



200 & 500 Hours Yoga Alliance Registered Yoga School  
Recognized by IAYT - International Association of Yoga Therapists  
Home of Anusara® Yoga in the Hamilton-Niagara Region, Ontario  
Coordinator for Anusara Yoga Canada

## TRAINING & RETREAT CENTER FOR YOGA & WELLNESS

### Welcome

Dear Participant,

Welcome to the Heaven on Earth Wellness & Yoga Institute. We are delighted that you have chosen to attend an auspicious life-enhancing program with us to explore the healing possibilities of yoga and wellness.

It is a great honor and pleasure to serve as your teacher, friend and guide on this adventure of wellbeing and learning. I am grateful for this opportunity to wholeheartedly support you along your journey. It brings me immense joy to be with you through your spiritual growth and development.

I humbly offer you my knowledge and experience; and extend my appreciation to my teachers who have inspired and guided me over the years. It has been an honor to learn from them, and they have been a blessing in my life. I open myself to be a channel and share my knowledge with you throughout this program.

Warm wishes and bright blessings,

Karen

#### **Please complete and return pages 2-3**

##### **For your information and reference:**

Page 4 – Requirements & Program Policies

Page 5 – Accommodations On-Site & Local Lodging

Page 6 – Meals On-Site

*Upon receipt of your registration and payment forms we will email you confirmation with further details to help you prepare for your program, including a list of local restaurants and health food stores (also on our web-site – About Our Center - Logistics)*



## Program Registration Form

PLEASE PRINT CLEARLY.

Today's Date \_\_\_\_\_

Name & Dates of Workshop/Event: \_\_\_\_\_

### 1. PERSONAL INFORMATION:

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Occupation \_\_\_\_\_ E-mail \_\_\_\_\_

Tel (Home) \_\_\_\_\_ Tel (Bus) \_\_\_\_\_ Tel (Cell) \_\_\_\_\_

2. Why do you want to attend this event/program, and what do you hope to gain? \_\_\_\_\_

3. Please list other trainings you've taken and healing modalities you've studied, including self-awareness or personal growth work. \_\_\_\_\_

3. YOGA EXPERIENCE: Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, how long have you practiced yoga? \_\_\_\_\_

Describe your personal practice, what style of yoga and how regularly you practice? \_\_\_\_\_

Are you currently teaching yoga? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, how long have you been teaching yoga? \_\_\_\_\_

4. Have you previously taken any classes, workshops or training programs with Karen Claffey? Yes \_\_\_\_\_ No \_\_\_\_\_

How did you find out about this program? \_\_\_\_\_

### 5. HEALTH INFORMATION:

Pregnant? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, how many weeks? \_\_\_\_\_ Comments: \_\_\_\_\_

**Medical Questions:**  Check if any of the following conditions apply. Please explain condition in space provided below.

Under medical treatment or supervision for any condition.

Current psychotherapy, counseling, psychiatric treatment.

Hospitalization for psychiatric care.

Chronic physical limitations/physical handicaps (i.e., vision, hearing, movement, etc.).

Prescription medications and/or natural remedies

Serious illness or major surgery within the last 5 years.

Communicable diseases.

Drug or alcohol addiction?

Eating disorder?

Other \_\_\_\_\_

If you selected any of the medical conditions above, please describe your condition, and/or nature and extent of limitation:

6. EMERGENCY CONTACTS: In case of emergency, please contact: \_\_\_\_\_ Phone: \_\_\_\_\_

I hereby declare that the above information is true to the best of my knowledge. I understand that misrepresentation of this information is unethical and constitutes grounds for dismissal from the program and/or revocation of certification.

Signature \_\_\_\_\_ Date \_\_\_\_\_



## Payment Form

PLEASE PRINT CLEARLY.

Participant's Name \_\_\_\_\_ Date \_\_\_\_\_

Program You Are Registering For: \_\_\_\_\_

### Tuition:

Fees are subject to applicable taxes (add 13% HST).

