



Teacher Training 200hr Foundation Program

Enrollment Agreement



***Certified as a 200/500 hour
Registered Yoga School by Yoga Alliance.***

Moksha Yoga Center
West Bucktown
2528 West Armitage Avenue, Chicago, IL 60647
(773) 235-9642
info@mokshayoga.com

Mission Statement

We are committed to sharing the wisdom of yoga in a calm and nurturing atmosphere in order to bring greater health, happiness and well-being into the lives of those in our community. We strive to impart this knowledge in the spirit of healing, love, transformation, and service. We share a vision of higher states of consciousness and embrace the path of self-realization. Om Shanti.

About Moksha

Moksha opened its doors on August 1, 1999 by the owner and director, Daren Friesen. Moksha has grown to a multi-faceted business offering daily classes, events with local and master teachers, kirtans & music concerts, massage & acupuncture, and teacher trainings & intensives. Moksha's teachers are known to have extensive credentials and qualifications and offer a creative yet classically inspired approach to yoga. You'll find each class contains a mix of traditional poses, breathing techniques, and a mix of tantric techniques such as bandhas, mudras, and kriyas.

Objective of Teacher Training Program

Moksha Yoga Center will provide a quality educational experience that prepares graduates to succeed in the yoga profession. Moksha Yoga Center, Inc. strives to train our future teachers to function as a professional member of the Yoga Instruction Industry.

Statement of Non-Discrimination

No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, national origin, physical disability, or sexual orientation.

About the Director

Daren Friesen is the director and founder of Moksha Yoga Center in Chicago which is the largest yoga center in the Midwest. An enthusiastic student and passionate teacher, his challenging style of vinyasa flow incorporates alignment and action, breath, mudras, bandhas, and kriyas. Having studied with renowned teachers in the states and masters and gurus in India, his teachings incorporate both modern elements and classical yoga philosophy.

Daren has traveled to India annually since 1999 to practice and study in India. His studies include Ashtanga Yoga with Patabhi Jois (1997-1999) and at the Ashtanga Yoga Research Institute and Dr. Shankaranarayana Jois at the Sadvidya Foundation in Mysore, South India. He is also an avid fan of South Indian Ayurvedic treatments with Dr. Unni of Agaastya Heritage Center in Kovalam Beach, Kerala. He has studied in-depth with a variety of teachers including Shiva Rea, Seane Corn, Bryan Kest, Gary Kraftsow, Lino Miele and Aadil Palkhivala.

Daren has been training teachers since 1997 in Chicago and the surrounding suburbs. Many of Chicago's finest teachers and studio owners have completed the Moksha program over the years. His depth of knowledge and non-dogmatic approach to yoga studies are essential ingredients of the training. Daren's program offers provocative insights and opportunities for personal growth through his unique blend of a classical yet innovative approach to yoga studies.

Moksha Location

MOKSHA YOGA CENTER

2528 W Armitage Ave, Suite 202
Chicago, IL 60647

Just west of Western & Milwaukee next to 90 Miles Cuban Cafe
Parking: Some parking spots on the Northwest side of the building.
Free and non-permit parking on the surrounding streets.
Blue Line - Western Stop; Buses 73, 56 & 49
Phone: (773) 235-9642

Holidays

Classes will not be meeting on the following holidays...

- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Eve's Day
- Christmas Day
- New Year's Eve Day
- New Year's Day

Admission Requirements

Moksha considers an applicant to be enrolled as a student when they meet the following criteria...

1. Submits a completed application.
2. Submits a color photo jpeg or tiff by email.
3. Submits a signed enrollment agreement or clicks on the link online.
4. Remits the non-refundable/non-transferable tuition deposit of \$100 and makes satisfactory arrangements for payment of tuition and other fees.

Course Description

Topics covered in the 200 hour level program meet and exceed the required standards set forth by Yoga Alliance in the areas of...

Techniques: the guided practice of, an analytical training in traditional yoga techniques, including yoga asana, pranayama, chanting, mantra, and meditation.

