



Sattvic Sage
Ayurveda & Yoga
A personal journey to natural health

200 Hour YTT

Yoga Teacher Certification

OVERVIEW

TUITION

POLICIES

WAIVER & RELEASE

Thank you for your Enrollment Request!

Please Read in Full, Sign & Return

~ O V E R V I E W ~

CLASSES:

Choose the Class Model that is Right For You ~ Session is Available as Follows:

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

Requirements for Completion:

Completion & Attendance of All Session Hours & Any Needed Make Up Hours

All Assigned Homework / 20-Class Attendance Log / Meditation Journal Sharing / Mid-Program Student Survey

Practice Teach-Backs & Feedback / Class Observations / Class Designs / Public Community Class Offering

Pre-Requisite:

It is suggested (not required) that each student has previous experience with the practice of Yoga by way of attending Asana classes, lectures, inquiry or has engaged in any form of yoga / self-awareness practices for at least 6 months.

Upon Completion:

When course requirements are met, a "Certificate of Completion" is issued.

You are considered a Certified Yoga Instructor: CYT200

The Program does not offer or guarantee Job Placement

Registration with Yoga Alliance:

This is a Yoga Alliance Approved / Registered Program

To become a 'Registered' Yoga Instructor, the registration process is completed directly with Yoga Alliance.

This program exceeds minimum standard education requirements obtain RYT200.

This process is also explained in the Professional Development portion of the program.

Current CYT200 & RYT200:

The completion of hours and Certificate of Completion may be added to experiential hours on the path to CYT500 / RYT500. If RYT500 is desired, Yoga Alliance will recognize your additional training hours through this program.

Academic Requirement:

- Applicants must possess a high school diploma or GED and must attain 18 years of age prior to start of classes
- Applicants should have English language fluency, as all classes will be taught in English

Steps in the Application Process & Enrollment Registration:

1. Emailed Request of Participation to sattvicsage@gmail.com
2. Reply Email will contain Enrollment Form / Program Handbook
3. Submission of Enrollment Form via email or Hardcopy (Your Preference)
4. Phone Interview with Prospective Student by Lead Trainer / Confirmation of Acceptance
5. Payment of \$500.00 SEAT RESERVATION (Applied to Tuition) or Tuition Payment in Full

At anytime during the process above, the potential student signs/returns Attestation & Acknowledgement of Program Policies

Additional Required Books:

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

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

Non-Mandatory Suggestions for Additional Education / Certification:

Free Anatomy Courses at <http://www.corsera.org>

Various workshops to enhance Sanskrit understanding

Obtaining Personal AHA CPR Certification is Recommended

~ T U I T I O N ~

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:

This payment is made Electronically at www.sattvicsage.com/ytt by scrolling to the bottom of the page

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 RESERVATION 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)

This payment is made Electronically at www.sattvicsage.com/ytt by scrolling to the bottom of the page

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

Payment Plan is available via Auto-Pay Credit/Debit Only. Payment info will be required to establish ongoing installments.

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):

Reserve your place in training by making a \$500 SEAT RESERVATION 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)

This payment is made Electronically at www.sattvicsage.com/ytt by scrolling to the bottom of the page

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

Payment Plan is available via Auto-Pay Credit/Debit Only. Payment info will be required to establish ongoing installments.

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

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 Due Dates
 - PART 1 & 2 Handouts will be printed and added to your Binder
 - The subsequent Handout Segments will be provided Electronically for you to print at your discretion
- Meditation Journal, Class Design & Observation Templates & Personal Class Attendance Log
- 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

~ P O L I C I E S ~

EQUAL OPPORTUNITY & ANTI-DISCRIMINATION

This YTT Programs provides, encourages and requires a state of fairness in which individuals are treated similarly, unhampered by artificial barriers, prejudices, or preferences. We welcome **ALL** – regardless of religious or spiritual beliefs (or not), sexual orientation or identification, physical ability or challenge, age, ethnicity, race, caste, or any other important personal attributes. The program also a zero-tolerance policy for those with discriminating words, thoughts or actions.

ATTENDANCE

ATTENDANCE / CLASS MAKE-UP: *Per Yoga Alliance*, a trainee may miss up to 10 Hours maximum due to sickness or emergency without penalty, as long as they complete the required reading and assignments. If any more than 10 hours is missed, the trainee will be **required** to make-up the missed hours by scheduling private make-up sessions with Lead Trainer at a cost of \$25 per hour.

IMPORTANT ATTENDANCE NOTE: A trainee cannot miss more than 40 hours of training. Missing these hours will result in termination from the program AND the trainee will still be responsible for paying tuition in full. If a student fails to complete the required attendance hours, he or she may be terminated from the program without a refund.

HEALTH & SAFETY FOR ALL STUDENTS

BACKGROUND CHECK / CRIMINAL HISTORY: Prior to or upon Enrollment, Sattvic Sage Ayurveda & Yoga & Soderworld Wellness Center reserve the right to complete a general background check on students who wish to join the YTT program. No student shall be accepted into the program that has had criminal charges against them within a 10-year previous period prior to class start date. Minor Traffic violations are excluded from this policy. All other criminal charges apply.