Program Fee: \$ \_\_\_\_\_

+ 13% HST \$ \_\_\_\_\_

= Total: \$ \_\_\_\_\_

Payment method (see options below): \_\_\_\_\_

Date of your payment: \_\_\_\_\_

### Tuition Payment Methods

- CAD CHECK payable to: Heaven Studio. / US CHECK payable to: Karen Claffey. Exchange rates apply according to the date that your payment is processed. Discrepancy is the sender's responsibility.
- INTERAC directly from your online banking to: info@heavenstudio.ca.
- WIRE from your bank account to our bank account; contact us for details.
- CREDIT CARD payments may be made online on Pay Pal. Note: with Pay Pal add 3% for CAD; or 4% for USD to the amount of your payment. Our PayPal account to Send Money is: info@karenheaven.com

Check if you wish to reserve any options below:

### Accommodations On-Site:

Optional/extra; taxes applicable. For details and rates see page 5.

- Studio-Dorm/Camping: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Semi-Private: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Compact Private: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Private Room: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Deluxe Private Single Bed: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Deluxe Private Double Bed: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

Payment for Private & Semi-Private Accommodations: is due 50% with registration to reserve your space; balance is due with balance of tuition. Room availability is on first come first serve basis.

Payment for Camping/Studio-Dorm Accommodations: is due 1<sup>st</sup> day of the program.

### Organic Vegan Meals Prepared For You:

Optional/extra; taxes applicable. For details and rates see page 6.

\_\_\_\_\_ **2-Meals Daily:** \$28 + tax (\$31.64) X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

### Occasional Meals:

You may decide once you are here. Please give notice and payment 1 day prior.

\_\_\_\_\_ **Breakfast** \$11.50 + tax (\$13.00) X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

\_\_\_\_\_ **Lunch** \$16.50 + tax (\$18.65) X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

\_\_\_\_\_ **B & L** \$28 plus tax (\$31.64) X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

There is a **kitchen on-site** for students to prepare their own meals. For full details see page 6.

I hereby declare that the above information is true to the best of my knowledge. I understand that misrepresentation of this information is unethical and constitutes grounds for revocation of certification.

I have read, understand and agree to the terms and conditions explained in the Heaven on Earth Wellness & Yoga Institute Workshops Registration Form in these six (6) pages above and below, including the details of the Payment Contract; Location, Amenities & Meals On-Site; Requirements & Program Policies.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_



## Requirements & Program Policies

### Materials & Props to Bring

Bring your own yoga-sticky-mat. You may bring a meditation cushion if you wish for sitting or use blankets. Wear comfortable clothing. Bring a water bottle and writing materials for note taking.

*\*\*Blankets, blocks and straps are provided at our studio. Yoga mat rental \$2 per class/day.*

### Prerequisites

1. You must be in sound physical, mental, and emotional health.
2. Equally important, you must have a sincere desire to learn, open, grow, and develop on all levels – body, mind, heart, and spirit – and be willing to integrate the teachings and practice of yoga into daily life.

### Attendance/Certification Requirements (when applicable)

- Ability to be present, and connect with the other students/participants from your heart
- Demonstrate honor and commitment to the entire group and program as well as respect for the time, energy and commitment invested by all. Participants are expected to arrive early to class and maintain an active presence.
- Perform the techniques and/or postures (according to the nature of the workshop) with precision and/or presence to the best of your ability
- Full participation in the program and a positive yogic attitude

### Attendance Policy

For certification, full attendance is required. See below in the case of Incomplete Attendance....

The director and/or teachers of Heaven on Earth Yoga Institute have the right to dismiss a participant with no refund who is not exhibiting full commitment to the program, has not been truthful on their application, and/or who is not meeting the above requirements at any time during the training period.

### Incomplete attendance

In the case of extenuating circumstances that cause incomplete attendance for some portion of the workshop you are registered for you may retake the missed portion of the workshop, in a subsequent workshop, providing space is available. Making up missed portions of any workshop is fully the responsibility of the participant.

### Cancellation/Refund Policy for Tuition

In the event that you must cancel your participation in the program you are registered for: up to one month (30 days) prior to first day of the program you are registered, you are eligible for a full refund of your payment, minus \$250.00 cancellation fee. Up to ten (10) days prior to the first day of the program, you are eligible for a refund of 50% of your total payment, minus \$250.00 cancellation fee. Within ten (10) days prior to the first day of the program, no portion of your payment will be refunded.

### Cancellation/Refund Policy for Accommodations

In the event that you must cancel your private or semi-private accommodations; from seven (7) to three (3) days prior to the first day of the program, you are eligible for a full refund, minus the \$25.00 cancellation fee. Within two (2) days prior to the first day of the program, no portion of your payment will be refunded.



## Accommodations

We look forward to serving you. Enjoy your stay.

### Accommodations On-Site (optional/extra)

Note: Private and semi-private rooms fill up early. Room availability is first come first serve. Register in advance to ensure availability.

Rates effective Nov 8, 2012; subject to applicable taxes. Use amounts in parentheses including 13% HST:

Type of Accommodation:	Per Night	Special Discounted Rate for Modules of 5 Days or More:
Studio-Dorm (BYOB) or Camping (BYOT):	\$25 (28.25)	\$19 (21.47)
Semi-Private Single Beds P/P	\$35 (39.55)	\$29 (32.77)
Compact Private Room Single Bed	\$45 (50.85)	\$33 (37.29)
Private Room Single Bed	\$49 (55.39)	\$39 (44.07)
Deluxe Private Room Single Bed	\$59 (66.67)	\$49 (55.37)
Deluxe Private Room Double Bed	\$69 (77.97)	\$59 (66.67)

**Accommodations/Common Area** is available to all participants staying in our accommodations on-site. A/C Area includes:

- kitchen, dining area
- lounge area with satellite TV, holistic library, wireless internet
- 2 bathrooms with shower (1 in a/c area, 1 on studio level)
- Laundry room (with direct access to back-yard, deck and hot-tub.)

#### About the Rooms:

- Studio-Dorm is on the floor of the yoga studio which becomes dorm by night. There is space provided in the A/C area to keep your luggage. This is also a space for you to store your blow-up mattress during the day; this way you can keep your mattress inflated.
- Private and Semi-Private Rooms (with single bed) are downstairs in the accommodations/common area.
- Deluxe Private Rooms each have a bright window, and are larger than the regular private rooms.

#### Rooms Include/What to Bring:

- Studio-Dorm: Bring your own: sleeping mat or blow up mattress; sheets and/or sleeping bag, pillow, bath towels and wash cloths, etc. Blankets are provided.
- Private / Semi-Private sheets, blankets, and pillow are included. Bring your own bath towels and wash cloths.

#### Payment for Accommodations:

- Studio-Dorm: is due 1<sup>st</sup> day of the program.
- Private/Semi-Private Rooms: 50% payment is due with registration to reserve your space; balance is due with balance of tuition.

*\*\*Note: We offer accommodations at very affordable rates to our participants. In order to maintain our inexpensive rates, participants are kindly asked to clean up after themselves and contribute to maintaining the cleanliness of the space during their stay. \*\**

### Local Lodging (listed in order of proximity)

#### Hotels:

Comfort Inn / Distance 5.8 km  
 183 Centennial Parkway North, Stoney Creek, ON L8E 1H8  
[www.choicehotels.ca](http://www.choicehotels.ca) / (905) 560-4500  
*Comfort Inn offers our participants special rates \$89 + HST (regular rate \$109 + HST)*

Holiday Inn Express Hotel Hamilton / Distance 7.5 km  
 51 Keefer Court, Hamilton, ON L8E 4V4  
[www.hiexpress.com](http://www.hiexpress.com) / (905) 578-1212

