie Garee, Ayuryoga, VPK Basics The Ayurvedic Press 2014
• The Yoga Sutras of Pantanjali, Different Publishers
• The Bagavad Gita, Different Publishers

These books for module I are estimated to cost app. \$135

Ayurveda Yoga Therapy II: In addition to the material required for Module I

The following texts and other resources are assigned for this course:
• Tomothy McCall, Yoga as Medicine NY Bantam 2007
• J&L LaPage, Mudras for Healing and Transformation, Integrative Yoga Therapy 2014
• Pip Waller, Holistic Anatomy, North Atlantic 2010
• Thibodeau & Patton, Human Body in Health & Disease, Evolve 2010
• Mark Stephans Yoga Adjustments and Sequencing, North Atlantic 2014

These books for module II are estimated to cost app. \$140

Ayurveda Yoga Therapy III: In addition to the material required for Modules I & II

The following texts and other resources are assigned for this course:
• Gary Kraftsow, Yoga for Wellness Penguin Books, 1999
• Georg Feuerstein, The Yoga Traditions, Hohm Press 2001
• Mukunda Stiles, Ayurveda Yoga Therapy, Lotus Press 2010

These books for module III are estimated to cost app. \$65

Ayurveda Yoga Therapy IV In addition to the material required for Modules I, II & III

The following texts and other resources are assigned for this course:
• Ray Long, Key Muscles of Yoga, Bandha Yoga, 2006
• Georg Feuerstein, Deeper Dimension of Yoga, Shambhala, 2003
• Nischala Joy Devi, Healing Path of Yoga, Random House, 2007
• M Frazier & J Drzymkowski, Essentials of Human Diseases and Conditions, WB Saunders, 2000

These books for module IV are estimated to cost app. \$120

No additional books are required for module V

All sales in our store are final.

No other fees, tuitions are charges are applicable.

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Refund Policy

Payments are not refundable after acceptance by HYA and after start of the program. If the student fails to enter the seminar, withdraws, or is discontinued at any time before completion of the seminar, the student will not be refunded any portion of tuition, fees, and other charges but may have the opportunity to make up the number of class hours remaining in the seminar after the effective date to complete the total number of class hours in the seminar.

A full refund of the tuition is only due in each of the following cases:

- a) An enrollee is not accepted by the school;
- b) If the seminar of instruction is discontinued by the school and this prevents the student from completing the seminar;
- c) If the student's enrollment was procured as a result of any misrepresentation in advertising, promotional materials of the school, or misrepresentations by the owner or representatives of the school.

Financial Aid & Stipend

Monthly payments can be made as described in section Tuition and Fees. In exceptional cases at the discretion of the governing board, HYA can offer a partial stipendium for talented people in need which is at the sole discretion of the program director.

Credit Transfer Policy

Candidates who have extensive and recognized Yoga Therapy, Physiotherapeutic, Medical or Ayurvedic training and experience may request credit transfer by submitting certificates, curriculum and school contact details. A personal interview will be the basis to determine which segments and courses can be dropped. Transfer credits will be determined at the sole discretions of the program director.

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CURRICULUM

Description & Program Sequence Ayurveda Yoga Therapy Modules I

Section	Day	Hours	Course No	Course Name
			HYA AYT200-I	Ayurveda Yoga Therapy Intensive Module I
	1st Day	1	Intro - Orientation	
3.1.2.2		1	Pranayama & Meditation	
1.1.1		5	Yoga Philosophy: Overview, Tanmatra, Bhuta, Indriya	
1.3.1		1	Ayurvedic Health Terms: Panca Maya (Kosha)	
3.1.2.3		2	Chakras	
3.1.2.1		2	Tantra	
	sum	12		
	2nd Day	1	Sitali Pranayama & Meditation	
1.2.1.1/1.2.1.2		2	Yoga & The Mind: drasht, drshya, buddhi, ahmkaara, manas	
1.2.1.3		2	Yoga & The Mind: citta vrtti, citta parima, nirodha	
1.2.1.4/1.2.1.5		2	Yoga & The Mind: artha, bhava, sabhava, vaś	
1.2.2.1/1.2.2.2		2	Yoga Mind Perspectives: Klesha, Lobha, Krodha, Moha	
1.2.2.3/1.2.2.4		3	Yoga Mind Perspectives: Duhkha, Daurmanasya, Sarupyam, Antaraya	
	sum	12		
	3rd Day	1	Bramhari Pranayama & Meditation	
3.1.1		8	Yoga Sutras: Introduction, Yamas, Niyama, Dharana, Dhyana, Samadhi	
3.3.1		3	Educating Students & Clients: Teaching Methodologie	
	sum	12		
	4th Day	4	Anatomy I: Body Structure, Central, Periphera & Autonomic Nervous System	
2.1.1		4	Yoga Physiology I: Anatomical & Physiological Aspect, Manipura Therapy	
5.1.1		4	Professional Practice I (Ethics)	
	sum	12		
	5th Day	6	Ayurveda , Introduction to VPK: 5 Elements, Human Potential, The Senses	
1.2.1/1.2.2		6	Ayurveda Human Potential & Senses	
	sum	12		
	6th Day	9	Ayurveda Subdoshas	
3.1.2.4		3	Ayurvedic Dietary Concepts	
	sum	12		
	7th Day	6	Marma Points & Energy for Balance	
3.1.2.3		2	Mantras: Sounds for improved health	
3.2.3		4	Therapeutic Relationship: Dynamic Therapist/Cient Relationship	
	sum	12		
	8th Day	2	Sanskrit Introduction: Devnagiri, Pronunciation	
1.1.1		2	Vedic Sister Sciences: Vastu Shastra	
3.3.1/3.3.2		8	Educating Students & Clients: Teaching Methodologies, Responsibility & Feedback	
	sum	12		
	9th Day	5	Therapeutic Relationships: Scope of Therapy & Referral	
3.3.3		5	Educating Students & Clients: Practice Strategy	
3.1.3		2	Contraindications of Yoga Asana Therapy	
	sum	12		
	10th Day	2	Ayurvedic Nutritional Cooking	
3.3.1		5	Educating Students & Clients: Coping with Difficulties & Success	
5.4.1/2		5	Profesional Practice: Mentorship, Ongoing Personal Practice	
	sum	12		

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Description & Program Sequence Ayurveda Yoga Therapy Modules II

Section	Day	Hours	Course No	Course Name
HYA AYT200-II Ayurveda Yoga Therapy Intensive Module II				
	1st Day	1		Intro - Orientation
3.1.2.2		1		Meditation & Pranayama Agni Sar
1.1.1		4		Yoga Philosophy II: Purusha and Prakrti
1.1.1		4		Yoga Philosophy II: Panchamaya Kosha
3.2.2		2		Therapeutic Relationship: Communications between Clients & Therapists
	sum	12		
3.1.2.2	2nd Day	1		Meditation & Pranayama Yogi Sleep
3.1.2.3	3.1.2.2	3		The Science of Yoga Nidra
3.4.1		8		Principles & Skills: Foundations of Group Dynamics
	sum	12		
3.1.2.2	3rd Day	1		Meditation & Pranayama
1.2.2		5		Ayurvedic Samprapti: Six Stages of Disease
2.5.1		3		Body & Mind Integration
3.4.1		1		Working with Groups: Design & Evaluate
3.4.2		2		Working with Groups: Group Dynamics, & Techniques
	sum	12		
2.1.1	4th Day	4		Anatomy II: Digestive System, 4 Digestive phases, Liver, Nutrient Absorption, Duod
2.1.1		4		Yoga Physiology II: Endocrinological Aspects, Pranic Effects, Unbalanced & Blocked
2.1.2		4		Allopathic Medicine & Ayurveda
	sum	12		
1.3.1.2/1.3.1.3	5th Day	2		Ayurveda Health Terms: Subtle Anatomy, Tri-dosha
1.3.1.4/1.3.1.5		2		Ayurveda Health Terms: Triguna, Dosha
1.3.1.6/1.3.1.7		2		Ayurveda Health Terms: Ama and Agni
1.2.2		6		Ayurveda Pulse Analysis
	sum	12		
2.4.1	6th Day	5		Human Development Stages
2.3.2		2		Psychology & Mental health
2.4.2		5		Social, Cultural, Religious Bearing on Health
	sum	12		
2.2.3	7th Day	1		Medical Terminology
2.1.1		5		Anatomy II: Digestive System, 4 Digestive phases, Liver, Nutrient Absorption, Duod
2.3.1/2.3.2		2		Psychology & Mental Health
2.5.1		1		Mind Body Integration
2.2.1/2.2.2		3		Coding for Insurance Companies
	sum	12		
2.3.1/2.3.2	8th Day	12		Case Studies (i.e. Digestive Disease)
	sum	12		
3.1.2.2	9th Day	1		Meditation & Pranayama
2.2.1		4		Actions & Interactions Western Medicine (i.e. Digestive Disease)
2.1.1		4		Yoga Physiology II: Endocrinological Aspects, Pranic Effects, Unbalanced & Blocked
3.1.2.4		3		Ayurvedic Nutrition & Cooking for Digestive Diseases
	sum	12		
3.1.2.2	10th Day	1		Meditation & Pranayama
3.1.2.3		2		Mudras & Marmas pertaining to Digestive Diseases
2.1.3.		2		Yoga Contraindications pertaining to Digestive Diseases
3.3.1		5		Therapeutic Relationships
3.1.2.1		2		Yoga Asana for Digestive Diseases
	sum	12		

