

TERMS & CONDITIONS

Welcome! Ashtanga Yoga School of Nashville, LLC asks that you please read carefully the Terms and Conditions for our Yoga Retreat ("the Program").

Included in the Cost of the Program:

Addendum A details the costs of the program including the included accommodations, included vegetarian meals per day, bottled water at scheduled meal times, yoga and/or meditation sessions, scheduled excursions, guide fees, entrance fees, and land transportation within country.

Not Included in the Cost of the Program:

air fare to and from Program country, accommodation en route to Program country, airport or departure taxes not included with air tickets, passport and visa fees, additional hotel nights before or after scheduled Program dates, unscheduled activities and excursions, alcoholic beverages, phone calls, massage services, shopping, tips and gratuities, laundry or other personal expenses, additional meals, drinks and snacks outside of scheduled meal times, travel insurance, medical and evacuation insurance, medical expenses, costs of hospitalization or evacuation, costs associated with special dietary restrictions, any services not included in the Program's itinerary, any costs incurred due to canceled or delayed flights, acts of nature or other happenings beyond Ashtanga Yoga School of Nashville, LLC's control, or other costs as are more fully described in our Terms and Conditions. If the Program must be extended, terminated, or an itinerary modified due to weather, road conditions, lack of transportation, political or civil disputes, medical emergency or other causes beyond Ashtanga Yoga School of Nashville, LLC's control, all associated costs, including any nonrecoverable costs, are not included in the Program cost and are the responsibility of the Participant. You must obtain trip cancellation and interruption insurance to cover these costs. Note: Program costs are subject to change both before and after registration due to currency exchange rate fluctuations and other circumstances beyond Ashtanga Yoga School of Nashville, LLC's control.

Registration, Deposit and Payment Schedule:

Early registrations are encouraged. The Online Registration Form may be submitted via the YSN website. A non-refundable deposit in the amount specified in Addendum A is due at time of registration to hold the Participant's space. A registration will not be held without a deposit. Participants will receive an invoice for the balance due upon

registration. The remaining balance is due no later than as set forth on Addendum A, regardless of whether other travel arrangements are pending. To complete registration, Participants are required to submit a Participant Travel Information Form along with a copy of their passport picture page and a Medical and Emergency Contact Form. Participants are also required to sign and return the attached Travel Protection/Waiver Form and Release of Liability Agreement no later than the Registration Deadline. Failure to do any of the above may result in the cancellation of the Participant's registration. Note: Ashtanga Yoga School of Nashville, LLC tries to accept late registrations, but cannot guarantee a space to those who sign up late. In the event we are able to accept a registration after the Registration Deadline or later, full payment is due at the time of registration and is non-refundable.

Payment and Cancellation Policy:

All cancellations must be made in writing to Cory Bryant, Ashtanga Yoga School of Nashville, LLC, 1824 Willow Spring Dr, Nashville, TN 37216, USA, or via email to hello@yogashalanashville.com. Cancellations are effective as of the date Ashtanga Yoga School of Nashville, LLC receives written notice from the Participant. Deposits are non-refundable for any reason. The remaining balance (minus the deposit) is 100% refundable until the Registration Deadline as defined on Addendum A, after which time it becomes non-refundable as well. In addition, the Participant is responsible for all airfare and transit accommodation cancellation penalties. Leaving the Program in progress, for any reason whatsoever, will be at the Participant's own expense and risk, and will not result in a refund. No refunds will be made for any unused portions of the Program.

Ashtanga Yoga School of Nashville, LLC reserves the right to cancel the Program because of inadequate enrollment (fewer than 10 Participants) that makes the Program economically infeasible to operate or because of good-faith concerns with respect to the safety, health, or welfare of the Participants. In the event that we cancel a Program prior to the Program start date, Ashtanga Yoga School of Nashville, LLC will notify Participants via email prior to departure and provide them with a full refund, deposit included, within 30 days of cancellation. Ashtanga Yoga School of Nashville, LLC is not responsible for any additional expenses incurred in relation to the Program such as air tickets, passport and visa fees or medical visits in preparation. Ashtanga Yoga School of Nashville,

LLC shall not be liable for any air carrier's cancellation penalty incurred by the purchase of a nonrefundable air ticket. Ashtanga Yoga School of Nashville, LLC also reserves the right to terminate a Program in progress whenever in their sole judgment they deem it necessary for the safety of the Participants. No refunds are given for uncompleted Programs. Ashtanga Yoga School of Nashville, LLC shall not be liable for any costs associated with the early termination of the Program such as air ticket change fees or other associated costs.

Eligibility and Participation:

All Participants must be 21 years of age or older. Ashtanga Yoga School of Nashville, LLC reserves the right to refuse acceptance or deny participation prior to departure of anyone whom, in its sole judgment, it deems unsuitable for the Program. If in Ashtanga Yoga School of Nashville, LLC's sole judgment, the behavior of a Participant is incompatible with the safety and comfort of others, we have the right and discretion to ask that Participant to leave the Program at any time. That Participant waives all claims of whatever nature against Ashtanga Yoga School of Nashville, LLC and has no right to make claims or complaints against Ashtanga Yoga School of Nashville, LLC. Illegal drugs will NOT be permitted for the duration of the Program. Participants who cannot comply with this rule will be asked to leave the Program immediately at their own expense with no refund due.

Accommodations:

Shared accommodations are included in the cost of the Program. If a Participant prefers a single room, Ashtanga Yoga School of Nashville, LLC will do its best to accommodate that Participant, but Ashtanga Yoga School of Nashville, LLC cannot guarantee the availability of single rooms. If a single room is available, the Participant must pay the Single occupancy Program fee as defined in Addendum A. If a Participant is traveling alone, but would prefer a roommate, Ashtanga Yoga School of Nashville, LLC will attempt to match the Participant with a roommate of the same gender. If this is not possible, the Participant must pay the single occupancy rate as defined in Addendum A.

Medical Requirements:

Good physical and mental health is essential for the enjoyment of the Program. In many cases, Participants travel in undeveloped or rugged areas without modern medical facilities. Good physical conditioning is recommended as preparation for the Program. By forwarding a deposit and completing the Online

THE SPIRITUAL PILGRIM

TERMS & CONDITIONS

Registration Form, the Participant certifies that he/she does not have any physical or other condition or disability that would create a hazard for him/herself or other Participants and confirms that he/she (the Participant) is physically capable and fit to participate in the Program and has no medical conditions or needs that would prevent him/her from successfully completing the Program. Prior to traveling to country, Participants are advised to seek independent medical advice from a physician or local travelers' health service regarding immunization and any specific conditions he/she may have (i.e. asthma, respiratory illness, or any other condition). It is essential that any Participant with a medical condition requiring regular treatment or which may be affected by vigorous activity, air pollution, high altitude, heat, cold, other natural phenomenon, or particular foods, seek the advice of a physician and notify Ashtanga Yoga School of Nashville, LLC in writing at the time of deposit. Participation in the Program is at the Participant's OWN RISK.

Ashtanga Yoga School of Nashville, LLC assumes no responsibility for medical care, nor for special dietary requirements. Participants may be required to furnish a doctor's statement of good health. Ashtanga Yoga School of Nashville, LLC shall make the ultimate determination of a Participant's fitness to embark upon, or to continue the Program. Once a registration has been confirmed, medical circumstances will not be considered exceptions to our cancellation policy.

All Participants must be covered by a current major medical insurance policy which covers overseas travel for the duration of the Program. Proof of such coverage may be requested.

Program Itinerary: The Program is always subject to change and improvisation. Often we need to be flexible to take advantage of opportunities or challenges that come our way. Strikes or demonstrations can affect the ability to travel by road and may call for a

change of plan. These changes could include different hotels, visits to different cities, changes to excursions and sites visited, or additional yoga and meditation workshops at the hotel, guesthouse, or resort. Changes caused by unforeseen situations or other circumstances are not cause for a refund. No refunds are given for uncompleted events.

