



This Agreement between Amanda Henson Yoga, LLC dba Om Yoga (936 Market St., Suite 203, Fort Mill, SC 29708 "Om Yoga") and _____ ("Yoga Teacher Trainee" or "YTT"), is effective on _____ (the "Program Acceptance Date") for the 2027 Om Yoga 200-Hour Yoga Teacher Training (the "Program"), January 8 – May 15, 2027.

DESCRIPTION, SCHEDULE & GRADUATION REQUIREMENTS

Yoga Teacher Trainee ("YTT") has voluntarily agreed to enroll in the 2027 Om Yoga 200-Hour Yoga Teacher Training.

This is a vinyasa yoga training. Upon completion, YTT will be able to teach a well-rounded slow or power vinyasa class. Elements of a deep stretch class will be taught during training; however, YTT's final class debut will be a 60-minute sequence for slow or power vinyasa.

The 2027 dates are as follows:

Weekend 1: January 8 - 10

Weekend 2: January 22 - 24

Weekend 3: February 5 - 7

Weekend 4: February 26 - 28

Weekend 5: March 19 - 21

Weekend 6: April 9 - 11

Weekend 7: April 23 - 25

Weekend 8: May 7 - 8 (no Sunday)

Weekend 9: May 14 - 15 (graduation Sunday)

Friday: 5 - 8 PM, Saturday: 9 AM - 5 PM (*lunch break 12-1pm*),

Sunday: 9 AM - 1 PM

To obtain the 200-hour certification, YTT must commit to all scheduled training dates, practicing yoga at least 3 times per week, observing 2 yoga classes at Om Yoga, 20 minutes of meditation 5 days per week (with the group or individually), and completing all required independent coursework.

In accordance with Yoga Alliance's non-contact educational guidelines, YTT must complete a mandatory minimum of 40 hours of homework across the program. Each training weekend will include designated homework assignments to be completed and



submitted for the following week/module. Timely completion of all 40+ hours of homework is a strict prerequisite for receiving final certification.

Om Yoga's 200-Hour Yoga Teacher Training program has been verified and meets Yoga Alliance's globally recognized standards. YTT can register with Yoga Alliance at the RYT 200-hour level using their certificate, but it is not required.

By signing this agreement, YTT agrees to the following policies of Om Yoga and the 2027 Om Yoga 200-Hour Yoga Teacher Training.

ATTENDANCE & MAKE-UP POLICY

Our program expects YTT to be on time for class, after breaks, and after lunch. YTT is encouraged to have 100% attendance. However, we understand YTT may have important commitments outside of training hours, and other circumstances may arise. Should extenuating circumstances impact attendance, YTT is permitted to miss class, provided they work with a teacher trainer or fellow YTT to make up missed hours.

YTT acknowledges that peer study groups and self-guided make-up assignments approved by a lead trainer incur no additional charge. However, if fulfilling required contact hours necessitates direct, one-on-one private instruction with a lead teacher trainer, YTT agrees that such sessions shall be scheduled at \$85.00 per hour, billed separately to the YTT and payable prior to graduation.

Any absence must be approved in advance by a teacher trainer. A maximum of 15 hours (or 1 weekend) may be missed if arranged in advance, approved by a teacher trainer, and the missed coursework is completed. If more than 15 hours are missed, YTT will not receive their certification.

Attendance is vital – for YTTs, all fellow YTT's, and teacher trainers. YTTs should ensure they can commit to the 2027 program dates, times, and required homework hours to be done outside of training hours, before signing this agreement.

REQUIRED BOOKS, MANUALS & MATERIALS

The official Om Yoga 200-Hour Teacher Training Manual and course syllabus handouts are included in the program's tuition. Required reading textbooks (estimated cost of approximately \$100 total) are not included in tuition and must be acquired independently by the YTT prior to Weekend 1. A complete required reading list will be distributed upon program acceptance.

FINANCIAL COMMITMENT & PAYMENT TERMS



\$3,299* is the total program tuition for the 2027 Om Yoga 200-Hour Yoga Teacher Training.

***Please see the asterisk below for how to avoid a 4% credit card processing fee on tuition, deposits, and payment plans. Regardless of your selected payment type, a valid credit card, at least through May 31, 2027, is required to be kept on file.**

A \$500* non-refundable deposit must be paid after the YTT application is approved and YTT is accepted into the program. YTT has 7 days to pay the deposit to secure their spot in the program. YTT's spot is not secured until the deposit is paid. The \$500* deposit is part of the total program tuition.

Early Bird Option: YTT will receive a \$500 early bird discount if program tuition is paid in full and the agreement is signed by December 1, 2026. The total tuition with deposit will be \$2,799*.

If YTT is approved, accepted, and the agreement is signed after December 1, 2026, total tuition with deposit will be \$3,299*, to be paid in full, or 5 equal payments of \$560*,

drafted on January 8, February 8, March 8, April 8, and May 8, 2027. The \$500* non-refundable deposit will be paid separately at the time of program acceptance.

Payment plans must be paid in full even if you choose to exit the program before graduation.

