



The School of Yoga and Healing

078 0085 0307

ytt@yogawithesme.com

schoolofyoga-healing.com/yoga-trainings/

YOGA TEACHER TRAINING PARTICIPANT RESPONSIBILITY AGREEMENT

All participants in the School of Yoga and Healing's 200-hour Yoga Teacher Training (YTT) are required to read and sign this Participant Responsibility Agreement. If you have any questions about this agreement, please contact Esme Lopez on 078 0085 0307 or email ytt@yogawithesme.com.

COURSE PARTICIPATION

The School of Yoga and Healing's YTT is a 200-hour curriculum designed to provide a comprehensive, balanced education that includes exploring various belief systems. As a participant, I understand that some of these beliefs may differ from my own. I acknowledge that the training is not intended to change my personal beliefs, but rather to encourage respect for all ideas and practices presented.

The practice of yoga often involves pushing boundaries and confronting personal limitations, which can affect individuals physically, emotionally, and psychologically. I recognise that each person's level of fitness – whether physical, emotional, or psychological – varies, and that some activities may not be suitable for me based on my individual capabilities.

I understand that the instructors and staff are not responsible for managing my personal needs, and that I am solely responsible for my experience and well-being throughout the course. I further acknowledge that neither Yoga with Esme nor any of the course instructors are liable for any negative physical, emotional, or psychological outcomes resulting from my participation in exercises.

Although attendance is mandatory for certification as a vinyasa yoga teacher, I understand that I am not required to participate if I feel unsafe in any way. I am responsible for honouring my own physical, emotional, and psychological boundaries, and if I feel unsafe at any time, I will stop and immediately notify a staff member.

SUBSTANCE USE

I understand that the use of alcohol or recreational drugs is strictly prohibited during YTT hours, as well as on the premises where the course is held.

I accept that violating this policy will result in immediate dismissal from the programme, with no refund.

MULTIMEDIA RELEASE

I acknowledge that photographs, videos, and audio recordings may be taken throughout the course for promotional purposes.

By signing this agreement, I consent to being photographed, videoed, and recorded during the course. I grant permission for these media to be used to promote the YTT, including on social media platforms and websites such as www.schoolofyoga-healing.com www.yogawithesme.com.

If I prefer not to be photographed or recorded during the course, I will notify the course director and sign the attached opt-out form. I understand that I will be relocated to an area of the room where I am not included in photos or videos.

If I change my mind before the course begins, I can download another opt-out form at schoolofyoga-healing.com/yoga-trainings/.

Should I decide to opt out after the course has started, I understand that any photos or videos taken prior to this request may still be used for promotional purposes.

SOCIAL MEDIA

I understand that while I may wish to photograph or record parts of the course to share on my personal social media profiles, other participants may not feel the same way.

While I am encouraged to leave reviews and tag *School of Yoga and Healing*, *Yoga with Esme* and *Yoga Teacher Training*, I will not publish any photographs, videos, or audio recordings of others – staff included – without their explicit permission.

If I post anything without permission, I agree to promptly delete the content upon request and acknowledge that the School of Yoga and Healing is not responsible for any consequences should I fail to comply.

RELEASE OF LIABILITY

By reading and understanding the risks and responsibilities outlined above, I hereby release the School of Yoga and Healing, Yoga with Esme, and all instructors and representatives included in the YTT from any responsibility, claims, medical expenses, or other costs related to my participation in the course, whether these arise during the training or from my use of the information and instruction outside of course hours.

I agree to abide by the terms of this Participant Responsibility Agreement and understand that it constitutes a legally binding contract.

Signature:

Print Name:

Date:



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PHOTOGRAPH, VIDEO AND/OR SOUND RECORDING OPT-OUT

I wish to opt out of all photographs, video, and audio recordings.

As a participant in the School of Yoga and Healing's 200-hour Yoga Teacher Training, I understand that if I opt out before the course begins on **Friday 23rd January 2026**, I will not be included in any photographs, videos, or sound recordings taken throughout the course. I acknowledge that I will be required to move to an area of the room that is not in shot during times when photographs or recordings are being made.

I also understand that if I opt out during the course, any photographs, videos, and/or audio recordings taken prior to this date may still be used for promotional purposes.

Signature:

Print Name:

Date: