

SARGA KAUA'I COURSE POLICIES: read **entirely** before signing up

PAYMENT

We accept most major credit cards (Visa, Mastercard, American Express, Discover) & Venmo. All prices are quoted in U.S. Dollars. Items are converted based on the exchange rates of Global Currency Rates on the date a transaction is charged.

COURSE PAYMENT

Your course tuition is non-refundable, but may be transferred to a different course 30 days before the course begins. A \$75 transfer fee is applicable if you request to transfer after tuition is paid. If you register for a course at the 30-day mark or later, course tuition is both non-refundable and non-transferrable.

STUDENT TRANSFER POLICY

All transfer requests must be written and submitted via email. You may opt to transfer your course registration to another course before 30 days from the start date of the course for which you have submitted payment for.

You may only transfer between Lana's Sarga Bodywork course offerings. A transfer fee of \$75 plus any course fee differences will apply upon registering for your new course, and a separate Paypal invoice will be sent to you to complete the transfer process. Course transfers are valid for 12 months from the start date of the course you originally registered for. Transfers are not available for registrants less than 30 days prior to the start of the course you have registered for. ****Please note that credit card transaction fees were never paid to Lana Olson or Nurturing Balance LLC/Kauai Massage Therapy/Sarga Kauai, therefore may not be refundable.***

Transfers are available ONLY TOWARDS COURSES for registrants 30 days prior to the start of the course you have registered for and NOT FOR IMMERSION RETREATS. Immersion RETREATS are non-refundable and non-transferrable. STILL & MOVING CENTER POLICIES APPLY FOR INSTRUCTION HOSTED IN THERE SPACE.

TUITION + DISCOUNTS

Rates dependant on location, early bird pricing often offered and retake rates accepted.

Sarga 101 Payment plans:

- Payment 1 (Due Upon Registration): \$500 + processing fees (first installment)
- Remainder can be paid in any increments provided all money is received 30 days prior to course start date.

In-class product discounts: Students can purchase equipment and products at a 10% discount during Sarga Bodywork courses. Items will be shipped from Kailua, Hawai'i at the current postal flat rates.

Retake Rates: Graduates of a Sarga Bodywork course are eligible for the discounted retake rates listed here:

- Sarga 101 | 4 Day Course = \$200 OFF
- Sarga 102 | 2 Day Course = \$100 OFF

To claim a *RETAKE DISCOUNT*, email: ana@sargakauai.com for a coupon code or select the course and make your deposit to secure your registration. Include a message to Lana and we will confirm your retake status to adjust your tuition balance on WeTravel.

COURSE CANCELLATION | DROP-OUT POLICY

If you are unable to attend a course for which you have registered, please let us know as soon as possible. Course tuition is non-refundable, but may be transferred to a different course with the \$75 transfer fee, before 30 days of the start date of the course for which you have registered. If you do not attend the course for which you have registered, or if 12 months have transpired without transferring your course, your course payment will be lost and a new payment will have to be collected for any future courses.

If you decide to cancel your attendance after your deposits or sequential payment plan, Lana will retain your non-refundable deposit and non-refundable payments. Payments are non-transferrable. If canceled after payments are received in full, there is no refund. ****Please note that credit card transaction fees were never paid to Lana Olson or Nurturing Balance LLC/Kauai Massage Therapy/Sarga Kauai, therefore may not be refundable.***

*We highly encourage having refundable airfare or travel/trip insurance in the event you have to cancel due to emergency or illness.

CANCELLATION | POSTPONEMENT POLICY

A full refund (or a free transfer) of course tuition will be issued if Lana cannot deliver a scheduled course or retreat for any reason that is of no fault of the participant. In the event of such a cancellation, please remain aware that Lana will not be held responsible to reimburse any airline tickets or other previously booked travel and accommodation reservations and expenses that are separate from tuition costs. In

the event that a course has not reached the required minimum student enrollment 25 days prior to the class start time, Lana reserves the right to postpone a particular course to a later time or to cancel it altogether. In such an event, registrants have the choice to either transfer to another course without paying the \$75 transfer fee, or to be refunded their full payment.

In the event of cancellation by Lana Olson, all payments will be refunded in full. In the event due to dangerous weather, political unrest, acts of god, and other force majeure events, all payments will be refunded in full. ****Please note that credit card transaction fees were never paid to Lana Olson or Nurturing Balance LLC/Kauai Massage Therapy/Sarga Kauai, therefore may not be refundable.***

INCOMPLETE ATTENDANCE

Sarga Bodywork has a "no partial credit rule," for its courses and does not offer partial CEU's as per the NCBTMB regulatory body. Students must complete all course hours of the course for which they would like to receive CEU's. Sarga Bodywork is subject to the rules of a regulatory body that does not allow partial credit and expects each participant to complete our curriculum in its entirety. This includes arriving late or leaving early on course days. CE credit requirements are strictly enforced in accordance with the rules of the governing organizations such as NCBTMB. In the event of an emergency, unexpected pregnancy or illness, an exception will be applied if the student needs to leave class. Your course instructor must be notified on the day of the occurrence and will then decide on how to proceed, on a case-by-case basis.

