



Student Disclaimer Form

I, _____ a citizen of _____
_____ with Passport
No/Aadhar No _____ here by
acknowledge and declare the following:

- I am here in this Yoga Teacher Training to improve my healthy lifestyle, to deepen my practice of Yoga, to refine my skills of becoming a Yoga Teacher and not for mere certification.
- I understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. I understand I will receive information and instruction; including verbal and physical adjustments about yoga and health. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. It is my responsibility to consult with a physician prior to my participation in the Yoga Teacher Training.
- I represent and warrant that I am physically fit, and I have no medical condition that would prevent my full participation in the yoga class. I am aware I may be physically adjusted.
- I agree to take full responsibility for any risks, loss, claim, injury, damage or liability, known or unknown, which I might incur as a result of participating in the program. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions.

- For Women: I hereby certify that I am not pregnant and not under any pregnancy treatment. In case of pregnancy, I know that an Intensive Yoga Teacher Training Course is strongly discouraged.
- I recognise that in the last six months, I did not go under any surgery such as spinal disc herniation, lumbar herniated disc, hiatal hernia (protrusion or herniation of the upper part of the stomach into the thorax), or appendicitis. In case of heavy medical treatment such as chemotherapy or radiotherapy, I recognise that I should inform the Samyak Yoga Team for me to get some moment of rest.
- It is my duty to inform the Samyak Yoga Team of any pain that might occur during the practice (such as wrist, lower back, neck, head, or shoulder) in order to be able to adapt my practice with variations.
- Therefore I agree that Yoga is not a competition and that my practice has to be done in respect of my physical condition. I also understand that the registration fee and the complete course fee are completely NON-REFUNDABLE.
- I am here in this Yoga Teacher Training to improve my healthy lifestyle, to deepen my practice of Yoga, to refine my skills of becoming a Yoga Teacher and not for mere certification.
- I am ready to abide by the guidelines prescribed in the guideline book, and the authorities can cancel my registration and send me out of the campus permanently if found otherwise.
- I will **not use drugs, alcohol or smoking ingredients** in and out of the premises during the course for any reason. If found so, I understand that my registration can be cancelled, and I **can be sent out of the premises** permanently.
- I will be responsible for any injury caused to me during my practice due to unconscious movements or efforts made by me that are more than required.

- I understand that the body, mind and breath might undergo a cleansing process during the process of regular practice that might make me feel uncomfortable. I am responsible for any financial expenses due to any medical emergencies.
- I understand that the training in an Ashram atmosphere is specially designed for the inner purification and I **can't go out of the ashram** for any reason even during the breaks (except the day-off) and I can be sent out of the course.
- I understand, this is a Yoga Teacher Training and is not a yoga retreat. My registration can be **cancelled** if I am absent for more than 3 sessions (not days) and disrespectful towards teachers and teachings (theory or practical).
- I understand that if I am not participating in all the sessions as expected, I can be denied the 'certification' and I might get 'participation certificate.'
- I am aware that the institution is not responsible for any loss happening to my personal belongings due to my irresponsible attitude.
- I completely understand that I am not here for comfort and luxury.
- I will not make any intimate relations with any student or staff for any reason.
- I am aware of decent usage of electronic gadgets during breaks so that it won't disturb the atmosphere.
- I am well aware that we won't consume food from outside and follow the Sattvic diet offered in the ashram.
- I will not entertain anyone in my room for any reason and will use the Yoga Shala for discussions and clearing doubts.
- If any of my actions and words are found to be diversely affecting the yogic atmosphere, the teachers have all the authority to cancel my registration and send me out of the premises permanently.

My signature below constitutes my full acceptance of this waiver. I have read the release and waiver of liability and fully understand its consent.

I voluntarily agree to the terms and conditions stated above.

Name:

Date:

Signature