



Congratulations on starting your Seven Spiritual Laws of Yoga Teacher's Path.

In order to receive your materials and begin your Home Study, the following documents are required:

1. Seven Spiritual Laws of Yoga Home Study Application
2. One-page essay, describing your intentions and desires to become a Seven Spiritual Laws of Yoga instructor, as detailed in the Seven Spiritual Laws of Yoga Home Study Application
3. Seven Spiritual Laws of Yoga Enrollment Agreement
4. Seven Spiritual Laws of Yoga Waiver of Liability
5. Seven Spiritual Laws of Yoga Code of Ethics Form
6. Health Information Form

Please find the necessary documents on the following pages.

Important reminders for completing paperwork:

- Please send all completed forms and essay back by email, fax or regular mail as soon as possible, regardless of your intended date to attend the certification course.
- When submitting the Enrollment Agreement, please submit all pages, even pages without signatures.
- Please note that electronic signatures are not legally acceptable, so all forms must be printed, manually signed and emailed, faxed or mailed in.
- Please keep a copy of each form for your records.
- Please submit by one of the following methods:

1. Mailing address:

Chopra Center
ATTN: Teresa Long
2013 Costa del Mar
Carlsbad, CA 92009

2. Fax: 760-431-1346

3. Email: ccu@chopra.com



*The Seven Spiritual Laws of
Yoga*

Certification Course Application

(Please Print Clearly)

Date _____

Name _____

Mailing Address (where you would like the home study kit mailed to, no PO address):

Home Phone _____ Work Phone _____

Cell Phone _____ E-mail _____

Occupation _____

(If you are a yoga teacher please include your credentials and the style that you teach)

Education / Training _____

Primordial Sound Meditation Instruction:

Instructor _____ Place: _____ Date _____

Attendance at:

Journey into Healing: Location: _____ Date _____

Seduction of Spirit: Location: _____ Date: _____

Scheduled date of Certification Courses _____

Are you currently a Chopra Center Certified Instructor? Yes _____ No _____

If yes please list your certification(s): _____

What languages do you speak fluently? _____

Where do you plan to do most of your instructing?

City _____ State _____ Country _____

Other areas where you will be instructing _____

Please list other programs for self-improvement/knowledge that you practice:

Have you practiced meditation and or yoga? Yes___ No___

If Yes, what forms and for how long?

Do you currently practice yoga daily? _____ Duration of practice _____

How many times per week? _____

Are you satisfied with your practice? Please comment.

Other skills and talents related to teaching the Seven Spiritual Laws of Yoga:

Essay:

Please include a one page essay on why you would like to become a certified instructor of Seven Spiritual Laws of Yoga.

Signature _____ **Date** _____

SEVEN SPIRITUAL LAWS OF YOGA TEACHER TRAINING CERTIFICATION COURSE ENROLLMENT AGREEMENT

This Agreement is entered into as of today's date _____ between the Chopra Center For Well Being, Chopra Enterprises, LLC. with its offices at 2013 Costa del Mar Road, Carlsbad, CA 92009, and _____ (hereinafter "Student").

The training shall be considered to have begun upon enrollment and shall be finished upon the successful completion of the Teacher Training Course.

1. In consideration of the following terms and conditions, the Chopra Center agrees to:

- 1.1** Instruct and train Student in the methods and procedures for a specific yoga technique called The Seven Spiritual Laws of Yoga (SSLY). This training will include how to teach The Seven Spiritual Laws of Yoga class and other vital information to teach to others.
- 1.2** This training may include future instruction in additional techniques, updating and/or modifying prior instructions and continuing education. It is required that you attend the Seduction of Spirit or Seduction of Silence seminar every two years after your graduation date. If you are outside of North America you are required to attend a teleconference every two years after your graduation date.
- 1.3** Provide Student with original copies of the materials necessary to complete the Teacher Training Course. This may include video, audio and written materials.

2 Certification Course

- 2.1** Upon successful completion of the following items, Student shall receive a Seven Spiritual Laws of Yoga certificate from The Chopra Center for Well Being.
- 2.2** Attendance at the prerequisite six-day seminar, titled Seduction of the Spirit, as a participant, at a location determined by the promoter of the seminar. Attendance must be within three years of registering for the Certification Course.
- 2.3** Attendance at the required four-day seminar, titled Journey Into Healing, as a participant at a location determined by the promoter of the seminar. Attendance must be within three years of registering for the Teacher Training Course and completed within 18 months of the Training Course, Part B.
- 2.4** Successful completion of the Part 1 - Home Study course (approximately 75+ hours of study and practical hours).
- 2.5** Completion of an at-home, written pre-test, 30 days prior to the scheduled Preparatory Training Course, Part A.
- 2.6** Completion of a telephone interview with a Chopra Center staff member prior to the scheduled Preparatory Training Course, Part A.