For more hotels nearby contact us or go to:  
[http://www.google.ca/search?q=stoney+creek+hotels&rls=com.microsoft:en-ca:IE-Address&ie=UTF-8&oe=UTF-8&sourceid=ie7&rlz=117ADFA\\_enCA447&redir\\_esc=&ei=vofKTtbRleTs0gHKorWOBg](http://www.google.ca/search?q=stoney+creek+hotels&rls=com.microsoft:en-ca:IE-Address&ie=UTF-8&oe=UTF-8&sourceid=ie7&rlz=117ADFA_enCA447&redir_esc=&ei=vofKTtbRleTs0gHKorWOBg)

#### B & B's:

Rose Arden Bed & Breakfast / Distance 13.3 km  
 266 Mountain Park Avenue, Hamilton, SK L8V 1A5  
[www.rosearden.com](http://www.rosearden.com) / (905) 387-2000

Rutherford House Bed & Breakfast / Distance 18.3 km  
 293 Park Street South, Hamilton, ON L8P 3G5  
[www.rutherfordbb.com](http://www.rutherfordbb.com) / (905) 525-2422

A Tranquility Base Bed & Breakfast / Distance 26.1 km  
 110 Abbey Close, Ancaster, ON L9G 4K7  
[www.tranquilitybase.on.ca](http://www.tranquilitybase.on.ca) / (905) 648-1506 / (877) 649-9290

Ridgemoor Bed & Breakfast / Distance 27.4 km  
 902 Shaver Road, Ancaster, Hamilton, ON L9G 3K9  
[www.ridgemoor.ca](http://www.ridgemoor.ca) / (905) 648-0116



## Meals On-Site

### Student's Kitchen

There is a kitchen on-site for students who opt to prepare their own meals. The kitchen is equipped with: fridge with freezer on top (and there is an additional fridge/freezer in the utility room); 4-burner gas stove, toaster oven, toaster; cutlery and/or chopsticks; dishes, glasses, cups; cooking utensils; pots and pans; kettle (plug-in). Note: We do not have a microwave for health reasons.

**\*\*On the last day of a program students are kindly asked to remove all remaining food and clean the fridge and kitchen as in the condition that you found it.\*\***

**There are grocery and health food stores as well as a variety of restaurants within driving distance.**

### Organic Vegan Meals Prepared for You (optional / extra)

You have the option to have delicious breakfast and/or lunch skillfully and lovingly prepared by Chef Sylvia Hamilton Claffey, Karen's mother. (Prepared dinners are not available.)

#### Bountiful Breakfast consists of:

- Orange Juice
- Fresh fruit (seasonal)
- Hot Oatmeal or Cream of Wheat
  - With EdenSoy Original and/or Almond/Rice Milk
  - Toppings: raisins, chopped nuts, pure maple syrup...
- Cold Cereals: Muesli, Puffed Rice, Shredded Wheat
- Whole grain toast
  - With various spreads: jam, almond butter or peanut butter

#### Healthful Lunch consists of:

*Dishes below are prepared in a variety styles and ethnic flavors!*

- Whole grains: brown and/or white rice (basmati, jasmine, short grain), quinoa, millet, cous cous, etc
- Or Whole Grain Pasta dishes (gluten free brown rice pasta available upon request)
- May include tomato and/or vegetable based sauces
- Protein dishes: tofu, tempeh, seitan or beans
- Variety of vegetables and/or salads (seasonal)
- In warmer months: Green salad with house dressing
  - Fresh seasonal fruit
- In cooler months: Mom's (aka The Soup Queen) Hearty Soup

**Breakfast & Lunch Fees:** (use amounts in parentheses including tax).

Breakfast \$11.50 plus tax (\$13.00)

Lunch \$16.50 plus tax (\$18.65)

Breakfast & Lunch \$28.00 plus tax (\$31.64)