A student who does not complete course hours will not receive a "Course Completion Certificate" or be eligible for subsequent certification. In addition, students will not be eligible for enrolling in advanced level courses without full attendance and completion of prerequisite courses. Missed course hours can be made up with a certified Sarga Bodywork instructor at the student's expense. Students must complete the remaining missed hours within 3 months of the registered course start date in order to obtain CE credits, otherwise a full retake of the course is required. Once these supplemental hours are completed, students will then be qualified for course completion and issuance of the associated CEUs.

STUDENT DISMISSAL POLICY

Certified Sarga Bodywork instructors reserve the right to halt instruction and/or dismiss students from class in the event that:

- 1) It is deemed that a participant's presence in class is unsafe, disruptive or inappropriate.
- 2) It becomes clear that a participant requires extra support beyond what can be provided in the group class setting.

3) It becomes clear that a participant cannot meet [Sarga Bodywork's "Fitness & Conditioning Requirements"](#) (see Sarga's "FAQ" page for details).

4) It is deemed that the health of the participant is unsuitable to either give or receive Sarga Bodywork techniques. In the event that the instructor deems a student is unable to proceed as a participant in class, Sarga Bodywork headquarters will be consulted and a private meeting between the instructor and the student will be arranged to discuss the next steps. In the event that a student is dismissed from class, all course tuition paid is either applicable to their further instruction, when approved (valid for 18 months), or refunded. Sarga Bodywork, or its contractors and instructors will not be held responsible to reimburse any airline tickets or other previously booked travel and accommodation reservations and expenses incurred by the student a result of his/her dismissal.

Student weight and fitness as it relates to classroom safety and the capacities of treatment equipment used in the classroom:

We understand that weight alone does not determine fitness, balance, or capability. However for equipment safety reasons, we ask that you inform us if you are outside of the biometrics listed below. We will inquire further to ensure that the techniques taught in our courses can be performed safely and within the working limits of our equipment.

This is especially important, since the Sarga Silk allows practitioners to generate additional force beyond bodyweight. Note that being outside of the biometrics listed below do not necessarily exclude you from our course offerings! If you would like to discuss these options or anything else related to this topic, please check the 3rd box below or contact me at lane@sargakauai.com to discuss options.

➔ **ANSWERS:** I am registering for a course on floor-based massage tables or massage mats and am not less than 100lbs in weight, more than 225lbs in weight, or more than 6' in height. I understand the importance of my honesty as it relates to safety and liability in this regard. Failure to disclose this information may result in needing to make equipment and/or technique modifications during class, and may even result in dismissal without a refund if classroom safety is compromised.

OR:

➔ **ANSWERS:** I am registering for a course on raised massage tables and am not less than 100lbs in weight, more than 165lbs in weight, or more than 6' in height. I understand the importance of my honesty as it relates to safety and liability in this regard. Failure to disclose this information may result in needing to make equipment and/or technique modifications during class, and may even result in dismissal without a refund if classroom safety is compromised.

➔ **ANSWERS:** I am outside of the biometrics listed above and would like to discuss other options for learning Sarga Bodywork. There is usually one Sarga-Thai Mat & Board available for a floor-based practice which has no weight capacity limitations.

Classroom Behavior Rules and Instructor Boundaries -

To foster a safe, productive, and respectful learning environment for all participants, the following guidelines are in place. These guidelines are designed to ensure that everyone has the opportunity to fully engage in the learning process.

Student Conduct

Respectful Communication: Maintain a respectful and professional demeanor towards the instructor and fellow students. Refrain from engaging in disruptive conversations during class time.

Active Participation: Engage fully in class activities and exercises. Minimize distractions and avoid activities unrelated to the class.

Focus and Presence: Be present and attentive during class. Avoid multitasking or engaging in activities that detract from the learning experience, including taking photos, videos or being on your device. Permission for recording will be considered on a case by case basis, since in the online course all the videos are already offered.

Feedback: Receive feedback with an open mind and without offering excuses. Focus on understanding the feedback and applying it to improve your technique.

Safety: Prioritize safety by following the instructor's guidance and adhering to all safety protocols.

Instructor Boundaries

Class Management: The instructor reserves the right to manage classroom behavior and ensure a productive learning environment.

Disruptive Behavior: Disruptive behavior, including excessive talking, inattentiveness, or disrespectful conduct may result in a warning. Repeated disruptions may lead to dismissal from class.

Safety Concerns: If the instructor believes a participant's presence or behavior poses a safety risk to themselves or others, they may be asked to leave the class.

Individual Support: While the instructor is committed to providing support, it is important to understand that individual needs may require additional support beyond the scope of a group class.

