

Ethical Conduct and Commitment Clause

PRANANDA Yoga 2015 Teacher Training

1. **Confidentiality** - Personal information is shared amongst the trainees during the learning process of the training. Your signature below states you will not divulge ANY of that information outside of the training or speak of another trainees (with a fellow trainee) information without them present.
2. **Commitment and Respect** - A 100% commitment is needed to fully complete the training, along with respect for the teachings and fellow trainees. Any verbal or physical disrespect is cause for immediate dismissal. Please refrain from side talking. This disrupts the flow of the training and may distract others from their learning process. Even though you may not agree to some of the teachings or opinions shared by your fellow trainees, please keep an open mind and heart. Take what works and let go of the other. No texting/social media during lectures, please keep phones only on vibrate for emergencies.
3. **Punctuality** - The training is very structured and each hour is accounted for. Come to class prepared with homework completed for that day. This is an intensive four month training covering information that is usually covered in 7 month trainings.
4. **Cleanliness** - Please have clean feet. Respect the yoga equipment and the next person to use the mat. Please fold blankets neatly, roll straps and stack blocks. It sets a good example for your students. Fellow practitioners, be conscious of your onion and garlic intake. These stay in your system for 24 hrs. and sweat out of your pores.
5. **Appearance** - Wear appropriate clothing so muscles can be seen. This will enhance the learning process for yourself and others during the 'Adjustment and Alignment' section of the training.
6. **Financial Due Dates** - The total tuition for the Teacher Training is \$2100.00. If paid in full, **3 weeks before** the start of the training, there is a 10% discount totaling the tuition to \$1890.00. Checks/cash are preferred. Credit cards are fine.
 - The initial deposit of \$700.00 is due 3 weeks before the start of the training (full refund until 2 weeks before the training, 50% refund one day before the start of the training).
 - \$500 is due by the first day of the training (this is non-refundable and the training manual will be issued to you).
 - \$500 is due 4 weeks from the start of the training (this is non-refundable).
 - \$400 is due 8 weeks from the start of the training (this is non-refundable).
7. **Training Manual** - Should be brought to every Saturday and Sunday training. No storage will be provided at the studio.
8. **Eating/Smoking Habits** - The idea is to be healthy. Total reform of your eating habits is not being asked of you. Just to be open to the idea of cutting out or limiting the intake of sugar, caffeine, alcohol, meat and nicotine. Sugar, caffeine and alcohol are detrimental to the learning process and keep one fairly disconnected from their body and clouds emotional judgment. Meat makes one have an oilier sweat output. Also, nicotine is expelled from the body through the pores. If you're not vegetarian this would be a perfect opportunity to have the support of a group of peers to try it (the same goes for quitting smoking).
9. **Reading List** - *Science of Breath* (Ballantine) should be read completely before the trainings start of October 5th. *How To Know God* (Swami Prabhavanada- not Chopra!) is very heady so just read it through the first time. Details will be covered in the training. Individual reading assignments in *Light On Yoga* (Iyengar) and *The Anatomy Coloring Book* (Kapit & Elson) must be completed before the assigned class. An optional text that is highly recommended, *The Key Muscles of Hatha Yoga* (Ray Long, MD) can be purchased.

I, (please print) _____ agree to commit to the above 9 clauses during the duration of the training. If I have any problem with said commitment to any of these clauses, I will discuss it with the director, Joy Wolfe.

Signed: _____ Date: _____