Once YTT is accepted into the program and this agreement is signed, YTT is committing to either pay in full or with a payment plan. Tuition and deposits are non-refundable and non-transferable.

***To avoid the 4% credit card processing fee**, we accept Zelle (amanda@omyogasc.com), Venmo (AmandaHensonYoga), and Cashier's Checks made payable to Om Yoga. Please comment "2027 YTT" on any payments. For payment plans, you may bring a voided check to the studio to set up a recurring ACH draft.

We must have a minimum of 6 trainees by January 1, 2027, in order to continue with the scheduled program. In the event we have fewer than 6 trainees by that date, YTT has the option of waiting until we have a new start date or exiting the program and receiving a refund for any deposit and tuition paid, minus a 4% credit card processing fee if refunding to a credit card.

WITHDRAWAL POLICY



If YTT wishes to withdraw from the program for any reason, they must first contact both teacher trainers to discuss their reasons for withdrawal.

If YTT decides to withdraw from the program for any reason by January 1, 2027:

- YTT will forfeit their deposit of \$500 AND must pay 50% of the program tuition's remaining total, which is \$1,400, for a total of \$1,900. The \$1,400 (plus a 4% credit card processing fee) owed to Om Yoga will be collected and charged to the credit card on file on the date of the withdrawal.
- If tuition has been paid in full, YTT will forfeit their deposit of \$500 AND 50% of the program tuition's remaining total, which is \$1,400, plus a \$150 return fee, for a total of \$2,050. The \$1,250 owed to YTT (\$1,400 minus a \$150 return fee) will be returned and refunded to the credit card on file or via a written check to the YTT, within 7 business days of the withdrawal date.
- If the \$500 early bird discount was received, YTT will forfeit their deposit of \$500 AND 50% of the program tuition's remaining total, which is \$1,150, plus a \$150 return fee, for a total of \$1,800. The \$1,000 owed to YTT (\$1,150 minus \$150 return fee) will be returned and refunded to the credit card on file or via a written check to the YTT, within 7 business days of the withdrawal date.

If YTT withdraws from the program after January 1, 2027:

- YTT will forfeit their deposit of \$500, and \$0 program tuition will be refunded or owed to YTT. Any established payment plans will continue through May 8, 2027, until the full program tuition has been paid.

THERE ARE NO EXCEPTIONS TO THIS POLICY.

TERMINATION

Om Yoga and its teacher trainers can terminate YTT's participation in the program if: (1) false information was used in the application process; (2) YTT misses more than 15 program hours; (3) YTT fails to make timely payments of tuition; or (4) YTT fails to abide by the Code of Conduct. If Om Yoga ends YTT's participation in the program, no refunds will be given, and any remaining program tuition will be paid in full on the termination date.

INCLEMENT WEATHER POLICY

In the event of hazardous winter weather, severe storms, or unsafe road conditions that prevent in-person gatherings, training sessions will not be canceled or rescheduled to alternative dates. Instead, the training will promptly transition online and commence live via Zoom during the regularly scheduled weekend training hours (Fridays 5–8 PM, Saturdays 9 AM–5 PM, Sundays 9 AM–1 PM). YTT is expected to maintain reliable



internet access and attend all synchronous Zoom sessions live. This policy ensures the cohort stays on schedule without the scheduling conflicts associated with coordinating

group make-up weekends. Transitioning to Zoom due to inclement weather shall not constitute a disruption of service nor entitle YTT to any refunds or tuition credits.

CODE OF CONDUCT

We believe that it is the responsibility of the YTT and teacher trainers to ensure a safe environment in which all YTT's can grow physically, mentally, and spiritually. Our YTT's and teacher trainers shall strive to ensure that their intentions, actions, and speech are based on honesty, compassion, selflessness, trustworthiness, and transparency. Any inappropriate or disruptive behaviors, such as gossip, harassment, or bullying will not be tolerated and may result in termination from the program.

YOGA EQUITY

Teacher trainers will welcome, accept, and support any YTT regardless of religion, gender, sexual orientation, language, nationality, political, or cultural background. Teacher trainers shall seek to have an awareness and a commitment to making yoga more equitable, inclusive, accessible and diverse. This encompasses diversity, inclusion and accessibility in yoga. Teacher trainers will make the conscious decision to address each of these issues thoughtfully and intentionally throughout their work in restoring equity to the yoga community. Teachers will emphasize the importance of learning, teaching, and practicing yoga honestly, which means promoting equity, reducing harm, honoring and leveraging cultural differences, and fostering diversity and inclusion in all areas of yoga while honoring the integrity of yoga's cultural and historical roots.

CONFIDENTIALITY

Teacher trainers shall keep all personal information disclosed by the YTT strictly confidential. A teacher trainer who receives personal information from a YTT may not disclose such information unless it obtains the written consent of the YTT. All discussions among teacher trainers and YTT's shall be conducted in secure, non-public environments.