- 2.7 Attendance at the scheduled seven-day, Preparatory Training Course, Part A (approximately 70+ hours) at a location determined by the Chopra Center for Well Being or promoter. (Part 2)
- 2.8 Part 3 - Two month At-Home Study and Practical (approximately 50+ hours). Teleconferences attendance is mandatory during this period.
- 2.9 Attendance at the scheduled seven-day, Certificate Training, Part B (approximately 70+ hours) at a location determined by the Chopra Center for Well Being or promoter. (Part 4).
- 2.10 Practicing Primordial Sound Meditation for at least three months prior to beginning of the Preparatory Training, Part A of the Teacher Training course.
- 2.11 Practicing the Sutra program taught at the Seduction of Spirit seminar.
- 2.12 Proof of completion of a four hour CPR course. Must be completed by Certificate Training Course, Part B.
- 2.13 Passing of all credentialing examinations during the Certificate Training Parts A and B.
- 2.14 Upon certification Student shall be authorized to teach the Seven Spiritual Laws of Yoga class to the general public and Student shall have the right to identify himself or herself as a "Chopra Center Certified Seven Spiritual Laws of Yoga Instructor" or "Chopra Yoga Instructor" in any advertising media. However, nothing herein shall be construed to give Student the right to use the term "Seven Spiritual Laws of Yoga" or any other trademark or trade name used or owned by the Chopra Center for Well Being in any corporate name, trade name, business name, fictitious name or any other style of business employed by Student.

3. Student agrees to:

- 3.1 Pay the Chopra Center for Well Being the appropriate fees for the prerequisite and required seminars and any training courses, including advanced programs and continuing education. Complete and return all required paperwork for enrollment. Paperwork includes this signed Agreement Form, Application Form, Yoga Waiver Form, Code of Ethics Form and Health Information Form.
- 3.2 Hold in confidence all confidential information (oral and written) disclosed to him or her by the Chopra Center for Well Being during the term of this Agreement, including but not limited to marketing information as well as mantra selection information, prices, discount and other business and financial data, regardless of form. Student will use such information or data and disclose it to others only to the minimum extent required in order for the Student to perform his or her obligation under this Agreement or under any applicable law or governmental, arbitral or court decision.
- 3.3 Upon termination of this Agreement, to return all teaching materials and any other property belonging to the Chopra Center for Well Being or its representative within seven days.
- 3.4 Once certified use marketing materials provided by the Chopra Center according to policies. Sign the Marketing Agreement form provided at Certificate course and/or when accessing the marketing materials provided.

4. The Chopra Center Teacher Training Commitment Policy

4.1 Students who register for any of the Chopra Center's Certification Course Training Programs (Primordial Sound Meditation, Perfect Health, Seven Spiritual Laws of Yoga) have 36 hours from the time of The Chopra Center's receipt of required paperwork in order to cancel and receive a full refund. Required paperwork includes the completed application, enrollment agreement, and health information form. After 36 hours from the time of receipt of required paperwork, the following commitment schedule applies:

4.2 After 36 hours from the receipt of required paperwork the paid tuition will become a non-refundable credit that the student can use towards any future Certification Course Training Programs.

4.3 If student decides not to attend a Certification Course Training Program, the complete home study kit must be returned to the Chopra Center. A Chopra Center Program Voucher will be issued minus a \$500 administrative fee.

4.4 Certification will be considered official upon satisfactory completion of the Seduction of Spirit, Journey into Healing, and all required seminars, programs and tests. Students who do not attend the certification week at the Chopra Center within 18 months of enrollment will be removed from the active roster and put into a hold status. To re-enroll, students will be required to re-attend and complete all required components of the certification course.

4.5 Students are allowed one certification date change within 18 months of enrollment. Any additional changes will result in a date-change fee of \$275.

4.6 Confirmation of attendance is required 30 days prior to the scheduled certification week. Any change within 14 days of scheduled certification week will result in a date-change fee of \$275.

4.7 Change Fee for Part B of Training

Once registered for the Seven Spiritual Laws of Yoga Teacher Training you are required to attend and complete the scheduled Part A and correlating Part B. If you do not attend and complete the scheduled correlating Part B of the Seven Spiritual Laws of Yoga Teacher Training you will be automatically be charged a change fee of \$575. The only way to waive the change fee is a written doctor's note with valid medical reasons of non attendance of Part B of the training. No exceptions.

4.8 Students who attend the certification week but do not successfully complete all required testing or attendance, will have to attend the next certification week at an additional fee of \$1000.

5. Term of Agreement

5.1 The term of this Agreement shall continue from this date until either the Chopra Center for Well Being or Student terminates it by giving the other a written notice without cause, effective two weeks.

5.2 In addition, The Chopra Center for Well Being shall have the right to terminate this Agreement, effective immediately, by providing written notice to the Student upon the occurrence of any of the following events:

- i.** death or mental incapacity of Student;
- ii.** violation of any of the terms of this Agreement.
- iii.** refusal of admission to Certification Teacher Training Courses and/or prerequisite and required seminars.

6. Student's Obligations Upon Termination

6.1 Student shall take the following actions promptly upon termination of this Agreement:

6.2 All printed materials owned by the Chopra Center for Well Being shall be returned.

7. Confidential Information

7.1 Student acknowledges that in the course of this Agreement he will receive and/or generate confidential information. For the purpose of this Agreement, both sides acknowledge that all techniques and knowledge specifically developed by Dr. Deepak Chopra and Dr. David Simon and the Chopra Center for Well Being staff for The Seven Spiritual Laws of Yoga Teacher Training Certification Course shall be considered confidential. The parties acknowledge that other information that is passed between the parties but which has not been disclosed to the general public shall also be deemed confidential.

7.2 Upon the termination of this Agreement, Student shall surrender any such information it has in any tangible form to the Chopra Center for Well Being.

7.3 Both parties acknowledge that the Chopra Center for Well Being will be irreparably harmed by a breach of this Section 7, and, that because such harm cannot be adequately compensated by monetary damages the most appropriate remedy shall be an injunction or other appropriate equitable relief to enjoin dissemination of confidential information.

8. The Chopra Center for Well Being Trademarks and Trade names

8.1 Except as expressly stated herein, Student shall have no right to use any Chopra Center for Well Being trademark or trade name, including, but not limited to "Seven Spiritual Laws of Yoga." Both parties acknowledge that Student's breach of this Section 8 will cause irreparable harm to the Chopra Center for Well Being which cannot be adequately compensated by monetary damages and, accordingly, the Chopra Center for Well Being shall be entitled to an injunction or other appropriate equitable relief in order to enforce the provisions of this Section.

9. Unauthorized Representations

9.1 Student shall not act as an agent for the Chopra Center for Well Being or represent The Chopra Center for Well Being in any manner and agrees to indemnify The Chopra Center for Well Being for any claims made against The Chopra Center for Well Being which arise out of any unauthorized representations made by Student.

10. Relationship Between the Parties

10.1 The relationship between The Chopra Center for Well Being and Student during the term of this Agreement shall be one of independent contracting parties.

11. Arbitration and Enforcement

- 11.1** Every effort will be made by both parties to settle any controversy or claim arising out of or relating to this agreement. However, if this is unavoidable, then it shall be submitted to arbitration before and in accordance with the rules of the American Arbitration Association and judgment upon the award may be entered in any court having jurisdiction thereof. The site of the arbitration proceedings shall be the regional office of the American Arbitration Association, which is located in the Greater San Diego area.
- 11.2** Notwithstanding the preceding paragraph, nothing herein will limit either party's right to obtain any provisional remedy, including, without limitation, injunctive relief, equitable relief, writs of attachment, trustee process or for recovery of possession, or similar relief from any court of competent jurisdiction.
- 11.3** The Chopra Center for Well Being and Student consent to the jurisdiction of the courts of the Greater San Diego area in connection with any litigation that may be instituted to enforce this Agreement, including any action instituted to enforce any arbitration award. This clause shall not be deemed to have waived the Agreement to arbitrate contained in Section 11.1.
- 11.4** In the event it is necessary to institute legal action or an arbitration proceeding to enforce this Agreement, the Student shall be responsible for their own attorneys' and any fees to proceed in court.
- 11.5** Any questions or problems concerning this school which have not been satisfactorily answered or resolved by the school, should be directed to The California Department of Consumer Affairs Consumer Information Center at: Department of Consumer Affairs Consumer Information Division, 1625 North Market Blvd., Suite N 112 Sacramento, CA 95834, (800) 952-5210.

12. Governing Law

- 12.1** This Agreement shall be governed by and construed in accordance with the laws of the Greater San Diego area, USA.

13. Limitation of Liability

- 13.1** The Chopra Center for Well Being's liability, and Student's sole remedy, shall be limited to the return of any monies charged the Student.

14. Notice

- 14.1** Any notice required hereunder shall be deemed effective if given in writing and sent (a) by registered mail, postage prepaid, or (b) by cable or fax to the other party at the address indicated in the first paragraph of this Agreement, or to such other address as may have been specified by such other party in writing for the receipt of notices directed to it.

