

## PROGRAM WAIVER & CONTRACT

Print & sign or edit & sign this document and scan or take a photo. Text it to (781) 710-3933 or email: [jacquibonwell@gmail.com](mailto:jacquibonwell@gmail.com) An actual signature is necessary.

Contract between Jacqueline Bonwell/Canton Yoga Shala (Business Name, D.B.A)/Sacred Seeds Yoga School (formal name of Yoga school registered with the Yoga Alliance)/SYNERGY WELLNESS CENTER & ANY PARTICIPATING/COLLABORATIVE STUDIO/Courtney Bell/Kim Spear and Yoga Teacher Training online 300hr certification participant listed below for October 14, 2020 through Jan 23, 2021

Online 300hr Yoga Alliance Teacher Training Certification

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**The Yoga Alliance has kindly allowed the following during this unprecedented time of pandemic: COVID 19**

**300hr Massachusetts Yoga Teacher Training “LIVE” Online: Oct 14-Jan 23rd 2021. Sessions will be Mon-Fri 2-5pm Live or recorded lecture/session until Nov when we switch on the 30th to 10:30-1:30pm sessions instead. Weekend sessions are geared towards obtaining your CLIR certification Nov 7th & 8th, 2020. CLIR Certification will also be recorded.**

**All hours must be fulfilled by Jan 23, 2021. Recorded hours of LIVE trainings or pre recorded trainings, asana practices and meditations are all acceptable to the Yoga Alliance.**

This is a contract between me, \_\_\_\_\_, and Jacqueline “Jacqui” Bonwell/Sacred Seeds Yoga School/Canton Yoga Shala/Modern Enterprise Video Communication platforms used for any of the Yoga Teacher Training sessions presented or recorded for the sake of this program/**SYNERGY WELLNESS CENTER & ANY PARTICIPATING/COLLABORATIVE STUDIO**/Courtney Bell/Kim Spear. As the Director of this program, Jacqueline Bonwell will provide me with an electronic version of the program manual and (provided technology cooperates and electronic cloud or computer storage is available) recordings of the “live” day sessions and links or recordings to classes will be provided to participants. If Jacqueline Bonwell/Courtney Bell/Kim Spear cannot follow through with services

for any reason on their end (ex., health-related issues, family emergencies, need to cancel training, last minute unforeseen circumstances, acts of God, declaration of “pandemic” or CDC advisory beyond control, etc.), it is Jacqui’s/Courtney or Kim’s responsibility to come up with an alternative. If the program has begun and the full tuition has been submitted and there are any serious health/family emergency issues occurring for Jacqueline Bonwell/Courtney Bell/Kim Spear, I understand that a substitute teacher(s), approved by Jacqueline Bonwell and trained at a 500hr caliber of certification will teach whatever segments of the scheduled training, so as to not to miss out on necessary hours, due to emergency.

I understand that my tuition is non-refundable. I understand that my tuition is \$3,000 to be paid out in four different payments plans if needed.

Please understand that if you leave the program, you are contractually obligated to pay for the program. There are no refunds. If you cannot attend the live sessions they will be sent to you in audio or video format electronically and placed in a Facebook Forum assigned to your training group. Your own computer storage plan will determine how much of the program you are able to save.

Payment of \$3,000 (unless noted above) can be submitted through check, cash, or credit card to: [www.synergy-wellness-center.com](http://www.synergy-wellness-center.com). I understand that Jacqueline Bonwell/Sacred Seeds Yoga School/Canton Yoga Shala/**SYNERGY WELLNESS CENTER & ANY PARTICIPATING/COLLABORATIVE STUDIO**/Courtney Bell/Kim Spear reserve the right to terminate me from the program for any reason they feel, or the group feels, becomes overly invasive to a group atmosphere or prove too clinical, dangerous or unethical for the training to progress. I understand my payment will not be returned if this happens. If Jacqueline Bonwell or any guest/host training faculty feels that my behavior, inside or outside the training, is not in standing with the program’s ethical commitment (listed below) that I may not graduate. I understand that any make up work is my responsibility and I will need to arrange the make-up hours of any training hours/recorded sessions that I have missed. Outside of recorded sessions, make-up work must be approved by Jacqueline Bonwell/Courtney Bell/Kim SPear.

I have permission from my Doctor to participate in this online Yoga program. I understand that I will be doing physical, mental and emotional exercises, at times. My signature indicates that there are no major clinical, physical, mental or

emotional concerns with my participating in this program at all. By signing my name below I understand that I am participating in meditation techniques, yogic breathing techniques, and performing various yoga postures from a virtual standpoint ONLY. If at any point I feel overexertion or fatigue, I will respect my own body's limitations and I will rest. I will also notify Jacqueline Bonwell/Courtney Bell/Kim Spear or any host training faculty of any injuries or mental limitations that would prevent me from understanding instruction. My signature verifies that I am physically, mentally, and emotionally fit to participate in online Yoga Teacher training and virtual Yoga classes. My signature verifies that a licensed medical Doctor/Therapist (if needed) has cleared my physical/mental and emotional condition for this type of training. If I am in a treatment program of any sort, I will notify Jacqueline Bonwell/Courtney Bell/Kim Spear (or substitute host teacher, if needed) of any changes in my treatment or recommendations from my treatment team/program. I fully agree to notify Jacqueline Bonwell/Courtney Bell/Kim Spear (or any featured/substitute host teachers) of any changes in my medical/mental condition that might affect my safety or participation in any part of the training. If I am pregnant, or become pregnant, or am post-natal, my signature verifies that I am participating in Yoga Teacher Training and Yoga classes with my Doctor's full approval.

By signing my name below, I acknowledge that participation in Yoga Teacher Training and Yoga classes exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Jacqueline Bonwell/Sacred Seeds Yoga school/Canton Yoga Shala/**SYNERGY WELLNESS CENTER & ANY PARTICIPATING/COLLABORATIVE STUDIO**/Courtney Bell/Kim Spear/any substitute or host teacher/guest or featured teacher/any Modern Enterprise Video Communication platforms *or any other persons who may teach in the training* from any and all liability, negligence, or other claims, arising from, or in any way connected with my participation in the online 300hr Yoga Teacher Training Yoga sessions.

My signature further acknowledges that I shall not now, or at any time in the future, bring any legal action against Jacqueline Bonwell/Sacred Seeds Yoga school/Canton Yoga Shala/**SYNERGY WELLNESS CENTER & ANY PARTICIPATING/COLLABORATIVE STUDIO**/Courtney Bell/Kim Spear/any Modern Enterprise Video Communication platform, any substitute "host", or guest teacher in this program. My signature acknowledges that this waiver is binding on me, my

heirs, my spouse, my children, my legal representatives, my successors and my assigns. I agree that any disagreement about this contract or any legal issues that arise before, for the duration and after the program, at all, will be dealt with through mediation and overseen by the judicial system in the State of Massachusetts. I voluntarily assume the risk inherent in my participation in the Yoga Teacher Training/Yoga classes taught by Jacqueline Bonwell/Courtney Bell/Kim Spear (or any substitute/host/guest program teacher) and acknowledge that any physical program includes the risk of injury, accident, death, loss, cost or damage to personal property. I release and indemnify Jacqueline Bonwell/Sacred Seeds Yoga school/Canton Yoga Shala/**SYNERGY WELLNESS CENTER & ANY PARTICIPATING/COLLABORATIVE STUDIO**/Courtney Bell/Kim Spear/any Modern Enterprise Video Communication platform and any host/guest teachers from, and against, any and all such claims and liabilities, including attorney fees.

\_\_\_\_\_ Sign and date