

## Waiver, Release of Liability, and Assumption of Risk Agreement to Participate

In consideration of being allowed to participate in the Ambassador Yoga 200 Hour Yoga Teacher Training, I agree to waive my rights to ordinary negligence issues, understanding that yoga includes physical movements as well as an opportunity for relaxation, stress reduction 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 understand that it is my responsibility to consult my doctor regarding any physical conditions which may limit my participation in yoga class and to work within my limitations as per Doctor's recommendations. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I am aware of the physical risks involved with strenuous exercise and understand it is my personal responsibility to consult with my Doctor regarding my participation.

I affirm that I alone am responsible to decide whether to practice the yoga poses, meditations or activities. I have no medical condition which would prevent me from taking part in the Yoga Teacher Training, and I assume responsibility for any risk or injury I may sustain as a result of my participation.

I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Claire Matthews, Katherine Humphrys, and Ambassador Yoga, their agents, officers, directors, instructors, sponsors, and other participants, and the owners, lessor, and lessees of the premises as a result of my participation in any training, events or activities. I hereby agree and covenant not to make a claim against, sue or attach the property of Claire Matthews, Katherine Humphrys, and Ambassador Yoga or any of its affiliated organizations or above mentioned parties.

## Video & Audio Taping Release

I hereby consent to the photographing and videotaping of myself and the recording of my voice and the use of these singularly or in conjunction with other photographs and/or recordings for advertising, publicity, commercial or other business purposes. I understand that the term "photograph" as used herein encompasses both still photographs and motion picture footage.

I further consent to the reproduction and/or authorization by **Claire Matthews and Ambassador Yoga** to reproduce and use said photographs and recordings including use of my image and voice, for use in all domestic and foreign markets. Further, I understand that others, with or without the consent of Claire Matthews may use and/or reproduce such photographs and recordings.

I hereby release **Claire Matthews** and any associated or affiliated companies, their directors, officers, agents, employees and customers, and appointed advertising agencies, their directors, officers, agents and employees from all claims of every kind on account of such use.

## Copyright Notice and Conditions of Use

I acknowledge the workbook and printed materials presented in the training provided by Ambassador Yoga are for my personal use and for use in the yoga classes that I teach. The workbook and printed materials cannot be used by me for training other teachers or be sold, photocopied, or published in print or electronically without the prior consent and acknowledgement of Ambassador Yoga.

I have read the above release and waiver of liability and copyright notice and conditions of use and understand its contents. I agree to the terms and conditions stated above.

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[Signature]

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[Name – please print]

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[Date]

**Ambassador Yoga Teacher Training**  
with Claire Matthews  
AmbassadorYoga.com

289-407-9453

# Refund Policy for Online Training during Covid-19 Outbreak:

March 24, 2020

This refund policy applies to the Online Training taking place online from April 13 to June 5, 2020 through Ambassador Yoga with Claire Matthews:

- If a participant needs to withdraw from the training for whatever reason, they may request a transfer to a future online training. Transfers are available only if online training is still permitted to be offered by Yoga Alliance. Requests to transfer must be emailed before the training module starts. Email requests to: [claireyogatruly@outlook.com](mailto:claireyogatruly@outlook.com)  
There is no fee to transfer trainings.
- If a transfer is not possible, a refund must be requested in writing to [claireyogatruly@outlook.com](mailto:claireyogatruly@outlook.com) for the unfinished portion of the course. To qualify, requests for refunds must be emailed before the training module starts. The refund will be prorated based on the date of the request and the live training dates that were not completed. A \$75+ tax admin fee will be deducted from the refund.
- Once an online live training has been delivered, there are no refunds.
- If there are breakdowns in technology at Zoom or Teachable, all efforts will be made to rectify the problems in a timely manner. Courses will resume as soon as possible.
- Ambassador Yoga reserves the right to substitute trainers, or reschedule a training, in the event a trainer becomes ill or unavailable. If the new training dates are not suitable to the participant, they may request a transfer or refund as stated above.