



PURPLE DOT  
YOGA PROJECT

## **PURPLE DOT YOGA PROJECT TRAUMA INFORMED YOGA TEACHER TRAINING APPLICATION**

### **PERSONAL INFORMATION**

NAME: \_\_\_\_\_

DOB: \_\_\_/\_\_\_/\_\_\_

PHONE#: \_\_\_\_\_

EMAIL: \_\_\_\_\_

STREET:  
\_\_\_\_\_

CITY: \_\_\_\_\_

STATE/PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

COUNTRY: \_\_\_\_\_

### **EMERGENCY CONTACT**

NAME: \_\_\_\_\_

EMERGENCY CONTACT RELATIONSHIP: \_\_\_\_\_

CURRENT OCCUPATION: \_\_\_\_\_

HOW DID YOU HEAR ABOUT OUR TRAINING? \_\_\_\_\_

WHEN & WHERE DID YOU OBTAIN YOUR 200CHR YOGA TEACHING  
CERTIFICATION? \_\_\_\_\_



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PLEASE LIST ANY OTHER YOGA TEACHER TRAINING PROGRAMS OR HEALTH & WELLNESS CERTIFICATIONS YOU HAVE COMPLETED (location, dates, and teacher) !

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## Participation Agreement

I, \_\_\_\_\_ ("**Trainee**") understand that in order to receive a certificate of completion I must pay the tuition for the Teacher Training Program in full and fulfill all the requirements of the Teacher Training Program, including attending the in class hours, completing homework and required reading. This certificate of completion can be submitted to a prospective employer as evidence that I have completed the Teacher Training Program, but does not guarantee employment thereafter.

I understand that both Yogaraj and Purple Dot Yoga Project reserve the right at any time to ask me to leave the Teacher Training Program if my behavior is disruptive, unethical, inappropriate or negatively impacting other students learning. Under such circumstances, I understand that I will not receive a refund for my tuition.

I understand that both Yogaraj and Purple Dot Yoga Project reserve the right at anytime to ask me to leave the Teacher Training Program if it appears that my health or physical practice are not at the level necessary to fully participate in the Teacher Training Program. Under such circumstances, I will be given a pro rated refund for the amount of time I have attended the Teacher Training Program.



I understand that the materials I receive in connection with the Teacher Training Program cannot be reproduced by me in any instance.

I understand that Purple Dot Yoga Project may photograph and/or film the Teacher Training Program, that I may appear recognizably in such materials, and that photographs, audio, and/or video from this Teacher Training Program may be used on the Purple Dot Yoga Project website and/or social media pages in perpetuity without my consent. I understand that by registering for this Teacher Training Program, I am giving my permission to have my image, voice and likeness recorded and/or photographed. I acknowledge that my participation is voluntary, and I will not receive compensation for the use of photographs, audio, and/or video containing my image, voice or likeness.

I understand that the tuition and refund policy is as follows: Early Bird Registration is \$475 if paid in full by August 15, 2019  
Regular Registration is \$550 after August 15, 2019

Refunds may be issued prior to August 15, 2019, less a \$100 non-refundable processing fee. Tuition is non-refundable and non-transferable after August 15, 2019. Purple Dot Yoga Project reserves the right to amend this policy at our sole discretion.



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I understand that all tuition fees must be paid in a timely manner in accordance with deadlines specified.

I represent and warrant that all of the information I have provided is true, accurate and up to date.

I have read and accept the above terms and requirements:

Yes  No

**Sign:** \_\_\_\_\_

\_\_\_\_\_

**Print Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_



## **Assumption of Risk, Health Warranty, Release & Waiver of Liability**

In consideration of being permitted to participate in the Training Program, I, the undersigned, on behalf of myself, my personal representatives, assigns, heirs and next of kin, do hereby consent and agree to the following provisions as are set out in this waiver and release of liability and assumption of risk agreement (the "**Agreement**"):

1. I intend to and shall participate in a Trauma Informed Yoga Teacher Training Program (hereinafter "**Training Program**") offered by Purple Dot Yoga Project ("**PDYP**") during which I shall receive instruction concerning yoga practices.
2. I understand that yoga is a strenuous physical, emotional, and mental activity, which may require balance, flexibility, muscle strength, aerobic fitness, mental concentration and other physical and mental abilities. I understand that the practice of yoga may be physically, emotionally and mentally stressful and tiring, and my participation in the Training Program, and practicing yoga in general, involves certain inherent risks of physical, emotional, and mental injury to me. These risks include, without limitation, the risk of new injuries, death, emotional or mental strain, the reoccurrence or exacerbation of old injuries, including muscle soreness, strains, sprains, pulls or tears, cuts or bruises, illnesses, and/or other unforeseeable risks which



cannot be specified in advance. I have previously taken yoga classes or have otherwise conducted sufficient research into the practice of yoga to fully understand the type of activities taking place in my participation in the Training Program. I understand that yoga is an individual experience and I understand that I should progress at my own pace while participating in the Training Program. If at any point I feel physically or mentally fatigued, I will rest before continuing with the Training Program.

3. I acknowledge and expressly and voluntarily assume all responsibility for the risks of participating in the Training Program resulting from any cause, including without limitation, injuries resulting from over-exertion, physical adjustment, improper use of equipment, failure to follow instructions, participation in an inappropriate level of physical exercise, defective products, unknown obstacles, equipment malfunction, inadequate training, failure to supervise and failure to warn of potential risks, PDYP's or other third party negligence, gross negligence. I understand that these risks may be caused by PDYP or other third parties.
4. I agree that PDYP shall be permitted to photograph, videotape and record audio of the Teacher Training Program (the "**Materials**"), and that I may appear recognizably in such Materials. I hereby expressly grant PDYP the right to photograph, film, tape (audio and/or video) or otherwise



record my voice, image and likeness during my participation in the Training Program. I hereby expressly acknowledge and agree that PDYP, and their affiliates and assigns, shall be permitted to use the Materials for any purpose, in any format, and in all media throughout the universe in perpetuity, without restriction of any kind and without compensation, consent, or any other liability or obligation whatsoever to me. I agree not to make, and hereby release PDYP from, any claims and causes of action which I might have arising from Materials, including my image, voice and/or likeness being included in the Materials.

5. I hereby represent and warrant that:

- I am in good physical condition and do not suffer from any disability, illness, impairment, disease or condition which would limit or prevent my full participation in the Training Program; and
- Either I have had a physical examination and have been given medical approval to participate in the Training Program, or I have, after careful consideration of my physical and mental condition at present, decided to participate in this Training Program without the approval of my physician; and
- I do hereby voluntarily assume all responsibility for my participation and activities in the Training Program and for any risks, injuries or damages which I might incur as a





participant in the Training Program, including without limitation: traveling to or from and entering or leaving the location or premises at which the Training Program is held and making use of its facilities, participating in the Training Program and any and all components of the curriculum offered under the Training Program, performing on my own the exercises, routines, and yoga postures I have learned at the Training Program (either before, during, or after the Training Program) and being instructed by paid or volunteer yoga instructors at the Training Program; and

d. Either: (i) I am at least eighteen (18) years of age and am competent and capable of entering into a legally binding agreement, and by signing below, I certify that I have read and understood every part of this Agreement and I agree to comply with and be bound by all of its terms and conditions; OR (ii) I am the parent / legal guardian of the applicant, I understand that I assume full responsibility for the applicant while he or she is participating in the Training Program, and by signing below I certify that I have read and understood every part of this Agreement and I agree to the terms and conditions thereto on behalf of and for the applicant. I represent and warrant that I am competent in all ways to sign this Agreement and I realize that this is a legally enforceable and binding document.

6. Notwithstanding the foregoing, if I do have any physical injuries or condition which might hamper my yoga practice,



lead to pain or injuries when practicing yoga, or affect my participation in the Training Program in any other way, I shall promptly inform both Yogaraj and PDYP in writing of those injuries or conditions at any point in time as such conditions may arise.

7. I agree to remain fully aware of my physical and mental conditions and I assume full responsibility for my physical and mental condition and limitations while participating in the Training Program. I understand that I am at all times responsible for using sound judgment to ensure that I practice yoga at a pace and level of effort that feels safe and appropriate to me and my physical and mental conditions. I further agree that I shall not commit any actions that might impair my physical and/or mental condition and functioning, which might result in my being in a physically and/or mentally impaired state during any part of the Training Program, for example: using alcohol, illegal drugs or other harming substances.
8. In consideration of my admittance to participate in the Training Program, I, for myself, as well as for my heirs, guardians, executors, administrators, successors and assignees, hereby agree to release, defend, hold harmless and indemnify (forever and irrevocably) Purple Dot Yoga Project and the facility where I am taking the Training Program, and their respective owners, shareholders, members, directors, officers, employees, contractors,



agents, teachers and/or assistants involved in any way in the offering or providing the Training Program (collectively the "**Released Parties**"), from any duties, agreements, claims, counter-claims, debts, demands, obligations, costs, expenses, loss of services, actions, risks, injuries, damages, accidents, liabilities, claims, judgments, losses, costs, expenses and causes of action of any kind whatsoever (collectively, "**Claims**") arising or resulting from or relating in any way (in whole or part) to my participation in the Training Program, or my use of the equipment, facilities or services at the facility where I am taking the Training Program, regardless of whether any such Claims result from my own actions, inaction or negligence, the actions, inactions or negligence of other participants in the Training Program, the alleged actions, inaction or negligence of any of the Released Parties or any combination of the foregoing, except such as may arise out of the gross negligence or willful misconduct of the Released Parties. No representations of any kind have been made to me by any of the Released Parties to induce me to sign this release form; I am signing this form because I wish to attend the Training Program at Yogaraj created by Purple Dot Yoga Project. This release and waiver of liability (the "**Release**") is intended to be a complete release of any responsibility for personal injuries and/or property loss/damage sustained by me as a result of my participation in the Training Program. I understand that this Release is intended to be as broad and inclusive as is permitted by law, and that if any portion of



this Release is held invalid, I agree that the balance of this Release shall continue in full force and effect.

9. Without prejudice to any considerations herein, I agree not to sue or bring any legal claim, proceeding or action against any of the Released Parties (and I hereby knowingly, voluntarily and expressly waive any right to bring any such action) for any action or inaction (including any action or inaction constituting negligence) of the Released Parties resulting in personal injury, damage to property, defamation, libel, invasion of privacy, or any other similar harm as a result of my participation in the Training Program, irrespective of whether the cause, nature or existence of any such claim is known or unknown at the time. I understand that some of the potential injuries I might suffer in yoga classes are foreseeable, and that others are unforeseeable and that any such injury, which I do suffer, may be known or unknown to me for any given length of time. To the extent permitted by law, I hereby waive and relinquish all rights and benefits I might have now or in the future under any federal or state statutes or common law provisions that either (i) do not extend to claims which I do not know or suspect to exist to be in my favor at the time of executing this release that, which if known, would or might have materially affected my agreement to the provisions of this Agreement or (ii) otherwise prevent or hamper the enforceability of releases or waivers of claims under this Agreement.



10. Should any part of this Agreement be found invalid or not enforceable by law, I understand and agree that the remaining provisions of this Agreement shall remain to be in force and continue to be enforceable to the greatest possible extent. Any modification to this Agreement must be made in writing and agreed by both parties. This Agreement inures to the benefit of PDYP and/or the Released Parties.
11. This Agreement constitutes the entire agreement and understanding of the parties with respect to the subject matter of this Agreement, and supersedes all prior understandings and agreements, whether written or oral, between the parties hereto with respect to such subject matter.

**Signature:** \_\_\_\_\_

**Print Name:**

\_\_\_\_\_

**Dated:** \_\_\_\_\_