15. Severability

15.1 If it is found that any portion or portions of this Agreement violates, or is invalid under, the laws of the United States, any state, local or other legally constituted authority, or any governmental or executive order or regulation, at the option of the Chopra Center for Well Being this Agreement may be terminated forthwith by written notice, or such portion or portions may be declared of no force or effect and this Agreement construed as though such portion or portions had not been inserted herein, and the remaining Agreement shall remain in full force and effect.

16. Entire Agreement

This Agreement constitutes the entire Agreement between the Chopra Center for Well Being, Enterprises, LLC and the Student, superseding any prior agreement. No modifications of the Agreement shall be binding unless in writing and signed by Student and an authorized representative of the Chopra Center.

Once signed and accepted by the Chopra Center for Well Being this Agreement shall be legally binding on both parties. In witness whereof, the parties have executed this Agreement.

My signature below certifies that I have read, understood and agreed to my rights and responsibilities and that the institution's commitment and refund policies have been clearly explained to me.

Student Printed Name _____ **Date** _____

Student Signature _____ **Date** _____

Student Address _____

Chopra Center for Well Being

Signature _____
2013 Costa del Mar Road, Carlsbad, CA 92009

THE SEVEN SPIRITUAL LAWS OF YOGA

CODE OF ETHICS

As a Seven Spiritual Laws of Yoga teacher, I recognize that it is my responsibility and privilege to support the physical, mental and spiritual well being of my students, and uphold the dignity and integrity of the yoga lifestyle. I hereby agree to abide by the following ethical code:

Relationship With Students

In recognition of the trust placed in me, by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching yoga to all persons regardless of sex, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, political affiliation, or sexual orientation.
- Avoid any contact that will conflict with the highest interest of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even upon invitation from that student.

Professional Conduct:

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, or suggest/approve of going against a physician's advice.
- Take continuing education courses in yoga or teaching related subject matter on a continual basis.
- Be honest, straightforward, fair and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practices.

Advertising:

In brochures, advertising or any written/verbal descriptions of my services, I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities and affiliations accurately and unambiguously.
- Not falsely imply sponsorship through representation of, or endorsement by, any organization.

I understand that any reports of my breaching this code will be fairly investigated by Chopra Enterprises and may lead to revocation of my Seven Spiritual Laws of Yoga certification.

I have read and understand this code of ethics and hereby agree to honor its provisions:

Signature: _____

Date: _____

Print Name: _____

The Seven Spiritual Laws of Yoga Certificate Course

Agreement of Release and Waiver of Liability

I, _____, hereby agree to the following:
(Signature)

1. That I am participating in the Seven Spiritual Laws of Yoga Certificate Course (SSLYCC) offered at the Chopra Center by Chopra Enterprises, LLC and its instructors during the period which I will receive information and instruction about yoga. I recognize that all physical exertion may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the SSLYCC. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in the SSLYCC.
3. In consideration of being permitted to participate in the SSLYCC, I agree to assume full responsibility for any risks, injuries or damages known or unknown, which I might incur as a result of participating in the SSLYCC.
4. In further consideration of being permitted to participate in the SSLYCC, I knowingly, voluntarily and expressly release and forever discharge , Chopra Enterprises, LLC, the Chopra Center and La Costa Resort and Spa and their respective officers, directors, members, employees and agents from any and all injuries, deaths, actions, complaints, causes of action, grievances, claims, damages, losses, demands and/or any other liabilities of any kind (“Claims”) which have been or could be asserted arising out of, or relating in any way to, my participation in the SSLYCC.
5. For myself, my heirs, executors, administrators and assigns, I hereby agree to indemnify and hold harmless Chopra Enterprises, LLC, The Chopra Center and La Costa Resort and Spa and their respective officers, directors, members, employees, agents and fellow participants from any and all Claims arising out of, or relating in any way to, my participation in the SSLYCC offered by Chopra Enterprises, LLC.

I have carefully read the above release and waiver of liability and indemnification agreement and fully understand its content. I voluntarily agree to the terms and conditions stated above.

Signature of Applicant

Date

Health Information Form

1. Please describe the current state of your health:

_____ Poor _____ Average _____ Good _____ Great

2. Are you taking any long-term prescription or over-the-counter medication?

_____ Yes _____ No

If so, please list the medication and reason you are taking it.

3. Please describe any other health or medical condition(s) below:

4. Please ask any questions or voice any concerns that you have about participating in yoga classes:

5. Is there anything else I should know about you or your health:

Name

Date

Street Address

Phone

City, State, Zip Code

E-Mail Address