Teaching Methodology: principles of demonstration, observation, assisting, correcting, instruction, teaching styles, qualities of a teacher, and business aspects of teaching yoga.

Anatomy and Physiology: both human physical anatomy and physiology (bodily systems of bone, muscle, organs, etc) as well as energy anatomy and physiology (chakras, nadis, marmas).

Yoga Philosophy: Lifestyle and Philosophy for Yoga Teachers.

Practicum: actual practice teaching, giving and receiving feedback and observing others teaching.

Academic Policies

Grading System

Whether the student passes or fails the program is based on completion and participation in all assignments, electives, apprenticeships, and performance evaluations given during the course of the program.

Academic Advising

A student's educational objectives, attendance and conduct are reviewed on an ongoing basis. If academic standing or conduct is unacceptable, the student will be advised. Students are encouraged to seek academic advising through their instructor.

Satisfactory Academic Progress

Satisfactory progress is defined as actively participating in all levels of the training program, including but not limited to quizzes, tests, and homework. In the event that a student does not achieve the established criteria for determining satisfactory progress, the student will be allowed to present justification or evidence of extenuating circumstances as to why he or she should be allowed to continue training. The student will be considered making satisfactory progress during any probation period. If the student has not achieved the criteria as set forth in this section at the end of the probationary period, he/she may be terminated from the Moksha Yoga Center Teacher Training program. If a student must repeat a section of study, he/she may be charged a repeat fee to be determined by Moksha Yoga Center. This repeat of the section of study may be due to academic failure or failure to meet attendance requirements. The maximum time allowed for repeats will be determined by the registration requirements of the Yoga Alliance.

Academic Probation

A trainee seeking certification may be placed on academic probation under the following circumstances...

1. 3 or more unexcused absences; 5 or more excused absences
2. Chronically late or tardy
3. Late or missing homework, quizzes or tests (30 days or more)

To be removed from academic probation, submit the missing homework, quizzes and tests and/or attend the necessary make-up sessions, then meet with the instructor or yoga counselor within 30 days. There is a \$100 administrative fee to be removed from academic probation. If the trainee fails to be removed from academic probation, the status will be changed to audit with no certification possible. The student may then continue to attend any coursework or classes at their convenience. Also if a student has gone missing or neglects to meet with the instructor or yoga councilor for 30 days the student will be automatically dropped from the program.

Leave of Absence

Leaves of absences, including military leaves, shall be reasonable in duration, not to exceed sixty (60) calendar days and shall be for specific and acceptable purposes. A written request for leave of absence properly dated and signed by the student and school official must be filed prior to the beginning of such a leave unless circumstances prevent completion of the request at that time. Student must return on or before the expiration of the leave of absence or face termination.

Termination Procedure

Students to be terminated from the program are notified in writing and may appeal to the Director of the Moksha Yoga Center Teacher Training Program within three (3) days of "Notice of Termination".

Reinstatement

Students who have been forced to interrupt their education for any reason may request reinstatement by contacting the director of the Moksha Yoga Center Teacher Training Program. Students who were making satisfactory academic progress when they withdrew will be eligible for re-entry without condition. Students who were not making satisfactory progress may be placed on academic probation or have other special conditions placed on their re-entry. All students requesting reinstatement may be required to go through a portion of the admissions process again.

Transferring Programs

Students wishing to transfer to a new training program for any reason will be charged a \$100 non-refundable transfer fee, to cover any administrative work needed to transfer. As a part of this transfer the student can decide how to use their 9 months worth of Moksha classes that are included in tuition. The student may choose to continue using the remainder of the classes at that time or the student may choose to put these classes on hold to be continued once the new program begins. Also once the student begins training with the new program the student must adhere to all Certification Requirements of the new program, including the items discussed in the new program's Orientation Manual and Enrollment Agreement.

Graduation Requirements

In order to graduate, a participant must...

1. Complete with a passing grade all requirements for their program of study within the maximum time frame permitted.
2. Fulfill all financial obligations and return all property (such as props) belonging to Moksha Yoga Center, Inc.
3. Complete all quizzes, tests, midterm, final exam, and thesis project.
4. Submit a complete list of hours in compliance with certification requirements.
5. If the participant needs to extend their certification process, there will be a \$100 extension fee (maximum 12 months).

Transcripts & Certificates

Trainees receive one free transcript and certificate at graduation. Former trainees may receive an additional transcript and/or certificate by submitting a written request to the school with the name and address where the transcript will be mailed. A \$20 fee will be charged for each additional transcript or certificate and must be paid in advance before they are processed.

Attendance Policies

Class Definition

"Class" is defined as any practice, training, or teaching class in the setting of the teacher training program. "Class" also includes any Moksha Yoga Center class, any specially arranged or ad-hoc class, workshop class, special event class, master teacher round table class, introduction to yoga class, yoga sutra study group class, and any and all other classes at Moksha Yoga Center not mentioned above.

Opening Circle

The first class is a sacred sharing of one's background and intention for the teacher training course. Please come prepared to talk about where you grew up, how you came to yoga and what yoga means to you, why you are interested in the teacher training program or what you hope to

accomplish by participating in the training. Please wear an article of white clothing to represent the purity of your intention (practice clothing is not necessary). Make-up Policy: There is no make-up for this class.

Orientation

There are several orientations scheduled before the start of the program. Attend one session to learn about all of the requirements for certification.

Training Classes

These classes are the foundation of the training program, mandatory and required for certification. Integral to the learning process, these classes are multi-dimensional and include practice and theory of asana, pranayama, meditation, bandhas, mudras, kriyas, history, philosophy, and ethics. The format of the class is structured to include practice, hands-on adjustments, lecture, discussion, Q&A, and quizzes. Guest teachers may also be asked to present during these times. Make-up Policy: You are entitled to miss one class. For all remaining absences, you must attend make up sessions completing hour-for-hour each class missed.

Practice Classes

Trainees are required to participate in 2 group classes per week, preferably at Moksha. This requirement is in addition to your daily personal practice. A minimum of 100 practice classes is required for certification. For practice classes completed at Moksha, the database will keep track of your attendance. For practice classes completed elsewhere, please keep a log (location, date, # hours) of your attendance.

Daily Practice

Please take a minimum of 30-60 minutes daily to practice the poses and pranayamas that you are learning in class.

Absences

- **Excused:** each trainee must inform the teacher in writing and in advance for classes which will be missed for legitimate reasons, such as a work issue, family emergency, or pre-planned holiday. Shopping, movies, lunch with a friend, and "I'm too tired" are not legitimate excuses lol. Trainees are allowed one (1) excused absence without a make-up. After having five (5) or more excused absences, the trainee will automatically be placed on academic probation and may become ineligible for certification. There are absolutely no refunds under such circumstances.
- **Unexcused:** after three (3) unexcused absences, the trainee will automatically be placed on academic probation and may become ineligible for certification. There are absolutely no refunds under such circumstances.

Make-ups

Trainees must complete a make-up for all absences after the first in order to be eligible for certification; there are no exceptions to this policy. Attend the missed class in one of Moksha's other training programs. Assignments and projects not completed on schedule during a course must be made-up within the time frame of that course. There may be a fee for

Illness

If a participant must be absent due to an illness or dire emergency, please call or text the instructor within one hour prior to the class start time.

Tardiness

Excessive tardiness will jeopardize your certification status. In addition, if you are late to any class more than three times, your status may be changed to audit. There are absolutely no refunds under such circumstances. Tardiness and leaving class early is subtracted from the total time of the program, and counts against the minimum.

Other Policies

Student Conduct

Students must adhere to the rules and regulations of Moksha. Students whose conduct reflects discredit upon themselves or the school may be subject to probation and/or termination. The student must adhere to conduct that will not interfere with the learning process of any other students, the classroom presentation by the instructor, presentations by visitors, or the progress of the class or Moksha in general. The administration of Moksha reserves the right of judgment, to place on probation and/or terminate a student on any of the following grounds:

1. Using a mobile phone in any way in the practice room at any time.
2. Chewing gum.
3. Excessive absences or tardiness.
4. Falsifying school records.
5. Entering school premises while under the influence of alcohol or drugs.
6. Bringing soda, meat, or other smelly foods (garlic, onions, eggs) into the studio.
7. Theft.
8. Failure to pay fees when due and/or to make available required documents.
9. Non-conformity of rules and regulations of Moksha.
10. Breach of Moksha enrollment agreement.
11. Conduct that is unsatisfactory to Moksha, its staff, faculty, and its students.
12. Aiding, abetting, or inciting others to commit any act that would detract from the normal operation of Moksha.

Disruptions

Disruptions to the teaching atmosphere will not be accepted. This includes not following instructions, talking/chatting with others during class, arriving or leaving late, arguing or causing ill will in class, sleeping, and any other action, word, or deed disruptive to the learning process. You may be asked to leave the program. There are no refunds under such circumstances. In addition, the teacher will not serve as mediator or babysitter for disputes, arguments, or situations between trainees. Resolve unpleasant situations or disagreements with other trainees on your own.

Scholarships

Moksha Yoga Center offers a partial scholarship program for those who have completed at least 6 months of service on the work-study staff. Please see the Manager of Teacher Training programs for more information on eligibility.

Credit for Previous Training

Moksha Yoga Center does not accept credit for previous education, training, or work experience.

Student Grievance Procedure

1. Complaints directed at an individual instructor or staff member must be discussed directly with the individual involved.
2. If one-on-one discussion fails to result in satisfactory resolution, a written complaint must be submitted to the Program Manager.

Student Services

Moksha Yoga Center, Inc. does not offer career planning assistance to graduates and does not guarantee job placement after completion of the Teacher Training Program.

Tuition & Fees

| Program | Tuition |
|------------------|---|
| 200hr Foundation | \$3,600 *discounts for early registration |
| 500hr Advanced | \$3,000 *discounts for early registration |

Payment of Tuition

Satisfactory arrangements for payment of tuition and other fees must be made between the student and Moksha prior to the student's official start date. Prorated payments to Moksha throughout the length of the program with no interest are accepted by previous arrangement and approval through the Moksha Yoga Center institutional payment plan. Please submit your payment by cash or check, but we will also accept Visa, MasterCard, Discover, and American Express or by Venmo, Zelle or Paypal.

Application Fee

- A \$100 non-refundable/non-transferable application fee holds your place in the training and is non-refundable/non-transferable.
- Returned checks, auto-debit, or credit card denials subject to a \$20 return fee.
- Those not accepted into the course will be given a full refund.

Tuition includes...

- Moksha teacher training online manual (password protected).
- All Moksha teacher training classes as scheduled.
- All Moksha practice classes from program start date to end date.
- 10% discount on all boutique items from time of registration to end date.
- 20% discount on all workshops and special events from start date to end date.

Tuition does NOT include...

- Moksha Yoga Center classes, events, or trainings beyond those described above.
- Elective requirements.
- Props (mat, strap, block, neti pot).
- Required textbooks or printing for manuals.

Tuition does NOT include one Master Teacher Intensives required for certification...

- See website for current schedule

Tuition Payment Options

- Early Bird Discount: **\$3,200** if paid in full 2 months before the registration deadline
- Regular Tuition: **\$3,400** if paid in full 1 months before the registration deadline
- Payment Plan: **\$3,600** if paid in partial or full after the registration deadline

Recommended Payment Plan

- This plan must be set up in advance, please talk with a manager to discuss the details.
- \$1,000 due three weeks before the first training class, excluding the \$100 deposit.
- Nine pre-scheduled payments of \$300 each in the amount of \$2,700 (includes deposit).
- A signed promissory note provided by Moksha Yoga Center is required.

Procedure for Withdrawal

- A student choosing to withdraw from the school after the commencement of classes is to provide written notice to the Director of Moksha Yoga Center, Inc. The notice is to indicate the expected last date of attendance and be signed and dated by the student.
- Students unable to complete the required clock hours have the option to complete these hours (with instructor approval) in future sessions without additional tuition. Certification will not be issued until program requirements are met.

Books, Supplies or Event Fees

There is no refund for equipment, books and supplies received by the student. Any workshops or special events paid for and attended by the student are non-refundable.

Tuition Refunds

Approved tuition refunds are determined as follows:

Before the beginning of classes, the student is entitled to a refund of 100% of the tuition less the \$100 application fee.

After the commencement of the first class, absolutely NO REFUNDS OR CREDITS.

*All refunds subject to a non-refundable/non-transferable \$100 application fee.

Tuition refunds will be processed within 60-90 days from the date of student notification in writing. Tuition refunds will be issued by the same method of payment, minus the \$100 non-refundable, non-transferable application fee.

Notice of Disclaimer

Moksha reserves the right to amend, add, or delete classes, requirements, topics, programs, policies, tuition and/or facilities with or without prior notice. Moksha also reserves the right to cancel classes due to insufficient numbers of students. Enrollment agreements, orientation manuals, and catalogues of this school are prepared for the purpose of furnishing prospective students and other interested persons with information about the school. Material contained within these sources are subject to change with or without notice and may not be regarded in the same nature of binding obligations.

LIABILITY RELEASE, ACKNOWLEDGMENT & ACCEPTANCE

Voluntary Participation

Before participating in this or any other exercise program, individuals should consult with a physician. I, the undersigned, acknowledge that I have voluntarily chosen and requested to participate in the yoga class, workshop, event, or activity sponsored by Daren Friesen and Moksha Yoga Center.

Release

In consideration for being permitted to participate in the yoga class, workshop, event, or activity, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organizers, or participants in the yoga class, workshop, event, or activity including but not limited to Daren Friesen and Moksha Yoga Center, for injury or damage resulting from my participation in such yoga class, workshop, event, or activity. I release all such hosts, instructors, organizers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the yoga class, workshop, event, or activity. I acknowledge that an inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending the class, event or workshop, I voluntarily assume all risks related to exposure to COVID-19 and agree not to hold Moksha Yoga Center or any of their affiliates, directors, officers, employees, agents, contractors, or volunteers liable for any illness or injury.

Agreement

I have carefully read this agreement and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Moksha Yoga Center and all such hosts, instructors, organizers, and participants.

Acknowledgment

I am aware that participation in the yoga class, workshop, event, or activity may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities. I hereby acknowledge receipt of Moksha Yoga Center, Inc.'s enrollment agreement which contains information describing the Moksha Yoga Center Teacher Training Program offered, and equipment/supplies provided. Also, I have carefully read and received an exact copy of this enrollment agreement. I understand that the School may terminate my enrollment if I fail to comply with attendance, academic and financial requirement or if I disrupt the normal activities of the Moksha Yoga Center Teacher Training Program. While enrolled in the Moksha Yoga Center Teacher Training Program, I understand that I must maintain Satisfactory Academic Progress as described in the Moksha Yoga Center Teacher Training program information and that my financial obligation to Moksha Yoga Center, Inc. must be paid in full before a certificate may be awarded. I also understand that this institution does not guarantee job placement to graduates upon program/course completion or upon graduation.

Contract Acceptance

I, the undersigned, have read and understand this agreement and acknowledge receipt of a copy. It is further understood and agreed that this agreement supersedes all prior or contemporaneous verbal or written agreements and may not be modified without the written agreement of the student and the director of the Moksha Yoga Center Teacher Training Program. I also understand that if I default upon this agreement I will be responsible for payment of any collection fees or attorney fees incurred by Moksha Yoga Center, Inc. My signature below signifies that I have read and understand all aspects of this agreement and do recognize my legal responsibilities in regard to this contract.

Please print, complete, and return to the Teacher Training Manager at Moksha Yoga Center.

I have read, understand, and agreed to the guidelines as set forth in the Moksha Yoga Teacher Training Enrollment Agreement.

Name of Program: _____

Start Date of Program: _____

Printed Name of Student

Printed Name of School Official

Signature of Student
Date:

Signature of School Official
Date: