

Student Agreement

Happy Warrior® 200-Hour Teacher Training | October 30, 2026 through May 16, 2027

Scope of Training

Happy Warrior® is a 200-Hour Yoga Alliance Certified Training. The scope of this training is to inform on functional anatomy, postures of yoga, types and history of yoga, the business of yoga, philosophy, and lifestyle that accompanies the practice.

Program Duration

October 30, 2026 through May 16, 2027.

Yoga In Our City reserves the right to reasonably amend the schedule.

Homework

In order to graduate from this program, all students must:

- Lead 3 practice teaching sessions as instructed
- Write and submit a Sutra reflection paper
- Read *Skill in Action* by Michelle Cassandra Johnson

Required Books

- *The Bhagavad Gita* (purchase any translation)
- *Skill in Action*, 2nd ed., by Michelle Cassandra Johnson

Tuition: \$2,975

Payment Plan for Training

Please adhere to the payment plan you selected at registration. If an unforeseen circumstance arises and your payment plan needs to be adjusted, please contact hello@yogainourcity.com.

Yoga In Our City prides itself on conducting all of its business affairs in an honest, straightforward, fair, and conscientious manner, and is committed to discussing all fees and financial arrangements in the same manner.

Non-Solicitation of Partners

Happy Warrior graduates will not, at any time, directly or indirectly, solicit any current partners of Yoga In Our City, including but not limited to our municipal partners, the YMCA and YWCA, Mental Health Connecticut, SustainableCT, Connecticut State Colleges & Universities (CSCU), AARP CT, CWCSEO, ConnectiCare, The Health Collective, Hartford Public Library, and The Connecticut Health Council.

Equity & Inclusion

Faculty welcomes all students regardless of age, sex (including pregnancy, gender identity, and perceived gender expression), sexual orientation, color, race, national origin, marital status, parental status, veteran status, religion, or physical or mental disability, provided that the Faculty has appropriate expertise. Faculty will seek to actively include, accommodate, and welcome persons who are typically excluded as a committed practice toward creating equity.

Rare Cancellation of Training

Though every effort has been made to secure dates and times for the training, there may be a time when the training is canceled due to unforeseen circumstances. If this is the case, the Program Coordinator will work to find the best time that suits most students to reschedule. If the training is canceled due to unforeseen circumstances (e.g., a natural disaster), every attempt will be made to reschedule the remaining training dates. In the event of a training cancellation, all payments students have made will be refunded in full.

In Case of Inclement Weather

In the event an in-person training day is canceled due to inclement weather, the class will be moved online. The Program Coordinator will notify all students by email by 8 p.m. ET the evening prior.

Tardiness

Students are expected to arrive on time for all in-person and virtual sessions throughout the training. In the event that a student is late, the student should connect with Faculty at the end of the day to determine if a makeup session is required.

Attendance & Missing Training Hours

To be considered present, you must arrive on time and stay for the duration of the training day.

If an unforeseen circumstance should arise, absences of up to 15 hours will be excused but will need to be made up.

While the Program Coordinator will send relevant missed material after an absence, the student is responsible for scheduling office hours with Faculty and studying covered material independently. Students must notify the Program Coordinator by email prior to any intended absence. Unapproved absences may result in dismissal from the program. Graduation will be at the sole discretion of the Faculty and Program Coordinator.

In the case of a health emergency, a doctor's note may be required to accommodate a change to the classroom attendance policy. Yoga In Our City will do its best to accommodate student needs in the case of an emergency but does not guarantee the ability to accommodate all student requests. If an accommodation cannot be made, students may need to retake the 200-hour training entirely.

Sexual Harassment Policy

We do not tolerate sexual harassment in our classroom environment, whether in person or online. Sexual harassment refers to any unwelcome sexual attention, sexual advances, requests for sexual favors, and other verbal, visual, or physical conduct of a sexual nature when:

- Submission to or rejection of such conduct by an individual is used as the basis for decisions affecting the individual, such as a performance review.
- The advances have already been explicitly declined.
- Such conduct has the purpose or effect of creating an intimidating, hostile, or offensive environment.

Examples of sexual harassment may include unwanted and unnecessary physical contact; offensive remarks (including unwelcome comments about appearance); obscene jokes or other inappropriate use of sexually offensive language; verbal suggestions and innuendos; and unwelcome sexual advances.

Sexual Misconduct Policy

Faculty recognizes the unique power and imbalance of the student-Faculty relationship. While acknowledging the complexity of yoga relationships, Faculty shall not exploit the trust and dependency of students.

Faculty shall avoid any dual relationships with students (e.g., business, personal, or sexual relationships) that could impair their professional judgment, compromise the integrity of their instruction, and/or use the relationship for their own gain.

Faculty will not engage in romantic relationships with students during the training, and not until at least six months have passed from the end of the Faculty-student relationship.

Faculty understands that a yoga teacher training is a place of deep spiritual work and transformation. Faculty shall not make comments, gestures, or physical contact of a sexual nature with students, even if the student invites such conduct. Sexual misconduct will not be tolerated under any circumstances.

Grievance Policy

We encourage anyone who has been the subject of action that violates our policies and Code of Conduct as outlined in this Agreement to report the incident to the Program Coordinator. The student may also apply to the Program Coordinator if they feel they have been unjustly failed on an assessment.

In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. We will not investigate a matter based upon a third-party report of misconduct. All reports must be made in good faith based on information the person reporting the incident reasonably believes to be accurate.

Due to the time-sensitive nature of these matters, all reports must be made within 14 days of the incident in question. See the Grievance Report Instructions below.