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Description & Program Sequence Ayurveda Yoga Therapy Modules III

Section	Day	Hours	Course No	Course Name
HYA AYT200-III Ayurveda Yoga Therapy Intensive Module III				
	1st Day	1		Intro - Orientation
3.1.2.2		1		Meditation & Pranayama
1.1.1		4		Yoga Philosophy III: Guna
1.1.1		4		Yoga Philosophy III: Duhkha
3.4.2		2		Principles and Skills for Working in Groups: Time Management
	sum	12		
3.1.2.2	2nd Day	1		Meditation & Pranayama
3.2.1/3.2.2		9		Principles of Therapeutic Relationship
3.1.2.1		2		Yoga Asanas for respiratory diseases
	sum	12		
3.1.2.2	3rd Day	1		Meditation & Pranayama
1.3.2.2		11		Ayurvedic Samprapti & VPK Analysis of Mind
	sum	12		
2.1.1	4th Day	4		Anatomy III: Lungs, Inhalation & Iron, Diaphragm
2.1.2		3		Yoga Physiology III: Anatomical & Physiological Aspects of Respiratory System in asana
5.2.1/5.2.2		5		Professional Practice (Business Practice & Legal Regulations)
	sum	12		
2.1.2	5th Day	4		Anatomy III: Diaphragm, Vagus Nerve, Kapha,
2.1.1		3		Yoga Physiology III: Anatomical & Physiological Aspects of Respiratory System in asana
3.1/5.3.2/5.3.3		5		Professional Practice III (Healthcare, Referral, Collaborative)
	sum	12		
2.3.1	6th Day	4		Psychology & Mental Health
2.1.1		8		Yoga Physiology III: Anatomical & Physiological Aspects of Respiratory System in asana
	sum	12		
1.1.1	7th Day	2		Sanskrit I: Devanagiri, Yogayatanam
3.3.3		8		Educating Clients/Students: Practice Strategies
1.1.1		2		Vedic Jyotish Astrology I: Difference to Western, 108, Karma, Role of Houses and Planets
	sum	12		
2.2.2/2.2.3	8th Day	6		Case Studies (i.e. Respiratory Disease)
2.5.1		6		Mind & Body Integration
	sum	12		
3.1.2.2	9th Day	1		Meditation & Pranayama
2.2.3		6		Actions & Interactions Western Medicine (i.e. Respiratory Disease)
3.1.2.4		5		Ayurvedic Nutrition & Cooking for Respiratory Diseases
	sum	12		
3.1.2.2	10th Day	1		Meditation & Pranayama
3.1.2.3		2		Mudras & Marmas pertaining to Respiratory Diseases
2.1.3		4		Yoga Contraindications pertaining to Respiratory Diseases
3.2.1		3		Therapeutic Relationship: Directive and non directive dialogue
3.1.2.1		2		Yoga Asana for Respiratory Diseases
	sum	12		

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Description & Program Sequence Ayurveda Yoga Therapy Modules IV

Section	Day	Hours	Course No	Course Name
			HYA AYT200-I	Ayurveda Yoga Therapy Intensive Module IV
	1st Day	1	Intro - Orientation	
3.1.2.2		1	Meditation & Pranayama	
1.1.1		4	Yoga Philosophy IV: Other Vedic Philosophic Traditions	
5.1.2		6	Professional Practice (Health Care Code & Ethics)	
	sum	12		
3.1.2.2	2nd Day	1	Meditation & Pranayama	
3.1.2.1		2	Yoga Asanas for Spine	
3.3.2		4	Educating Clients / Students: Self Awareness & Self-Responsibility	
3.3.3		3	Educating Clients / Students: Practice Strategies	
3.1.2.3		2	Muscle & Bone related Therapy	
	sum	12		
3.1.2.2	3rd Day	1	Meditation & Pranayama	
1.3.2.1		6	Ayurvedic Samprapti & Progression of Muscle and Bone related Therapy	
1.3.2.1		5	Ayurvedic Samprapti & Progression of Muscle and Bone related Therapy	
	sum	12		
2.1.1	4th Day	4	Anatomy IV: Skeletal & Bone Health, Bone Ageing, Upadhatus of Nail, Hair & Teeth, Calcium	
2.1.1		4	Yoga Physiology IV: Vata Influence, Manas & Mrityu,	
2.3.1		4	Case Studies for Muscle and Bone related Therapy	
	sum	12		
1.3.1.11/12	5th Day	2	Ayurveda for Reproductive & Urinary Therapy	
1.2.1.5		2	Yoga & The Mind: Vaishvanara, Taijasa, Prajna, Turiya	
1.3.1		2	Ayurveda Health Knowledge: Surya Chandra, Brmhana/Langhana	
3.1.3		4	Yoga & The Mind: Other Concepts from the Sutras and Bhagavad Gita	
2.1.3		2	Contraindication for Reproductive & Urinary Therapy	
	sum	12		
3.2.2	6th Day	4	Therapeutic Relationships: Evolving Therapeutic and Professional Relationships	
3.3.3		4	Educating Clients & Students: Developing Practice Strategies	
1.1.1		4	Vedic Jyotish Astrology II: Presence of Disease	
	sum	12		
2.2.1/2.2.2	7th Day	6	Medical Terminology for Reproductive & Urinary Therapy	
2.1.1		6	Yoga Physiology IV: Vata Influence, Manas & Mrityu,	
	sum	12		
2.3.1	8th Day	12	Case Studies (i.e. Reproductive & Urinary Disease)	
	sum	12		
3.1.2.2	9th Day	1	Meditation & Pranayama	
3.1.2.3		2	Mudras & Marmas pertaining to Reproductive & Urinary Diseases	
3.1.2.3		2	Ayurvedic Nutrition & Cooking for Reproductive & Urinary Diseases	
3.4,1/3.4.2		5	Principles & Skills: Design, Implement & Evaluate Groups	
3.1.2.1		2	Yoga Asanas pertaining to Reproductive & Urinary Disease	
	sum	12		
3.1.2	10th Day	1	Meditation & Pranayama	
3.1.2.1		2	Yoga Asanas pertaining to Reproductive & Urinary Disease	
3.2.1/3.2.2		4	Therapeutic Relationship: Developing communication skills	
5.1.4/5.1.5		5	Professional Practice (Referrals, Limits of Own Practice)	
	sum	12		

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Description & Program Sequence Ayurveda Yoga Therapy Module V