Refund Policy in the event of dismissal:

In the rare event a student is dismissed from class, all tuition paid is non-refundable. The student agreed to the policies and received a warning. Behaviors that are disruptive to the cohort are not acceptable. We are not responsible for any airline, boarding fees, or expenses incurred.

Additional Notes:

Growth Mindset: Embrace challenges as opportunities for growth and learning.

Intention and Effort: Approach the class with intention and a strong work ethic.

Presence and Engagement: Stay present and engaged in the learning process.

Respectful Environment: Contribute to a positive and supportive learning environment.

By adhering to these guidelines, we can create a productive and enjoyable learning experience for everyone.

Insurance

Your liability insurance covers your work. All students are required to have professional liability insurance.

Are you physically prepared for the demands of Sarga Bodywork?

Sarga Bodywork requires strength, balance, and endurance. To successfully participate in this course, students should be able to:

1. The ability to balance on one foot for at least 1 minute without holding onto anything for support. Please note: excessive ankle inversion or supination can limit your ability in class as well as ankle injuries with limited dorsiflexion. We highly recommend ankle and knee stabilizing exercises to be prepared for this course.
2. Excellent cardiovascular conditioning and the ability to perform cardiovascular exercise (jogging, swimming, etc.) for 10-15 minutes without stopping.
3. The ability to perform at least 3 sets of 20 squats.
4. The ability to isometrically hold a plank for at least 1 minute.

Contraindications

Participants must be able to give and receive the Sarga Bodywork moves, therefore cannot have any of the following contraindications for Sarga Bodywork: *Pregnancy or trying to conceive

*High blood pressure

*Varicose veins (depending on severity)

*Recent injuries or surgeries

*Contagious skin disorders including but not limited to athlete's foot, warts, rashes, etc.

*Compromised immune system

*Acute liver or kidney disorders

*Certain medications (such as blood thinners)

*Acute autoimmune disorders

*Recent surgical implants or laser eye surgery- i.e. Lasik, breast or calf implants

*Advanced Diabetes

*Osteopenia and Osteoporosis

*hEDS (Hypermobile Ehlers-Danlos Syndrome)

Hypermobile Ehlers-Danlos Syndrome (hEDS) is a genetic connective tissue disorder characterized by hypermobility of the joints, which can lead to joint pain, instability, and a higher risk of injury. Individuals with hEDS often have fragile skin, and may experience fatigue and a range of musculoskeletal issues. Because of their condition, they may need to take specific precautions during physical activities, including massage therapy, to prevent injuries.

*Must be over 18 years old.

SARGA BODYWORKS TERMS + CONDITIONS

Sarga Bodywork has further [terms + conditions](#). Lana Olson is operating as an instructor and independent contractor for Sarga Bodywork. Every participant must acknowledge Sarga's policies in regards to shipping + return policies, marketing, trademark, patent, terms of use agreement, privacy policy, disclaimers + limitations of liability. Please review the following sections hyperlinked below:

→ [Sarga Bodywork Terms + Conditions](#)

→ [Come to Class Prepared](#)

CANCELLATION POLICY

Your course tuition is non-refundable. If you cannot attend, and you notify your instructor more than 30 days from the start of class, your tuition is good for 1 year and you may apply it to any Sarga Bodywork Course, location, dates, but the instructor must remain the same (Lana Olson), within 1 year of original booking. Transfer dates and fees (\$75) and rate increases apply.

ILLNESS & MASKS:

Mask-wearing is currently optional during in-person Sarga Bodywork courses. Please notify the instructor should you have any symptoms of illness within 48 hours prior to the start date of the course, at any time during course days, or within 10 days after the course is finished.

Non-Disclosure and Privacy Agreement:

Participants agree to not disclose, share, teach or train anyone to practice any of the sequences, protocols and techniques learned in a Sarga Bodywork™ course. Upon completion of a Sarga Bodywork course, scope of practice will be exclusively to offer Sarga Bodywork™ treatments to clients within a therapist-client relationship. Understanding that all information in Sarga Bodywork's course manual is copyrighted and that the Sarga Bodywork equipment is patented with the USPTO.

Using any of the written materials in an educational environment, or using any design permutations that employ a piece of fabric or other flexible member fastened to a floor-based or raised massage table in a teaching environment, would be an infringement of Sarga Bodywork's intellectual property and a basis for legal action by Sarga Bodywork. In addition, understand that using Sarga Bodywork's equipment, or a similar permutation, in a manner that is not in accord with the safety and setup guidelines prescribed in our courses, poses injurious risk to both the massage practitioner and the massage recipient.

Participants agree they will not hold Sarga Bodywork™ or any of its instructors responsible for any injuries that may happen during a course or as a result of practicing the protocols and techniques reviewed in the course curriculum, and/or using Sarga Bodywork equipment.

Please direct any questions about these policies to: ana@sargakauai.com