We may request additional information from the person reporting the incident throughout the course of review of the report. We will take appropriate action to ensure compliance with our policies.

The Program Coordinator will impose any sanctions they feel are fair, just, and reasonable under all circumstances, and will move expeditiously to resolve the issue in a fair and thorough manner. We will not allow anyone to retaliate against any person for making a report in good faith or providing information in connection with an investigation into an alleged violation. Any information provided during a grievance report review will be treated on a confidential basis. Similarly, any actions taken in response to the report will also be confidential.

Grievance Report Instructions

The report should contain the following information:

- Your full name
- Your email and phone number
- The name of the person the grievance is against
- A description of the alleged policy violation
- The date and location of the policy violation
- Names and contact information of any witnesses with first-hand knowledge of the situation
- Any other credible evidence available to support the grievance

Please file within 14 days of the incident and send to the Program Coordinator at yizza@yogainourcity.com.

Withdrawal Policy

If a student wishes to withdraw from this program for any reason, they must contact the Program Coordinator to discuss their reasons directly.

Circumstances beyond the control of the student and Yoga In Our City may interfere with a student's ability to participate in the course, such as, but not limited to, illness, injury, pregnancy, job changes, family concerns, etc. If a student decides to end their participation in the course for any reason due to any circumstance, all prior payments and fees are non-refundable and non-transferable, unless the Program Coordinator deems their reasons to be sound, in which case the student may join the next program in good standing.

Yoga In Our City retains the right to remove a student from training. If Yoga In Our City decides to end the student's participation in the course, the student is not entitled to any prior payments or fees, as all prior payments and fees are non-refundable and non-transferable. If at any point the Program Coordinator and Faculty deem a student's behavior to fall into the following categories, the student may be removed from the training program without refund and not in good standing:

- Absences of more than 7 hours without advance notice
- Gossip
- Breach of confidentiality
- Harassment
- Bullying
- Sexual harassment

Acceptance of Terms and Conditions

By checking the box below, you confirm that you have read and accept the Terms and Conditions for the Happy Warrior® 200-Hour Teacher Training program. Acceptance of these Terms is required for your training enrollment.

☐ I have read and agree to the Terms and Conditions as stated here.

Printed Name

Student Signature

Date

Waiver of Liability

Please read carefully. This waiver affects your legal rights.

I hereby agree to the following and to fully comply:

1. I am participating in yoga classes, meditation/guided meditation, health programs, workshops, and/or other wellness and movement activities (collectively, the "Activities") offered by Yoga In Our City. All such offerings, whether physical or online, shall be considered "Activities." The Activities may be offered in a physical studio or campus location or offered online by video, apps, or other digital media or platforms.
2. I recognize that I must be in adequate physical and mental health to participate in the Activities. I understand that the Activities may require intense physical exertion, and I represent and warrant that I am physically fit enough to participate and have no medical condition that would prevent my full participation in the Activities. I recognize that the Activities may cause or aggravate a physical injury or medical condition. I understand that it is my responsibility to consult with a physician before my participation in the Activities. If I have done so, I have taken the physician's advice. I understand Yoga In Our City reserves the right to refuse my participation in any Activity on medical, fitness, or any other grounds.
3. I am aware that my participation in the Activities could result in high blood pressure, fainting, heartbeat disorders, physical injury, heart attack, or stroke, and may aggravate pre-existing injuries. I understand that I could experience muscle, back, neck, and other injuries as a result of my participation in the Activities. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any Activity before I become injured or aggravate a pre-existing injury.
4. In consideration of being permitted to participate in the Activities, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the Activities, including those which may result from negligence.
5. In further consideration of being permitted to participate in the Activities, I knowingly, voluntarily, and expressly waive any "Claim" (as defined below) I may have against Yoga In Our City ("Released Party") that I may sustain as a result of participating in the Activities, even if the Claim arises from the negligence of any Released Party or anyone else. I agree to indemnify and hold harmless each Released Party from any loss, cost, or liability incurred in defending any Claim made by me or anyone making a Claim on my behalf, even if the Claim is alleged to or did result from the negligence of any Released Party or anyone else. "Claim" includes but is not limited to any and all liabilities, claims, demands, expenses, fees, legal actions, rights of actions for damages, personal injury, mental suffering and distress, or death that I, my spouse, children, or unborn child may suffer (including any legal fees or expenses) in connection with participation in any Activity.
6. I, my heirs, or legal representatives forever release, waive, discharge, and covenant not to sue any Released Party for any Claim caused by any negligence or other acts of a Released Party.
7. I understand that Yoga In Our City may, from time to time, photograph, video, or otherwise record classes or events occurring on site and place such photographs and videos on its website or social media platforms. I **hereby consent to the use of my image that may appear in any such photograph or video.**
8. This agreement shall be construed in accordance with, and governed by, the laws of the State of Connecticut, and all actions, suits, claims, and proceedings relating to this agreement shall be brought in a court of competent jurisdiction located in Hartford, Connecticut. In case any provision of this agreement shall be held invalid, illegal, or unenforceable, it shall not affect any other provision of this agreement, and this agreement shall be construed as if such provision had never been contained herein. I acknowledge that I have carefully read this agreement and fully understand its contents. I voluntarily and knowingly agree to the terms and

conditions stated herein. I am aware that by signing this agreement, I am giving up substantial rights, including my right to sue, and certain legal rights my heirs, next of kin, executors, administrators, and assigns may have against any Released Party.

☐ I have read and agree to the above conditions.

Printed Name

Student Signature

Date

Yizza Galdamez, Program Coordinator
Yoga In Our City | yizza@yogainourcity.com