

Student Agreements

PRAJNA Yoga and/or Pilates Advanced Studies Teacher Training Program

Copyright Acknowledgement

I acknowledge that all student materials provided in this training program, including print and audio, are the copywrite of PRAJNA LLC and are provided FOR MY PERSONAL USE ONLY. I acknowledge that I cannot alter or distribute in any way without written permission from PRAJNA LLC.

Photo-Video-Audio Guidelines and Release

Staff may take photographs, video, and record audio for use in future trainings or marketing of training programs. If you do not wish to be photographed or filmed, please advise the lead instructor. Students are permitted to take photographs as long as it is not distracting to the class. A student should ask classmates if they have their permission to be in personal photographs, especially if those photographs will be used on social media sites.

You must ask the lead instructor for permission to audio record. No video recording is allowed.

I consent to being photographed and recorded, and grant PRAJNA LLC, its assignees, employees, and agents, the unrestricted and absolute right to use the photographs or recordings by any means now known or to become known. I hereby release and discharge PRAJNA LLC, its assignees, employees, and agents any and all claims of action, including, without limitation, libel, defamation, invasion of privacy or right to publicity, infringement of copyright, trademark, or violation of any other right.

Teacher-in-Training Code of Ethics

A code of conduct is a declaration of acceptable ethical and professional behavior by which all yoga and/or Pilates teachers-in-training agree to conduct themselves in the classroom, in teaching, and in the business of yoga and/or Pilates. We will foster an atmosphere of respect for each other and a learning environment conducive to the development of each student. As a PRAJNA Teacher-in-Training, I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner in the training and in my teaching.
- Refrain from the use of substances that impair my learning or judgement and associations while in the classroom.
- Listen to and respect the other students in the training.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean, and comfortable environment for the practice of yoga and/or Pilates.
- Make only realistic statements regarding the benefits of yoga and/or Pilates.
- Accurately reflect my teaching credentials, qualifications, abilities, certifications, and registrations.
- Respect all copyrights and trademarks associated with the training.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion, or sexual orientation.
- Respect the rights, dignity, and privacy of all students in the training.
- Avoid words or actions that constitute sexual harassment.
- Avoid words or gossip or actions that may harm another student.
- Adhere to the traditional yoga principles as written in the yamas and niyamas in my relationships with the other students in the training, the instructors, in my teaching, and in my yoga and/or Pilates business relationships.

Adapted from the Yoga Alliance Code of Conduct.

PRAJNA Advanced Studies Program Catalog Release

I have read, understand, and agree to the terms and conditions for application, admission, and participation in the PRAJNA Advanced Studies Program.



Ownership and Governance

All decisions are final and are at the sole discretion of Sheri Baemmert, owner of PRAJNA LLC. Sheri is the school director and the head instructor of PRAJNA Advanced Studies Program.

Liability Waiver

I understand that yoga and/or Pilates includes physical movement as well as an opportunity for relaxation, stress reduction, and relief of muscular tension. As in the case with any physical activity, the risk for injury, even serious or disabling, is always present and cannot be entirely eliminated. 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 and/or Pilates is not a substitute for medical attention, examination, diagnosis, or treatment. Yoga and/or Pilates is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga and/or Pilates. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Sheri Baemmert of PRAJNA LLC:

I agree to the following:

1. Copyright Acknowledgement
2. Photo-Video-Audio Guidelines and Release
3. Teacher-in-Training Code of Ethics
4. Catalog Release
5. Ownership and Governance
6. Liability Waiver

Signature _____ Date _____

Printed name _____



Application Form

Pilates Teacher Training

at PRAJNA in Eau Claire, WI



PLEASE PRINT CLEARLY

Full Name (as it might appear on a certificate): _____

Nickname (if different from above): _____

Email: _____

Street Address: _____

City: _____

State: _____

Zip Code: _____

Primary Phone Number: _____

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How long have you been practicing Pilates? _____

What apparatus have you used? _____

What portion of the Advanced Studies Program do you plan to attend?

- Module 1 Module 2 Module 3

Where (city/studio) do you currently practice? _____

How long have you been teaching? _____

Have you successfully completed another teacher training program? _____

If yes*, Where? _____ With whom did you study? _____

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Please include your \$300 application fee. It is applied toward tuition.

Submit this via email or mail to:

sheri@baemmert.com

PRAJNA LLC, 705 S Barstow Street, Eau Claire, WI 54701

Signature _____ Date _____



PRAJNA LLC

ADVANCED STUDIES PROGRAM PAYMENT AND PARTICIPATION AGREEMENT FORM

Pilates Teacher Training

I, _____ (print name,) agree to pay PRAJNA LLC on time and in full for the PRAJNA Advanced Studies Teacher Training Program. I will be attending and making payment for the following (check all that apply):

- Application fee: \$300 (due when applying, goes towards tuition)
- Module 1: \$1100 (exam included)
- Module 2: \$5210 (6 private sessions and 8 group equipment classes included)
- Module 3: \$950 (exam included)
- Module 2 Lectures Only: \$2000
- Module 3 Lectures Only: \$700

By signing this agreement below, I agree to make my payment in full of \$ _____. Any prepaid amount will be deducted from the total balance.

Total Due: \$ _____.

- Prepaid \$ _____.

Balance Due: \$ _____.

Full payment due February 7, 2025 for Module 1; April 11, 2025 for Module 2; and October 31, 2025 for Module 3. Late payment will be charged a \$25 late fee per day.

Payment method: Cash \$ _____ Check \$ _____ Credit Card \$ _____ (+3% processing fee)

Continuation of nonpayment will result in termination from the program. Certification of completion will not be given without full tuition payment being received.

Signature _____ Date _____

Printed name _____

