



STUDENT & PROGRAM POLICIES

250 Hr Yoga Teacher Course (YA)

1,000 Hr Ayurveda Yoga Therapy Course (IAYT)

Ver. 1.0 March 31, 2017



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SCHOOL INFORMATION

Name: Houston Yoga & Ayurveda Wellness Center LLC, dba Houston Yoga and Ayurveda Ashram (HYA)

Location: 13603 Kluge Rd, Cypress, TX 77429 USA,

Contact Healing@houston-yoga-ayurveda.com
tel:+1 281 256 8461

Web Site and social media: www.houston-yoga-ayurveda.com
Facebook: houston yoga-ayurveda

Training Location: at school location, see above

Facility

HYA has several indoor & outdoor yoga rooms, massage rooms, kitchen and office, several of which can serve as individual or group study rooms. Free WiFi is available, although the use during class, yoga lessons or practicum is not encouraged. Visitors and Students are requested to leave the facility in good a state as they found it.

Program Owner: HYA

Owner & Director: Sharon Kapp, certified Ayurvedic Specialist,(CAS), professional member at the Ayurvedic doctor level of the National Ayurvedic Medical Association (NAMA), a Certified Yoga Therapist (C-IAYT), PKS, RYT, LMT, CMA, ERYT-500, RYS 500, Reiki Master, Vastu Shastra consultant and owner of Houston Yoga and Ayurveda.



VISION:

HYA fosters a community that inspires and supports practitioners and teachers of Yoga & Ayurveda promoting the health of the community

MISSION:

To provide the structure that promotes and sustains the growth of the Vedic Sciences with particular focus on traditional Yoga, Yoga Therapy and Ayurveda.

HYA fulfills its mission & vision by using these values to guide its work:

- Recognition of the sacred in the heart of all being
- Unity within diversity
- Excellence defined by high standards, professionalism & a desire to learn
- Mutual respect and responsibility
- Integrity characterized by fairness, honesty and transparency

History: HYA was founded in 2010 as a limited liability corporation and is a 100% single owned limited liability company registered in Texas.

Governing Board:

Sharon Kapp, Owner and CEO

Christean Kapp, Vice President and CFO

Additional Full and Part Time Staff:

Firuzan Kennedy, Admin and Panchakarma Specialist

Ana Cuevas, RYT200, Kathryn Rollins RYT200, Shahy Amine RYT200,

Isadora Ferraz RYT200, Margaret Taylor RYT200, Billie Jones, RYT200,

Nahir Dedmon RYT200. Note: subject to change.



COURSES

Program Outline: 200Hr YTT PROGRAM

HYA is a Registered Yoga School (RYS) with Yoga Alliance, which designates HYA's teacher training program as one that follows Yoga Alliance's standards. Students who complete HYA's 200-Hour Yoga Teacher Training Program are eligible to register with the Yoga Alliance as a Registered Yoga Teacher (RYT). HYA's Yoga Teacher Training is a weekend and weekday evening modular program, which includes independent home study (20 hours) and 10 yoga classes for self teaching.

Tuition & Fees

The fee for the course is \$2995 w/o discounts. Up to \$900 are required for the down payment. Individual payment plans are offered interest free for up to six months. The cost of published books and DVDs etc are extra.

Payments are not refundable after acceptance into the program by HYA.

In exceptional cases at the discretion of the governing board HYA can offer a partial stipendium for talented people in need.



Program Outline:

1,000Hr AYURVEDA YOGA THERAPY PROGRAM

HYA is a Registered School with IAYT (International Alliance of Yoga Teacher), which designates HYA's teacher training program as one that follows IAYT's standards. Students who complete HYA's 1,000-Hour Ayurveda Yoga Therapy Training Program are eligible to register with the IAYT as a Registered Yoga Therapist. HYA's Yoga Teacher Training is a multiple weekend and weekday evening program, divided in four 250 Hr intensive modules. All four intensive modules together include more than 480 Hrs for instruction, 300 Hr distance learning and more than 205 Practicum Hrs.

Admission Pre-Requisites

A YTT course of at least 200 hours with a minimum of 100 hrs and 1 year yoga teacher experience and personal practice is required as a pre-requisite to attend the IAYT recognized Yoga Therapy course at HYA.