Section	Day	Hours	Course No	Course Name
			HYA AYT200-V Ayurveda Yoga Therapy Intensive Module V	
	1st Day	1	Intro - Orientation	
1.1.1		4	Sanskrit & Effect on Bodies - Slokas	
1.1.1		4	Ayurveda & Planets (Jyotish)	
1.3.11		3	Ayurveda VPG Patient Intake	
	sum	12		
1.3.11/1.3.12	2nd Day	6	Ayurveda for Sleep Deprivation	
2.2.1/2.2.2		6	Medical Terminology for Sleep Deprivation	
	sum	12		
2.3.1	3rd Day	4	Case Studies for Sleep Deprivation	
3.1.2.3		4	Mudras & Marmas for Sleep Deprivation	
3.1.2.3		2	Ayurvedic Nutrition & Cooking for Sleep Deprivation	
3.1.2.1		2	Yoga Asanas for Sleep Deprivation	
	sum	12		
1.3.11/1.3.12	4th Day	6	Ayurveda for Alcohol / Addiction	
2.2.1/2.2.2		6	Medical Terminology for Alcohol / Addiction	
	sum	12		
2.3.1	5th Day	4	Case Studies for Alcohol / Addiction	
3.1.2.3		4	Mudras & Marmas for Alcohol / Addiction	
3.1.2.3		2	Ayurvedic Nutrition & Cooking for Alcohol / Addiction	
3.1.2.1		2	Yoga Asanas for Alcohol / Addiction	
	sum	12		
1.3.11	6th Day	6	Ayurveda for PTSD & Eating Disorder	
2.2.1/2.2.2		6	Medical Terminology for PTSD & Eating Disorder	
	sum	12		
2.3.1	7th Day	4	Case Studies for PTSD & Eating Disorder	
3.1.2.3		4	Mudras & Marmas for PTSD & Eating Disorder	
3.1.2.3		2	Ayurvedic Nutrition & Cooking for PTSD & Eating Disorder	
3.1.2.1		2	Yoga Asanas for PTSD & Eating Disorder	
	sum	12		
1.3.11	8th Day	6	Ayurveda for Cancer	
2.2.1/2.2.2		6	Medical Terminology for Cancer	
	sum	12		
2.3.1	9th Day	4	Case Studies for Breast and Colon Cancer	
3.1.2.3		4	Mudras & Marmas for Breast and Colon Cancer	
3.1.2.3		2	Ayurvedic Nutrition & Cooking for Breast and Colon Cancer	
3.1.2.1		2	Yoga Asanas for Breast and Colon Cancer	
	sum	12		
2.3.1	10th Day	4	Case Studies for Bone & Lung Cancer	
3.1.2.3		4	Mudras & Marmas for Bone & Lung Cancer	
3.1.2.3		2	Ayurvedic Nutrition & Cooking for Bone & Lung Cancer	
3.1.2.1		2	Yoga Asanas for Bone & Lung Cancer	
	sum	12		

In addition, each module includes:

Listed all full day intensives. Other timings may be offered. Each module includes about 55 hours of practicum where the student will practice assessing clients and suggesting yoga therapies in single or group sessions which may carry over to other modules.

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SCHOOL POLICY

Non-Discrimination Policy

HYA does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.

Rules for Student Conduct

Conduct myself in a courteous, professional and conscientious manner. Acknowledge the limitations of my skills, scope of practice, and where appropriate, seek alternative instruction, advice, treatment or direction. Maintain a safe, clean and comfortable environment. Respect everybody regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation. Respect everybody's rights, dignity and privacy. Do not carry out or tolerate sexual harassment or physical or mental harassment. Adhere to the traditional yoga principles as written in the yamas and niyamas.

Student Conduct & Disciplinary Procedures

For a transgression against the school conduct rules that does not violate statutory requirements or governmental laws in Harris County, TX USA three levels of warning and counseling will be provided and recorded in our computer system. Any occurrence after the third warning will be treated as a suspension and marked so in the student's file in our computer system and the customer will no longer be allowed on the property. If at any level a felony or above type violation against current laws has been committed and confirmed the case will be reported to the local authorities and the customer will be listed as suspended in our computer system. In all such cases a full or partial refund cannot be granted.

