



## Yagoy | 50-hour Yoga Nidra Continuing Education Enrollment Procedure | February 2025

We are truly excited and happy to host you in this transformational journey of self-development, self-knowledge and learning. Looking forward to your lovely presence and the moments we will share in getting to know yoga in the most mindful way.

To register, please read the instructions below. This Registration package consists of a Registration form, a Financial Agreement form and the General Terms and Conditions.

### **The to be completed steps to your final Registration:**

- 1) Printing this Registration Package
- 2) Filling out the **Registration form**
- 3) Filling out and signing the **Financial agreement form**
- 4) Reading and signing the **General Terms & Conditions**

*Note: please make sure that all these 3 parts (steps 2, 3 and 4) are completely filled out and signed where required, otherwise your registration is incomplete and cannot be confirmed.*

- 5) Sending in your form | please email your registration package to [trainings@yagoy.nl](mailto:trainings@yagoy.nl); either by taking clear and readable pictures of the pages of the form with your phone or by scanning them. Registration forms can only be sent in by email.
- 6) After receiving your completed and signed Registration package, we will confirm your registration within 7 days through email.
- 7) Within 7 days after receiving our confirmation, you must transfer the deposit (see financial agreement) to guarantee your spot in this Teacher Training. Your registration is final, and your spot can be guaranteed after this deposit is paid by you. Please email us after you transferred the deposit ([trainings@yagoy.nl](mailto:trainings@yagoy.nl))
- 8) You will receive a final confirmation of participation from our office after the deposit is made and a welcome e-mail from Yagoy and your teacher with training launch details, no later than 2 weeks prior to the training.
- 9) Now the countdown to your training starts.

Stay Happy!

# REGISTRATION FORM

## Yagoy | 50-hour Yoga Nidra Continuing Education

### Personal details

First Name:

Last name:

Address:

Postcode & City:

E-mail address:

Telephone:

Date of Birth:

Gender / Pronouns:

Emergency Contact name:

Emergency Tel No:

### Yoga Experience

How long have you been practicing yoga and in which tradition/style?

Tell us some more about your current yoga practice? (number of classes per week, home practice, etc.)

Have you completed another Yoga teacher training?  Yes  No

If yes, what type of training (including training hours, tradition/style)?

Do you have any experience with teaching yoga?  Yes  No

If yes, how long have you been teaching and in which tradition/style?

### Expectations & Intention

Do you have specific expectations from this training?

What do you intend to learn or work on, on a personal level?

**Physical Health & Conditions**

Are there any major illnesses, surgeries, injuries, or physical conditions from the past or present we should know about? It is beneficial for you and for the trainer to know about your condition prior to the training, so that we can offer appropriate support and recommendations.

**Emotional Health**

Please, tell us about your emotional and mental health. We are here to hold a safe and confidential space for you during the duration of this training. Your emotional wellbeing is an integral part of this training. We will support you to the best of our abilities and within the scope of our expertise.

Do you receive medical treatment or use any medication?

**General**

How do you know about Yagoy and this Yoga Nidra Continuing Education?

What does Yoga mean to you? (the first thing that comes to your mind?)

Why are you interested in this Yoga Nidra Continuing Education?

Is there anything else you would like to share with us?

(Please sign this form here below)

**Place**

**Date**

**Signature**

# FINANCIAL AGREEMENT

Please select the payment rate of your choice below. The course fee includes the course manual as leading content of the training. The further required reading is not included in the course fee.

- Early Bird Rate** | *there are a maximum of 5 Early Bird admissions available. After these sell out the Regular payment option is the only one available. You will be notified per mail if the Early Bird option is sold out and the website will be updated with within 2 business days.*

**€ 600 to be paid in full before 1 January 2025**

To finalize and complete your registration, you will need to pay the deposit of € 200 within 7 days after your acceptance and send us a print screen of the transfer per email.

The remaining amount after the deposit is €400 and must be paid before 1 January 2025.

- Regular Rate**

**€650 to be paid in full before 1 February 2025**

To finalize and complete your registration, you will need to pay the deposit of € 200 within 7 days after your acceptance and send us a print screen of the transfer per email.

The remaining amount after the deposit is € 450 and must be paid before 1 February 2025.

**All payments are to be transferred to the account below:**

## Banking details Yagoy

Name: Yagoy

IBAN: NL18BUNQ2035352681

BIC: BUNQNL2AXXX

Subject: Your name + NIDRA CE FEB + the kind of payment (deposit / full payment)

I have read and understood the Financial Agreement mentioned and agree to them.

**Place:**

**Date:**

**Signature:**

# General Terms and Conditions | Yagoy Teacher Trainings

## 1 Definitions

- 1.1 Registration Form: the registration form of Yagoy that must be filled out and signed by the registering participant prior to the Yoga teacher training of Yagoy.
- 1.2 Conditions: these terms and conditions as applied by Yagoy to the yoga teacher training of Yagoy, which have been published on Yagoy's website [www.yagoy.nl](http://www.yagoy.nl), as well as provided with the registration form of aforementioned training. The General Terms are of effect from the date of signing until the last date of the applicable Teacher Training course.
- 1.3 Yagoy: Yagoy is situated in (1057 EG) Amsterdam, at Postjesweg 106-I, and has been registered with the trade register (handelsregister) under number 691.02.392
- 1.4 Deposit: the deposit, as mentioned on the registration form, that must be filled out and signed by the registering participant prior to the yoga teacher training of Yagoy, which must be paid by this participant prior to said training.
- 1.5 Financial agreement: the agreement between Yagoy and the registering participant of the Yoga teacher training of Yagoy that forms part of the registration form for mentioned training, in which the forms of payment for this training are set forth.
- 1.6 Student: the person who wishes to take, or is taking, as the case may be, the Yoga teacher training of Yagoy.
- 1.7 Teacher/Trainer: the Yoga teacher who has been contracted by Yagoy to teach Yoga classes during the Yoga teacher training of Yagoy.
- 1.8 Tuition: the fee to be paid by the person who wishes to take, or is taking, as the case may be, the yoga teacher training of Yagoy. This fee is mentioned on the registration form that has to be filled out and signed by the aspiring participant prior to said training.
- 1.9 Training: the 85/200-hours training offered by Yagoy that trains its participants to become a yoga teacher.
- 1.10 Yoga Alliance: Yagoy is a Registered Yoga School under the terms and conditions of Yoga Alliance. For more information visit [yogaalliance.org](http://yogaalliance.org).
- 1.11 Website: the website of Yagoy: [www.yagoy.nl](http://www.yagoy.nl)

## 2 Applicability

- 2.1 These conditions are exclusively applicable to (the participation in) the Training. By partaking in the Training, as the case may be, the Student agrees with the applicability of these conditions.
- 2.2 Yagoy may change these conditions from time to time. The current and valid version is always provided at the Website. Yagoy will announce possible changes previously, by e-mail.

## 3 Participation and Evaluation

- 3.1 Students may only participate in the Training, as the case may be, after they have filled out the Registration Form completely, signed it for approval and sent it to Yagoy, and subsequently have received a written invitation from Yagoy to participate in the Training.
- 3.2 Students must be present for all classroom hours. Options to re-take in-class hours discussed under 3.3. In case of hours missed, Yagoy can no longer guarantee the chance of obtaining a certificate.
- 3.3 Missed contact hours may be made up, in specific cases, subject to the availability and approval of the training lead. These will be invoiced to the student at a rate of €50 (ex. VAT) per hour directly by the training lead.
- 3.4 Failed exams can be rescheduled once without costs. Missed exams or further retakes will be for a fee of €200 per exam.
- 3.5 Participation in the program and completing the hours alone does not mean the Student passes receives certification. Certification requires the passing of written and practical exams, handing in homework, and evaluations.
- 3.6 Certificates issued by Yagoy can be submitted to Yoga Alliance for the Student to obtain a YA Certification. For more information visit [yogaalliance.org](http://yogaalliance.org)

## 4 Payment and Prices

- 4.1 The current tuition fee for the Training is mentioned on the Registration Form.
- 4.2 The ways of paying the Tuition, including a possible payment plan, will be agreed upon between the Student and Yagoy by filling out and signing the Financial Agreement.
- 4.3 Payment in terms: If you miss a payment deadline that includes an upcoming training weekend, the weekend can only be joined the payment has been transferred.

## 5 Cancellation

- 5.1 The Student shall make the Deposit for the Training as mentioned on the Registration Form. After receiving the confirmation of acceptance to the training, the student has 14 days to change his/her mind and withdraw their registration, with refund of the deposit if already paid. Subject to article 5.2, after payment by the Student the Deposit will under no circumstances be refunded.

5.2 The Student may cancel their registration for the Training with full refund of the amount paid (minus the Deposit), until one (1) month prior to the start date of the Training. This can be done by e-mail to: [trainings@yagoy.nl](mailto:trainings@yagoy.nl). Subject to article 5.3 and 5.4.

5.3 Early bird payments are under no circumstances refundable.

5.4 In the case the Student cancels their registration for the Training within one (1) month prior to its commencement, the Tuition will not be refunded, or the Tuition will be charged to the Student.

5.5 Yagoy has the right to cancel the teacher training in case of not enough applicants or personal or business circumstances. Yagoy will refund the paid course fees within 10 working days after cancellation.

## **6 Health**

6.1 The Training has an intensive schedule and curriculum that is physically, mentally, and emotionally demanding. By participating, the Student declares that he/she is healthy on a medical and mental-health level and is ready to fully participate in the demands of the program of the Training. We discourage students from joining the training if they plan to become or are pregnant. In case of withdrawal from the training due to pregnancy, the training fee will not be refunded.

6.2 By participating in the Training, the Student declares that he/she is aware that it is his/ her own responsibility to take care of his/her own health and well being during such training at all times.

## **7 Code of Conduct**

7.1 Students shall adhere to Yagoy's code of conduct at all times:

- Come to the yoga class clean.
- The use of (unscented) deodorant is highly appreciated. Because of some Student's sensitivities or allergies, please refrain from wearing any perfume, aromatherapy or other scents.
- Wear clean, comfortable clothing during the yoga class.
- It is advised not to eat later than 2 hours prior to a yoga class. In any case, do not practice yoga on a full stomach.
- No shoes in the yoga studio, and no glass in the rooms.
- Phones should be turned off/put on flight mode during the Teacher Training Weekend.
- Yagoy provides yoga mats for use during the yoga classes. The yoga mat should be cleaned and put away by the Student who has used it.
- In order to provide optimum (inner) peace, all Students are requested to refrain from talking in the yoga studio and to keep a low voice in the other spaces.
- The (physical) integrity of the Students shall be respected at all times.
- Arrive at least 15 minutes early and no later than the start of class. If the student arrives late, the Student will not be counted for that portion of the day's attendance.

7.2 The Student must be able to support the group learning process. The Student may be requested to leave the Training, if it is determined by the Teachers that his/her participation would in any way compromise a safe and cohesive learning environment or are in conflict with the Yoga Alliance Ethical guidelines.

<https://www.yogaalliance.org/AboutYA/OurPolicies/CodeofConduct>

7.3 Yagoy reserves the right, at its discretion, to deny Students entrance to Yagoy and terminate their participation in the Training, as the case may be, who do not adhere to the code of conduct as set forth in article 7.1 and 7.2, or do otherwise disturb the peace, without reimbursing any already paid Tuition.

## **8 Liability**

8.1 Yagoy shall not be liable for any injury, loss or damages in connection with, or resulting from, participation in the Training.

8.2 The Student will never engage Yagoy, the Teachers, or any of the supporting staff, in legal proceedings relating to possible damages in whatever form, that may be the result of participation the Training.

8.3 Yagoy only works with qualified yoga teachers and will always offer yoga classes of the highest quality, nonetheless, there is always a risk of injury involved when taking a yoga class. By participating in the Training, as the case may be, the Student accepts such risk of injury. Yagoy offers the following guidelines to diminish the risk of injury:

- Consult with a physician when you are not sure you are completely healthy, or if you are pregnant, before starting to take yoga classes.
- If you have an injury, or other physical issue, inform the yoga teacher thereof before you start your yoga class.
- Listen to and follow the instructions of the yoga teacher.
- Be conservative when exercising yoga and listen to your physical limitations.
- Don't do any exercises that are painful.
- Ask questions when you do not understand an exercise.

## **9 Copyright**

9.1 All Yagoy materials are under copyright protection of Yagoy and cannot be reproduced by the Student without permission of the author. Failure to comply may result in legal action. This includes both the course layout, other shared documents and the student manual.

## **10 Personal data**

10.1 Yagoy collects personal data of the Students in order to keep a file of its members and for the exercising of payment orders. Yagoy shall be careful while collecting these data and will always comply with the applicable Data Protection act (Wet Bescherming Persoonsgegevens).

10.2 Yagoy will also use the personal data as mentioned in clause 10.1 to keep the Students informed about Yagoy's activities, and possible changes in, e.g., the class schedule. If the Student does not want to receive any communication from Yagoy, he can opt-out by sending e-mail to: [info@yagoy.nl](mailto:info@yagoy.nl). The Student is informed that in such a case he or she may not be able to make use of all Yagoy's services and products.

10.3 Without prior written consent, Yagoy will never transfer any personal data of the Students to a third party.

10.4 All details that students share with Yagoy, not only personal data but also the private and health issues, are honored in its private nature and are handled with highest care and protection of this information.

## **11 Applicable law, Dispute Resolution, Prevailing language**

11.1 Dutch law applies exclusively to the conditions.

11.2 In case of complaints, please send an e-mail to [trainings@yagoy.nl](mailto:trainings@yagoy.nl). In case we can not solve the issue together, the following certified mediation organization can be addressed to assess and mediate on the issue: <https://www.gecertificeerdemediators.nl/contact/>. Their final decision is binding and will be adhered to by both parties. The costs for this mediation will be equally shared by both parties.

11.3 After sharing your complaint with us through email, you will receive an answer by email within 10 working days. The complaint will be handled and solved within a maximum of 60 days from first contact, if within 60 days the issue is not solved, another 60 day extension to solve the issue applies. In case resolving and the processing the complaint takes longer than the initial 60 days, the student will be notified before the end of the 60 days on the status, and a new estimate will be given on why it is taking longer and a new estimate of date of finalizing the complaint will be provided.

11.4 The complaint will be handled with care and protection of privacy of the complaining party. Also, the complaint will be archived and stays retrievable for a period of 1 year from the first contact.

11.5 The program may primarily be given in English. The Student has the choice to write their papers and exams in Dutch.

I have read and understood the General Terms and Conditions and agree to them.

**Place:**

**Date:**

**Signature:**