Tuition & Fees

The fee for the course is \$3595 w/o discounts. Up to \$900 are required for the down payment. Individual payment plans are offered interest free for up to six months. The cost of published books and DVDs etc are extra.

Payments are not refundable after acceptance into the program by HYA.

In exceptional cases at the discretion of the governing board HYA can offer a partial stipendium for talented people in need.

Credit Transfer

Candidates who have extensive and recognized Yoga Therapy, Physiotherapeutic, Medical or Ayurvedic training and experience may request credit transfer by submitting certificates, curriculum and school contact details. A personal interview will be the basis for any final decision.



SCHOOL POLICY

1. Non Discrimination Policy

HYA does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.

2. Rules for Student Conduct

Conduct myself in a courteous, professional and conscientious manner. Acknowledge the limitations of my skills and scope of practice and where appropriate, seek alternative instruction, advice, treatment or direction. Maintain a safe, clean and comfortable environment.

Respect everybody regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.

Respect everybody's rights, dignity and privacy.

Do not carry out or tolerate sexual harassment or physical or mental harassment.

Adhere to the traditional yoga principles as written in the yamas and niyamas.

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3. Student Disciplinary Procedures

For a transgression against the school conduct rules that does not violate statutory requirements or governmental laws in Harris County, TX USA three levels of warning and counseling will be provided and recorded in our computer system. Any occurrence after the third warning will be treated as a suspension and marked so in the customers file in our computer system and the customer will no longer be allowed on the property. If at any level a felony or above type violation against current laws has been committed and confirmed the case will be reported to the local authorities and the customer will be listed as suspended in our computer system.

4. Student Grievance Procedures

A student may approach the program director or the CEO of the facility to express their concerns or complaints in writing. A grievance committee consisting of two staff members will within a week solicit evidence, interview witnesses and will recommend a decision on the matter forthwith. In case a major transgression against valid local, state or federal laws is



determined, the grievance committee will also notify the relevant authorities.

5. Leave of Absence Policy

The school can grant leave of absence for medical or significant personal reasons (death in the family, moving etc.). The school will work with the student to provide suggestions how to make up for the lost time).

6. Grading and Attendance Requirements

The attendance of a minimum of 90% of all theory and scheduled practicum classes is required. All assignments need to be completed and all tests and examinations should be passed with 70% or above.

7. Program Completion Requirements

The program is complete when all of the academic requirements have been achieved and when all dues for the course or intensive module have been fully paid. A certificate or diploma will then be issued. Transcripts are available upon request.

8. Confidentiality

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction or treatment process.

9. Academic Calendar

HYA currently schedules several Yoga Alliance and IAYT recognized Intensive Modules as well as other educational and spiritual events a year. The courses may be found on the internet up to six months in advance at: www.houston-yoga-ayurveda.com.

10. Dress Code

Dress Code for Yoga and attending theory classes is informal. Ethnic clothing is tolerated . Clean, not torn clothing is expected.

11. Non Impairment:

Medications prescribed either by a doctor or an ayurvedic specialist are allowed at HYA. Please make staff aware when you bring medications with



you. Any and all recreational drugs incl. alcohol and all forms of smoking and are not permitted on the premises.

12. Financial Policies

see actual course descriptions.

13. Legal Release

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. I acknowledge that yoga is an exploration of a person's physical and mental potential, and that my participation in yoga class, training, or private session can cause serious injury, property damage, or potential death. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. yoga is not recommended and is not safe under certain medical conditions.

With a full understanding of the potential risks, I hereby assume the risks of participating in a yoga class and training. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably waive, release and discharge any claims and/or liabilities for death or personal injury or direct or indirect damages of any kind, except that which is the result of gross negligence and/or wanton misconduct of the persons owning or employed by Houston Yoga and Ayurvedic Wellness Center LLC.

I AGREE NOT TO SUE ANY OF THE PERSONS OR ENTITY LISTED ABOVE FOR ANY CLAIMS, LIABILITIES OR DAMAGES THAT I HAVE WAIVED, RELEASED OR DISCHARGED HEREIN. I INDEMNIFY AND HOLD HARMLESS THE PERSONS OR ENTITIES MOENTIONED ABOVE FROM ANY CLAIMS MADE OR LIABILTIES ASSESSED AGAINST THEM AS A RESULT OF MY OR THEIR ACTIONS.

Signature

Date