Retaliation Policy

We prohibit retaliation against anyone for reporting a violation of our Code of Conduct or other policies, or for participating in an investigation relating to a violation of our Code of Conduct or other policies.

Student Grievance Procedures

A student may approach the program director or the CEO of the facility to express their concerns or complaints in writing. A grievance committee consisting of two members will within a week solicit evidence, interview witnesses and will recommend a decision on the matter forthwith. In case a major transgression against valid local, state or federal laws is determined, the grievance committee will also notify the relevant authorities.

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Leave of Absence Policy

The school can grant leave of absence for medical or significant personal reasons (death in the family, moving etc.). The school will work with the student to provide suggestions how to make up for the lost time.

Academic Performance and Attendance Requirements

The attendance of a minimum of 95% of all theory and scheduled practicum classes is required. All assignments need to be completed and all tests and examinations should be passed with 70% satisfactory completion or above.

Program Completion Requirements

The program is complete when all of the academic requirements have been achieved. This includes the academic performance outlines above for all practicum and courses. All dues for the course or intensive module must have been fully paid before a certificate or diploma can be issued. Transcripts are available upon request.

Confidentiality

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction or treatment process.

Academic Calendar

HYA currently schedules several Yoga Teacher and Ayurveda Yoga Therapy Trainings as well as other educational and spiritual events a year. The courses may be found on the internet up to six months in advance at:

www.houston-yoga-ayurveda.com/ayurveda-yoga-therapist-training.

Dress Code

Dress Code for Yoga and attending theory classes is informal. Ethnic clothing is permitted. Clean, modest clothing is expected. i.e. no shorts or tank tops.

Non-Impairment

Medications prescribed either by a doctor or an Ayurvedic specialist is allowed at HYA. Please make staff aware when you bring medications with you. Any and all recreational drugs incl. alcohol and all forms of smoking are not permitted on the premises.

Firearms

HYA is located in Texas. As a peaceful facility at HYA we do not allow open or conceal carry of any firearms or any other weapons.

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Liability

All visitors, staff and guest are reminded that they are responsible for their own well being. HYA is situated on 3 acres of natural land and there are domestic animals, wild life and fauna, some of them even dangerous or poisonous. HYA does not bear any responsibility for accidents pertaining to wildlife and fauna at the center. HYA does not bear responsibility for parking accidents.

Insurance

HYA does everything possible to ensure your safety when participating in one of our programs. Sharon Kapp at HYA is ensured against yoga, yoga therapy and massage incidents. We encourage our yoga instructors likewise to carry insurance against yoga related injuries.

Notice of Disclaimer

HYA reserves the right to amend, add, or delete classes, programs, policies, tuition and /or facilities without prior notice. HYA also reserves the right to cancel classes due to insufficient numbers of students. Material contained within this catalog is subject to change without notice and may not be regarded in the same nature of binding obligations.

Legal Release

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. I acknowledge that yoga is an exploration of a person's physical and mental potential, and that my participation in yoga class, training, or private session can cause serious injury, property damage, or potential death. 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. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. yoga is not recommended and is not safe under certain medical conditions.

With a full understanding of the potential risks, I hereby assume the risks of participating in a yoga class and therapy training. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably waive, release and discharge any claims and/or liabilities for death or personal injury or direct or indirect damages of any kind, except that which is the result of gross negligence and/or wanton misconduct of the persons owning or employed by Houston Yoga and Ayurvedic Wellness Center LLC.

I AGREE NOT TO SUE ANY OF THE PERSONS OR ENTITY LISTED ABOVE FOR ANY CLAIMS, LIABILITIES OR DAMAGES THAT I HAVE WAIVED, RELEASED OR DISCHARGED HEREIN. I INDEMNIFY AND



HOLD HARMLESS THE PERSONS OR ENTITIES MENTIONED ABOVE FROM ANY CLAIMS MADE OR LIABILITIES ASSESSED AGAINST THEM BECAUSE OF MY OR THEIR ACTIONS.

Student Signature

Authorized School Signature

Date _____

Date _____