HARRASSMENT OR SEXUAL MISCONDUCT: Sattvic Sage Ayurveda & Yoga and Soderworld Wellness Center are committed to providing a safe environment for all students and staff, free from discrimination on any grounds and free from all from harassment of any kind, including sexual harassment. SSA&Y operates a zero-tolerance policy for any form of harassment, treats all incidents seriously and will promptly investigate all allegations of sexual harassment. Any person found to have harassed or sexually harassed another will face disciplinary action, up to and including dismissal from the YTT program. All complaints of harassment or sexual harassment will be taken seriously and treated with respect and confidence. No one will be victimized for making such a complaint.

TUITION

SEAT RESERVATION OR PAYMENT IN FULL IS REQUIRED BY REGISTRATION DEADLINE DATE

All subsequent tuition payments are due on 15th of month per selected session of the year with no grace period.

Payments are made via AutoPay with major credit/debit cards only. A US \$25.00 late fee will be charged for declined payments.

Written Notification is required 30 days prior to payment due *if there are any changes with your credit card on file*.

Any & All payments made electronically by major credit cards for Tuition, Seat Reservation or Payment Plans are charged a 5% processing fee (and a 2% interest charge, if applicable for payment plans).

Sattvic Sage Ayurveda does not offer state or federal financial aid, loans, or tuition scholarships to students at this time. Maintenance of a current and satisfactory account standing is required for continued enrollment in the Program, Graduation and for the issuance of Certificate of Completion. Students who lapse in their tuition payments will be dropped from the program after 15 days past due.

REFUNDS: We don't want to see you go! But if for any reason you must leave the program, please note the following:

A \$250 portion of Tuition/Seat Reservation is not refundable.

If the student decides to cancel or withdraw from enrollment at any time, a written notification and request from the student is required to be sent directly to Lead Trainer at sattvicsage@gmail.com

100% refund of paid Tuition (-Non-Refundable Fee) applies if student withdraws 15 days or more prior to program start date.

Less than 15 day notice of discontinuation prior to program start dates results in 75% Refund (-Non Refundable Fee).

PAYMENT PLAN REFUNDS: There will be no refund for the month if student decides to withdraw or cancel after 2 classes have been attended for the month. Withdrawal or cancellation prior to completion of the 3rd class for the month will result in a prorated refund computed based on the number of hours/classes completed vs. not completed for the month. No further tuition installments will occur.

PAID IN FULL REFUNDS: The same info applies as above regarding tuition required for the month. If tuition has been paid in full, the prorated portion of tuition & Non-Refundable fee will apply with all remaining hours being refunded.

A refund will be processed within 30 days from the date of receipt of official written request of cancellation from the student.

The refund amount will be electronically refunded via same method as payment was received: PayPal Gateway.

Confirmation of Refund will be automatically emailed to email address on file.

Eligible refunds will not include any interest or processing fees on the Tuition at any point in time.

Additional fees incurred (i.e., credit card fees) etc. are not refunded.

TERMINATION

TERMINATION: Sattvic Sage Ayurveda & Yoga & Soderworld Wellness Center reserve the right to terminate any student from the program if their behavior is deemed inappropriate, unethical or poses any risk whatsoever. Under such circumstances, tuition will not be refunded.

ATTESTATION: Sattvic Sage Ayurveda & Yoga & Soderworld Wellness Center reserve the right to terminate any student from the program if it is discovered that questions contained within the Enrollment Form or Signature to Attestation of Policies is found to be untruthful regarding Academic Background or Criminal History. Under such circumstances, tuition will not be refunded.

~ WAIVER & RELEASE ~

ATTESTATION & ACKNOWLEDGEMENT

BY JOINING THIS YOGA TEACHER TRAINING PROGRAM,
I UNDERSTAND, DECLARE & ACCEPT THE FOLLOWING:

WAIVER, RELEASE AND ASSUMPTION OF RISK

I have volunteered to participate in a program of physical and mindful contemplative practices under the direction of Karla A. Cain and various guest teachers which will include, but may not be limited to physically stretching, balancing and various physical yogic postures, as well as mindful meditation and contemplation practices.

In consideration of Karla's (and others) 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, 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 OR MENTAL SHIFTS AS A RESULT OF
(1) ANY INJURY THAT MAY OCCUR AS A RESULT OF EXERCISING PAST PERSONAL THRESHOLD (2) ANY SLIP OR FALL
(3) MENTAL REVELATIONS THAT MAY POTENTIALLY SHIFT WITHIN MY PERSONAL MEDITATIONS

I recognize that any exercise might be difficult and strenuous. 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 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, 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 UNDERSTAND 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.

IF I DO NOT WISH TO BE INCLUDED IN POTENTIAL IMAGES OR VIDEO, I MAY OPT OUT BY INITIALING HERE: _____. With Opt Out, strict steps will be taken to protect my privacy.

I acknowledge and agree that no warranties or representation have been made to me regarding the results I will achieve from this program.

I agree and acknowledge all components of Program Policies.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS DOCUMENT AND FULLY UNDERSTAND WHAT APPLIES AS A STUDENT OF THE PROGRAM, AS WELL AS RELEASE OF LIABILITY.

SIGNATURE & ATTESTATION REQUIRED FOR PARTICIPATION

PRINTED NAME: _____

SIGNATURE: _____

DATE: _____