

I have read, understood and agree to the policies set forth in:

The Alignment Yoga 2018 200-Hour Advanced Studies Course Catalog
The Alignment Yoga Code of Etiquette for 200-Hour Advanced Studies

Name:

Address:

Phone Number:

Email:

Birth Date (Must be at least 25 years of age):

Signature

Date

Witness

Date

Alignment Yoga YTT200 Self Care Agreement

I agree I am responsible for myself at all times. I agree to take care of myself while I participate in this program. If I am feeling overwhelmed, I will slow down. I will not push myself to do things that I am not comfortable doing or sharing.

If I need to take a break, I will:

If I need to process through my feelings, I will:

If I need to reach out for support, I will call:

_____ I do not have a therapist or counselor right now, but I will ask for a referral from my instructor if I think that will be helpful.

_____ I have a therapist/counselor whom I can call and meet with when I need to.

Signature

Date