



Yoga with Esme

078 0085 0307

ytt@yogawithesme.com

www.yogawithesme.com/yogateachertraining

VINYASA YOGA TEACHER TRAINING PARTICIPANT RESPONSIBILITY AGREEMENT

All participants of Yoga with Esme's Vinyasa Yoga Teacher Training (Vinyasa YTT) are required to read and sign the Participant Responsibility Agreement.

Should you have any questions about this Participant Responsibility Agreement, please call Esme Lopez at 078 0085 0307 or e-mail ytt@yogawithesme.com.

COURSE PARTICIPATION

Yoga with Esme's Vinyasa Yoga Teacher Training is a 200-hour curriculum designed to give a well-rounded, balanced education, and involves exploring and discussing various different belief systems. As the participant, I understand that these may differ from my personal beliefs and that the training is not requiring me to change my beliefs but to be respectful of all ideas and practices presented.

The practice of yoga explores and often pushes boundaries and personal limitations that can affect individuals physically, emotionally and psychologically. I understand that each person's level of physical, emotional and psychological fitness is different and that some activities may not be appropriate for me given my individual capability.

I understand that the program instructors and staff are not responsible for managing each individual student's personal needs, and that I am responsible for my experience and well-being during the entirety of the course. I also understand that neither Yoga with Esme nor any of the teachers associated with the course is not responsible for any negative physical, emotional or psychological outcomes from me choosing to participate in exercises.

Although my attendance is mandatory to become certified as a vinyasa yoga teacher, I understand that my participation is not required should I feel unsafe in any way. I understand that it is my responsibility to honour my physical, emotional and psychological boundaries, and that if I feel unsafe in any way, it is my responsibility to stop and speak to a member of staff.

SUBSTANCE USE

I understand that the use of alcohol or other recreational drugs is prohibited during Vinyasa YTT hours as well as on the premises where the course takes place. I accept that the violation of this policy at any time during my participation in the course will result in immediate dismissal from the program and that I will not receive a refund.

MULTIMEDIA RELEASE

I understand that photographs, videos and audio recordings will be taken throughout the course for promotional purposes.

I understand that by agreeing to the terms of this agreement, I am consenting to being in photographs, videos and audio-recordings made during the class, and grant permission for these to be published or posed in ways to promote the Vinyasa YTT course, including through social media platforms and websites such as www.yogawithesme.com.

In the event that I do not wish to be photographed or recorded during the Vinyasa YTT course, I am required to notify the course director and sign the attached opt-out form, and that I will be moved to a part of the room that is not being recorded while photographs and videos are being taken.

I understand that should I change my mind between now and the start of the course, I can download another opt-out form at www.yogawithesme.com/yogateachertraining.

Should I change my mind and want to opt out after the start of the course, I understand that any of the above media that has been taken or recorded before this date may still be used for promotional purposes.

SOCIAL MEDIA

I understand that while I may wish to photograph or record aspects of the course, and to share these to my personal social media profiles, there may be others enrolled in the Vinyasa YTT who do not wish the same.

I understand that while I am encouraged to leave reviews and tag Yoga with Esme and Yoga Teacher Training, I am not allowed to publish any photograph, video or audio recordings of others – including staff – without explicit permission.

I understand that if I post anything without explicit permission, I will be asked to promptly delete the post(s) and acknowledge that Yoga with Esme is not responsible for any fallout should I ignore this instruction.

RELEASE OF LIABILITY

Having read the above, and understanding the risks and responsibilities, I release Yoga Teacher Training – including Yoga with Esme and all other instructors and representatives – from all responsibility, claims, medical expenses and other costs related to my participation in the course whether they arise during the training or from my later use of information and instruction outside course hours.

I agree to abide by the terms of this Vinyasa Yoga Teacher Training Participant Responsibility Agreement and understand that this creates a legally binding contract.

Signature:

Print Name:

Date:



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PHOTOGRAPH, VIDEO AND/OR SOUND RECORDING OPT-OUT

I wish to opt-out of all photographs, video and audio recordings.

As the participant of Yoga with Esme's Vinyasa Yoga Teacher Training, I understand that if I opt-out before the course has begun on **Friday 24th September 2021**, I will not be included in any photographs, videos or sound recordings taken throughout the course, and that I will be required to move to a part of the room not in shot during times where photographs and recordings are being taken.

I also understand that if I opt-out during the course, any photographs, video and/or audio recordings already taken before this date may still be used for promotional purposes.

Signature:

Print Name:

Date: