



## Course Participant Agreement

By registering for this training and accepting these terms you agree that Atma Ayurveda. (the “Company” or “we/us”) accepts you as participant in this Training and/or Coaching Program ( the “Program”). This Participant Agreement (the “Agreement”) is a binding contract between you and the Company, and determines all of your rights and obligations as a participant in the Program.

By completing your registration you are acknowledging that you have read, agree to and accept all of the terms and conditions contained in this Agreement. Upon acceptance into the Program, you authorize the Company to charge your credit card, or accept your transfer as payment, for your participation in the Program. Furthermore, you agree that if you are accepted in the Program, you are responsible for the full payment fees for the entire Program, whether or not you actually attended or complete the Program, and whether or not you have selected lump sum or another payment plan. Course tuitions will not be refunded once they have begun, as all of the audios and videos are downloadable. Susan wants your full commitment before you begin, as she is fully committed to your progress once you are her student/client. If circumstances necessitate, you may delay your start date one time, incurring a change fee of €150. Course content is Non-transferable and cannot be shared. If participants break this policy it is grounds for expulsion without refund.

We are committed to providing all Program participants with a positive Program experience. By completing your registration, you agree that the Company may, at its sole discretion, terminate this agreement and limit, suspend, or terminate your participation in the Program without refund or forgiveness of the remaining payments if you become disruptive or difficult to work with, if you fail to follow the Program or Participant Agreement guidelines, or if you impair the participation of Program instructors or participants in the Program. We respect your privacy and maintain confidentiality and must insist that you respect the privacy and of fellow Program participants and maintain confidentiality. By completing your registration, you agree not to violate the publicity or privacy right of any Program participant. We respect your confidential and proprietary information, ideas, plans and trade secrets (collectively “Confidential Information”) and must insist that you respect the same rights of fellow Program participants and of the Company.

### **By completing your registration, you agree:**

- (1) not to infringe on any Program participants or the Company’s copyright, patent, trademark, trade secret or other intellectual property rights,
- (2) that any Confidential Information shared by the Program participants or any representative of the Company is confidential and proprietary and belongs solely and exclusively to the participant who discloses it or the Company,
- (3) you agree not to disclose such information to any other person or use it in any manner other than in discussion with other Program participants during Program sessions,

(4) all materials and information provided to you by the Company are its Confidential and proprietary intellectual property, belonging solely and exclusively to the Company, and may only be used by you as authorized by the Company,

(5) the reproduction, distribution and sale of these materials by anyone but the Company is strictly prohibited, and

(6) all materials of the Company are for use only for your private use and these materials may not be used to train others in their use, or be presented in group settings or in any other manner which delivers these proprietary materials.

(7) Further, by completing your registration, you agree that if you violate, or display any likelihood of violating any of your agreements contained therein, the Company and/or the other Program participant(s) will be entitled, in addition to all remedies at law and damages, to injunctive relief to prohibit any such violations to protect against the harm of such violations.

(8) You further agree that all legal actions shall be brought in Amsterdam, the Netherlands and be governed by the laws of the Netherlands and further, that you consent to the personal jurisdiction of courts in the Netherlands.

We have made every effort to accurately represent the Program and its potential. The testimonials and examples used are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual's success depends on many factors, including his or her background, dedication, desire, and motivation. By completing your registration, you acknowledge that there is no guarantee as a result of your participation in the Program. By registering, you also acknowledge that you have represented to the Company that payment of your Program fees will not place a significant financial burden on you or your family.

## **Group Guidelines & Commitments**

### **How To Show Up in this Course**

#### **Commit to Transform**

Show up to your Vitality Recharge Course Group with wholehearted presence and desire to evolve. Recognize that this is a place for you to express your longing for a greater life, a healthier body, a deeper connection to a life on purpose. Here you can be fully engaged and supported. Have the love, trust, and courage to give your attention, your heart and soul to the course work you'll be doing on your own and in the group.

#### **Overcome Resistance**

Often resistance arises before a group call or before a difficult component within the course. When you notice resistance arising, or an excuse to not participate, see it for resistance. Remember your overall goals for being in this program and show up fully. Step into leadership by breaking your challenges into small steps and taking action on those steps. Show leadership in the community by showing up fully and demonstrating how you are willing to try to co-cultivate conscious community.

#### **Play your Edge**

Evolution means moving into new territory. Our conditioned response to being in unknown territory is often discomfort and fear. We are conditioned to see unfamiliarity and its discomfort as negative, so we tend to avoid it. Living on your edge means being willing to accept the emotions that arise in reaction to your emerging growth. In this group you are invited to actively lean into your shadows and edges and see them as signs that you're on the right track. As a participant in this group, you agree to give yourself and other members full permission and support to take risks and try on new ways of being. You agree to show up for your own evolution and the evolution of the whole, even when it feels unfamiliar and uncomfortable. Remember, this is a safe space and we're all in this together.

## **Cultivate Clean Channels**

When we play our evolving edges together, muck and mire can arise between us. If this happens, resolve to clear up any interpersonal tension as soon as possible. If you are bothered about the way something is handled, bring it up for discussion on the forum, on a call, or in a private message. By keeping channels clear, you strengthen your commitment to the process and to the group.

## **How To Show Up on the Live Calls**

### **Commit to Engage**

Our live calls are the beating heart of our group process. The transformative power of these calls is in direct proportion to how fully you participate. Don't tune in passively, like it's a recording. When you divide your attention through multitasking, you dissipate the call's potency, slowing down your progress and draining away the energy of the group. Attend as many live calls as you can make and be ready for action (see below). Give the call your full attention.

### **Be Ready for Action**

Get the most out of these calls by showing up 10 minutes early with your notebook and reflecting on these questions:

- What exactly do you need from the course right now?
- What is your one burning question of the moment? Elaborate with a few bullet points.
- What progress or setbacks have you experienced since the last live call? Elaborate with a few bullet points.

Writing and reflecting in advance of the calls not only helps you bring greater intention to your own process, it makes you more available to speak up with questions and insight for the group.

### **Don't Hide or Dominate**

Some of you will tend to hide and listen. Others will tend to dominate and speak often in our conversation. Be conscious of your tendency and actively step into your growing edge in how you can show up more fully, attentively and vulnerably on our live calls.

### **Listen Deeply**

Our calls are an amazing opportunity to learn, practice and receive deep listening. Listening deeply

means that when someone else is speaking you connect with the essence beneath their words. You lean in to know their experience from their expression and allow yourself to be impacted. The act of listening deeply is edgy and full of evolutionary tension that enables us to co-create a stronger group for transformation in real time. Take it seriously and you'll grow immensely. Deep listening awakens and empowers you, your group, your relationships, and your dharma (career).

## How To Show Up on the Forum

### Give to Receive

Life force is based on giving and receiving. Receive each other with beginner's mind. Be supportive to receive support. Offer feedback when asked and you'll get feedback when you need it. To get the most out of your course, comment on the forum, both giving and receiving, at least once a week. Less than that and you won't be an effective part of the community, which will short-circuit your progress.

### Don't Lurk or Dominate

Just like on the live calls, some of you will tend to lurk and others dominate on the forum. Know your tendency and actively step into your growing edge in how you can show up more fully, attentively and vulnerably.

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

***Atma Ayurveda***  
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