

Print & sign or edit & sign this document and scan or take a photo. Text it to (781) 710-3933 or email: 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)/and you, _____ for Yoga Teacher Training online 200hr or 300hr certification.

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

The 200hr and 300hr Massachusetts Yoga Teacher Training Online and in Person will be held: February to June 2022

All hours must be fulfilled by Jun, 2022.

Recorded hours of LIVE/ZOOM trainings, pre-recorded trainings with myself or my approved teachers, listening to podcasts/talks, 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. 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, usually by 6am the following morning after the live ZOOM training session or in person training once the class has been downloaded, edited & ready for release. This, again, depends on

technology cooperating and I understand that could mean that recordings may take time to be available.

If Jacqueline Bonwell cannot follow through with services for any reason on her end (ex., health-related issues, family emergencies, need to cancel training, last minute unforeseen circumstances in life or with technology, acts of God, declaration of “pandemic” or CDC advisory beyond control, etc.), it is Jacqui’s responsibility to come up with an alternative. If the program has begun and the full tuition has been submitted and there are any of these issues mentioned above occurring for Jacqueline Bonwell, 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 she was to teach, so as to not to miss out on necessary hours, due to said emergency.

I understand that my tuition is Payment of \$3,300 (if taking the 300hr program) or Payment of \$2,800 (if taking the 200hr program) can be submitted through check, cash, or credit card to [Jacqui’s Venmo](#) or PayPal: jacquibonwell@gmail.com

I understand that Jacqueline Bonwell/Sacred Seeds Yoga School/Canton Yoga Shala 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.

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 at times. 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 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 (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 (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/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 200hr Yoga Teacher Training Yoga sessions OR the 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/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 (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/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