INTELLECTUAL PROPERTY & PROPRIETARY TRAINING MATERIALS

YTT acknowledges and agrees to the following intellectual property rights governing all curriculum and course content:



- **Lead Facilitators' Proprietary Property:** The official Om Yoga 200-Hour Teacher Training Manual and all core worksheets, lecture slides, sequence blueprints, and materials authored by lead facilitators Jackie Dominas and Rachael Lary are the exclusive intellectual property of Jackie Dominas and Rachael Lary.
- **Guest Trainers' Proprietary Property:** Specific specialized modules, slide decks, presentations, and educational handouts provided by guest trainers—including the anatomy training materials provided by Allyson Rooney, the Sanskrit training materials provided by Sarah Hinson, and materials from any other visiting subject matter experts—remain the exclusive intellectual property of their respective creators.
- **Limited Personal License & Non-Distribution:** YTT is granted a revocable, limited, non-exclusive, non-transferable personal license to use these materials solely for their individual educational development. YTT strictly agrees not to copy, reproduce, distribute, share, publish, record, sell, teach directly from a proprietary syllabus, or commercially exploit any training manuals, presentations, slides, or handouts in any format without prior written authorization from the respective author(s).

PROGRAM BENEFITS

- YTT will receive unlimited yoga classes (a \$591 value) from January 8 through May 15, 2027, at Om Yoga studio.
- YTT will also receive 20% off select workshops (when provided by an Om Yoga Instructor) and 20% off store merchandise at its full retail value (excluding food, drinks, and books) during the program dates.
- Specialized workshops led by teacher trainers are included in the training.
- YTT will be allowed to observe and assist Om Yoga students during classes (with Om Yoga and Instructor's approval).
- YTT will be permitted to use the studio space to practice when classes are not in session, with Om Yoga's approval.
- YTT has the opportunity to teach a community class and audition at Om Yoga studio post-graduation. Class will be arranged with Om Yoga.
- A discounted Om Yoga membership is offered post-graduation; the offer is only valid for graduates.

Should YTT withdraw or be terminated from the program, the program benefits end on the withdrawal or termination date.

Independent Contractor & Employment Disclaimer: YTT understands and agrees that participation in the Program, successful completion and graduation, and participation in post-graduation community classes or studio auditions do not constitute an offer, guarantee, or promise of employment or independent contractor hiring by Om Yoga or



Amanda Henson Yoga, LLC. Any future teaching opportunities remain at the sole discretion of Om Yoga management.

INDEMNIFICATION

YTT shall indemnify and hold harmless Om Yoga and its affiliates, and their respective members, partners, family members, directors, officers, employees, teacher trainers, clients, and agents from all claims, actions, costs, debts, damages or suits, arising from or in connection with the 2027 Om Yoga 200-Hour Yoga Teacher Training pursuant to this Agreement.

STUDIO LIABILITY RELEASE

YTT agrees and understands that the 2027 Om Yoga 200-Hour Yoga Teacher Training classes and regularly scheduled classes at Om Yoga may be physically strenuous. YTT certifies that YTT is sufficiently physically fit for such classes and has no knowledge of any health-related issues or problems that would prevent YTT from participating. Om Yoga recommends that YTT contact their physician before beginning to participate in yoga classes. YTT will voluntarily participate in the classes with full knowledge that there is a risk of serious personal injury, property loss, or even death. YTT agrees that Om Yoga is in no way responsible for the safekeeping of personal belongings while attending a class or this program. YTT grants permission for any photography or videography taken of them at Om Yoga or by Om Yoga or its vendors or teacher trainers or fellow YTT's, to be used publicly for marketing and advertising and/or other commercial purposes. YTT hereby waives, releases and discharges Om Yoga, its members, instructors, employees, teacher trainers, other clients, and staff from all liability, including but not limited to, personal injury, property damage or theft, or wrongful death or action of any kind, whether caused by negligence or otherwise, and agree that I, my heirs, and legal representatives will indemnify, hold harmless and promise not to sue or make any other claims of any kind whatsoever against Om Yoga, its members, employees, teacher trainers, other clients or staff.

MEDIA RIGHTS

YTT acknowledges that photography and videography may occur during training sessions for educational, promotional, and marketing purposes. By default, YTT grants Om Yoga permission to use their photographic likeness in marketing materials.



However, if YTT prefers not to be photographed or recorded publicly, YTT may elect to opt out by checking the box below prior to executing this Agreement:

[] MEDIA OPT-OUT: I request to opt out of public promotional photography, marketing videos, and commercial social media publications.

GOVERNING LAW, JURISDICTION & DISPUTE RESOLUTION

This Agreement shall be construed, interpreted, and governed strictly in accordance with the laws of the State of South Carolina, without regard to conflicts of law principles. Any action, claim, or proceeding arising out of or relating to this Agreement shall be brought exclusively in the state or federal courts located in York County, South Carolina, and both parties hereby consent to the exclusive personal jurisdiction and venue of such courts.

This Agreement represents the entire agreement between the parties with respect to the subject matter hereof and supersedes any prior understandings and cannot be modified except in written amendment hereto.

Yoga Teacher Trainee (YTT):

Signature: _____

Name: _____

Date: _____

Om Yoga (Amanda Henson Yoga, LLC):

Signature: _____

Name / Title: _____

Date: _____