



Sattvic Sage
 Ayurveda & Yoga
 A personal journey to natural health

www.soderworldwellness.com
sattvicsage@gmail.com

www.sattvicsage.com
 708-334-9362

Programs:

200-Hour 'Traditional Yoga Teacher' Training Certification

~ OR ~

200-Hour Current RYT 'Yoga Traditions' Enhancement (Road to RYT500)

Application & Enrollment Form

Check Course of Study Option:

- In-Person at Sattvic Sage Ayurveda in Buckeye, AZ (with Hybrid Online Option)*
- In-Person at Soderworld Wellness Center in Willowbrook IL (with Hybrid Online Option)*
- FULLY ONLINE from anywhere in the Country*

Name:	Date of Birth / Age:
Address:	Cell#:
Email	

Educational History:

School	Dates

Professional Work Experience:

Organization	Role	Dates

~ T U I T I O N O P T I O N S ~

Tuition: \$2800

Option 1: Save \$500 When You Pay in Full:

Payment of \$2300 in Full Prior To Registration Deadline

\$250 of this payment is Non-Refundable

Credit / Debit Electronic Registration: Total Tuition is \$2415 (5% processing fee applies)

Option 2: Payment Plan (4-Month Program):

Reserve your place in training by making a \$500 Seat Deposit any time Prior to Registration Deadline

\$250 of this deposit is Non-Refundable & Entire Deposit is applied to Tuition.

Credit / Debit Electronic Seat Deposit: \$525 (5% processing fee applies)

Remaining \$2300 is paid with 4 Subsequent Monthly Electronic Auto-Payments

Payment Plan is available via Auto-Pay Credit/Debit Only. All Amounts Include 5% Processing Fees & 2% Interest

1 st Installment:	Month 1, charged on the 15th	\$615.25
2 nd Installment	Month 2, charged on the 15th	\$615.25
3 rd Installment	Month 3, charged on the 15th	\$615.25
4 th Installment	Month 4, charged on the 15th	\$615.25

Your Total Tuition is \$2986

Option 2: Payment Plan (3-Month Intensive):

Same Seat Deposit Info

Remaining \$2300 is paid with 3 Subsequent Monthly Electronic Auto-Payments

Payment Plan is available via Auto-Pay Credit/Debit Only. All Amounts Include 5% Processing Fees & 2% Interest

1 st Installment:	Month 1, charged on the 15th	\$820.33
2 nd Installment	Month 2, charged on the 15th	\$820.33
3 rd Installment	Month 3, charged on the 15th	\$820.33

Your Total Tuition is \$2986

If \$ is a determining factor keeping you away from training – Please know I am open to discussing options

Tuition Includes:

- 200 Hours Online / In Person Sessions (Zoom Video Access), Professional Presentations & Equipment
- Full-Color Binder/Training Manual of Syllabus, Class Schedule, Course Handbook, Homework Summary
- Handouts, Meditation Journal, Logs, Class Design & Observation Templates & Personal Class Attendance Log
- Six (6) E-Books:
 - 'Yoga Anatomy', 'Bhagavad Gita Explained', 'The Gheranda Samhita', 'The Hatha Yoga Pradpika'
 - 'Raja Yoga' by Swami Vivekananda, 'Business Mastery' Workbook: How to Start Your Practice

Additional Required Books:

Additional Required Books are not included and are at Student Expense.

Complete Book List Provided Upon Enrollment and does not exceed \$100.

Payment Details: WILL BE TAKEN VERBALLY IN PERSON or OVER THE PHONE FOR SECURITY PURPOSES & PROTECTION OF FINANCIAL INFORMATION (Do not email this info)

OFFICE USE ONLY: Credit Card Authorization:

Credit Card #: _____ **DO NOT EMAIL THIS INFO**
Name on Card: _____
Billing Address: _____
Exp Date: _____ Security Code: _____

- I understand and agree that Sattvic Sage Ayurveda & Yoga (SSA&Y) does not guarantee employment nor take responsibility for employment in the field of Yoga, or any other health related field, upon completion of the course.
- I understand and agree that SSA&Y is not responsible for actions of students or graduates in their Yoga journey.
- I certify that I have the ability to finance my education and I have received and reviewed all program policies.

~ WAIVER & RELEASE ~

BY JOINING THE SATTVIC SAGE AYURVEDA & YOGA TEACHER TRAINING PROGRAM,
I UNDERSTAND THAT I ACCEPT WAIVER, RELEASE AND ASSUMPTION OF RISK.

I have volunteered to participate in a program of physical exercise under the direction of Karla A. Cain, which will include, but may not be limited to, stretching and yogic postures. In consideration of Karla's agreement to instruct, assist and train me, I do here and forever release, discharge and hereby hold harmless Karla A. Cain, Sattvic Sage Ayurveda & Yoga and Soderworld Wellness Center (and all affiliates) from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) ANY INJURY THAT MAY OCCUR AS A RESULT OF EXERCISING PAST YOUR PERSONAL THRESHOLD (2) ANY SLIP OR FALL

I recognize that any exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include muscle soreness, change in blood pressure, or losing balance. I understand that as a result of my participation in this yogic exercise program, I could suffer an injury and I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program. If I have chosen not to obtain a physician's permission prior to beginning this exercise program with Karla A. Cain, Sattvic Sage Ayurveda & Yoga and Soderworld Wellness Center (and all affiliates), I hereby agree that I am doing so at my own risk.

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate. I acknowledge and agree that no warranties or representation have been made to me regarding the results I will achieve from this program.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST KARLA A. CAIN, SATTVIC SAGE AYURVEDA & YOGA, SODERWORLD WELLNESS CENTER AND ALL AFFILIATES.

I ALSO UNDERSTAND THAT WHEN PARTICIPATING IN THIS PROGRAM, I MAY BE CAPTURED IN PHOTOS OR VIDEO FOOTAGE THAT COULD POTENTIALLY BE RELEASED FOR ONLINE VIEWING AND/OR PROMOTION OF THE PROGRAM. I RELEASE AND GRANT PERMISSION THAT IMAGES AND VIDEOS THAT INCLUDE ME MAY BE RELEASED TO THE PUBLIC.

Print Student Name: _____

Student Signature: _____ **Date:** _____

SSA&Y Representative: Karla A. Cain

SSA&Y Signature: _____ **Date:** _____

To Submit This Document:

Scan / Email To:
sattvicsage@gmail.com

OR

Mail Hardcopy:
Karla A. Cain / Sattvic Sage Ayurveda & Yoga
1782 S. 237th Ave Buckeye, AZ 85326

Please reach Karla Cain at (708)334-9362 or sattvicsage@gmail.com with any questions!