Photography: Ashtanga Yoga School of Nashville, LLC reserves the right to take photographs or videos during the operation of the Program or part thereof and to use the resulting photography for promotional purposes. By making a reservation with Ashtanga Yoga School of Nashville, LLC, Participants agree to allow their images to be used in such photography; Participants who prefer that their image not be used are asked to identify themselves to Ashtanga Yoga School of Nashville, LLC at the commencement of the Program.

RELEASE OF LIABILITY AGREEMENT

Please Read Carefully and Sign Below

I hereby acknowledge that I am aware that throughout any activity in which I am participating under the arrangements of Ashtanga Yoga School of Nashville, LLC and its agents, operators, representatives, tour leaders and instructors, certain inherent risks and dangers are likely to arise and there is the risk of injury from the aforementioned activities. These include but are not limited to, hazards associated with yoga and physical exercise/activity, travel by automobile, foot, aircraft, raft, boat, or other means of conveyance, the hazards of traveling mountainous terrain, high altitude, or undeveloped areas, the forces of nature including but not limited to earthquakes, landslides, and floods, civil unrest, strikes, terrorism, epidemics, and accident or illness without means of rapid evacuations or availability of medical supplies and facilities. I am also aware and clearly understand that Ashtanga Yoga School of Nashville and its agents, operators, representatives, tour leaders and instructors will have no liability regarding the adequacy of any medical care, equipment, evacuation plan, or supplies that may be provided. I am voluntarily participating in these activities with full knowledge of the dangers and risks involved and agree to assume all risks, even if arising from the negligence of Ashtanga Yoga School of Nashville, its agents, operators, representatives, tour leads, and instructors, and assume full responsibility for my participation, including injury and death.

I understand Ashtanga Yoga School of Nashville does not have legal control or ownership of facilities, staff, services or transportation in Nepal and acts only as agent for the owners of such facilities, staff, services, and transportation. I realize that the standards of maintenance, construction and operation of facilities, accommodations, rights-of-way and transportation may be much less favorable and less protective of safety and health than would be permissible in the USA and other developed countries and may constitute additional risks and hazards for which I assume full responsibility.

I am aware that Ashtanga Yoga School of Nashville is here to serve me by sharing knowledge of yoga, breathing exercises, and meditation (the "Yoga Practices"). I understand that the Yoga Practices may involve physical movement, which may from time to time be strenuous, and that such Yoga Practices may carry some risks of injury. I understand that I must judge my own capabilities with respect to my participation in the Yoga Practices. By participating in the Yoga Practices, I agree to take full responsibility for the foregoing and the following: a) I will not exceed my body's limits in any activity or in any of the Yoga Practices; b) I will not hold Ashtanga Yoga School of Nashville responsible for any injury I might suffer; and c) if I experience any pain or discomfort while doing the Yoga Practices, I will immediately adjust what I am doing in order to re-establish some ease or comfort and ask for support from an instructor. I acknowledge that it is my own responsibility to ascertain that there is no medical reason to prevent my participation in the Yoga Practices with Ashtanga Yoga School of Nashville. If I am under the care of any physician for any reason, I will consult with my physician before participating in any of the Yoga Practices.

I acknowledge that it is my own responsibility to inform all instructors of any pre-existing injury or condition that might affect my ability to participate in the Yoga Practices, and I will inform an instructor immediately if an injury occurs.

I understand that the Yoga Practices may involve physical assists by instructors ("Assists") and that if I do not wish to participate in Assists for any reason, I will notify the instructor before the start of each of the Yoga Practices. If I do wish to participate in such Assists, I understand that it is my own responsibility to notify the instructor when an Assist has gone as far as is comfortable for me.

In consideration of the right to participate in such trip, tour, excursion, retreat, pilgrimage, program, hike, trek, Yoga Practice or other activities, and the services arranged for me by Ashtanga Yoga School of Nashville, LLC and its agents, operators, representatives, tour leaders and instructors, I do hereby assume all risks of bodily injury, illness, death, emotional trauma, property damage and/or theft resulting from negligence or any other acts, however caused, including those mentioned above as a result of my participation, and I and my personal representatives, heirs, executors, administrators, successors, assigns, and next of kin RELEASE, INDEMNIFY AND HOLD HARMLESS, Ashtanga Yoga School of Nashville, LLC and all of its officers, employees, agents, operators, representatives, tour leaders and instructors from any and all liability, actions, causes of actions, suits, debts, and demands that I may have for bodily injury, illness, death or property damage, loss of income, and claims of every sort and nature whatsoever which have or may arise out of or in connection with my participation in a AYNash Nepal trip, tour, excursion, retreat, pilgrimage, program, hike, trek, Yoga Practice or other activity, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE to the fullest extent permitted by law.

I HAVE CAREFULLY READ THIS ENTIRE RELEASE OF LIABILITY AGREEMENT, AND I HAVE READ THE COMPLETE TERMS AND CONDITIONS. I FULLY UNDERSTAND ALL CONTENTS OF THESE DOCUMENTS AND AGREE TO SAME, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant Name

Date

MEDICAL AND EMERGENCY CONTACT FORM



Participant Name: _____

We do not provide any medical assistance or support on our programs. However, if a medical emergency were to arise, we want to have available relevant information regarding any medical condition or limitations that you may have in the event that you are unable to communicate this information yourself. While we do not have the duty to provide emergency assistance, we want to be sure that local providers are provided with accurate information. This information will be available to your guides during the event who will keep it confidential unless there is a medical emergency. In this case your guide may provide this information to an attending care provider or emergency responder and/or use it to contact the people you list.

Medical Information:

List past or present physical or mental condition that will or may affect your ability to participate in the program. This would include mobility limitations, restrictions or limitations on physical exertions, impairment of any senses, cognition, heart difficulties or conditions, dietary restrictions, allergies, arthritis, physical or mental illnesses, chronic or acute diseases, substance addictions or abuse. Please include any medications you are taking and the dosages. **Be sure to bring all necessary medications with you. Assume your medications will not be available in Nepal.**

Physical or mental conditions (attach additional pages if necessary): _____

Allergies: _____

Dietary restrictions: _____

Prescriptions medications	Dosage/day	Condition medication treats

Emergency Contacts:

Please list people not on the tour that you would want us to contact in the event of an emergency. This information will only be used if necessary.

Physician's Name: _____ Phone: _____

Contact Name #1: _____ Relationship: _____

Day phone (incl. country and area codes): _____ Eve: _____

Email address: _____

Contact Name #2: _____ Relationship: _____

Day phone (incl. country and area codes): _____ Eve: _____

Email address: _____

I attest that the above information is complete and accurate.

Name _____ Date: _____

TRAVEL PROTECTION WAIVER FORM

IMPORTANT INFORMATION ABOUT TRAVEL INSURANCE

Please read carefully, sign and return.

Ashtanga Yoga School of Nashville, LLC strongly recommends you purchase a travel protection plan ("Travel Insurance") to protect your investment in travel, personal assets and health during your trip. This will eliminate much financial risk and decrease your need to worry about things beyond your control. The article included in your pre-departure materials provides more detailed information about the benefits of travel insurance as well as a list of companies that offer policies with competitive insurance rates. Note: some companies require early enrollment for the coverage of pre-existing conditions.

We do not require you to purchase Travel Insurance, however you may benefit by doing so. Insurance carriers assume risks that would otherwise be yours. Ashtanga Yoga School of Nashville, LLC is not an insurance carrier and does not insure you against (nor will you be entitled to a refund for) such things as theft, baggage loss, trip cancellation or interruption, emergency evacuation, medical treatment, flight delay or cancellation, airline or service provider bankruptcy, jury duty, personal or family sickness leading to cancellation, personal or work-related emergencies leading to cancellation, U.S. Department of State Travel Warnings about terrorism issued for your destination, or other risks as described in the Terms and Conditions and in our Release of Liability Agreement.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE BEEN ADVISED THAT TRAVEL INSURANCE IS RECOMMENDED. I UNDERSTAND ASHTANGA YOGA SCHOOL OF NASHVILLE, LLC WILL HAVE NO RESPONSIBILITY TO COMPENSATE ME FOR LOSSES THAT MAY HAVE BEEN COVERED BY A TRAVEL INSURANCE PLAN.

Participant Name

Date

Program Dates