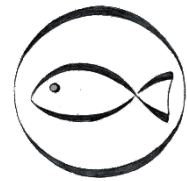


Matsya Yoga,
ZVR 1919606477
Florianigasse 16/1/10
1080 Vienna,
Austria
www.yogamatsya.com



Course information

History and Philosophy of Yoga

YACEP 30h [EN]

Our English YACEP training program adheres to high standards of quality and depth. Quality assessment plays a vital role in ensuring that our training meets these standards. The training will be held in English.

This 5 day yoga workshop in Vienna is **YACEP (Yoga Alliance Continuing Education Provider®)**, this means this course is eligible for 30 hours of continuing education.

This training is led by Clemens Biedrawa, a very dedicated and experienced yoga teacher, author and founder of Matsya Yoga. Clemens Biedrawa is a certified trainer of Adults [60 ECTS (wba)] as well as Yoga Alliance Lead Trainer E-RYT-500.



Zertifizierter
Erwachsenenbildner



1. Goal

1.1 Professional Orientation

Goal of this YACEP further training is to enable one in understanding the roots and philosophy of yoga on a professional level. It's about finding insight, knowledge and confidence to teach and establish oneself in this special and rare profession.

1.2 Strong Philosophical foundation

In order to have confidence while teaching a strong foundation in philosophy and the underlying path of yoga is necessary. It is important to us that you understand and familiarize yourself with the classical texts of yoga so to find a way of navigating the complex landscapes of yogic thought spirit. This will be big present for personal growth and strength.

2. General Framework, Schedules and Location

2.1 Schedules and Location

The training will take place in our Studio Florianigasse 16, 1080 Wien. The next training dates you will find on the website.

The intensive YACEP training takes 5 days, starting on Monday and ending on Friday 5 days later. A sample schedule for each day looks like this:

Monday – Friday

08:00 Morning Sadhana

09:00 Breakfast

09:30 Theory

12:30 Noon-class

13:30 Lunchbreak

14:00 Theory (Tuesday and Thursday)

15:15 Afternoon break

17:30 - 21:00 Evening class

2.2 You will also Receive

- A Journey through History and Philosophy Diploma - 30h Yoga Alliance YACEP® Diploma.
- A Matsya version of our Script.
- A Matsya version of The Bhagavad Gita.
- A Matsya version of The Yoga Sutras of Patanjali.
- A Matsya version of The Gorakasha Shatakam
- A Matsya version of Ishavasya Upanishad

2.3 30 h YACEP are distributed as follows

Techniques & Practice	10 h
History & Philosophy	15 h
Philosophy - home readings	5 h

3. Course Fees and handouts.

3.1 Course fee

There is only one fee – 800 Euros with accommodation and 500 Euros without.

All services are included in this fee, including handouts, yoga classes, and the final certification.

3.2 Training Handouts

The training handouts are included in the training fee, however if you want to order them separately, in order to assess the training, or for personal use before the training, here is a link to the book:

<https://www.amazon.de/dp/B0CGL2SNY8>

Brief Syllabus of the History and Philosophy of Yoga Training

Philosophy and History of Hatha and Kundalini Yoga - 30 hours

In this journey to the roots and heart of yoga, we delve into the Yoga Sutras of Patanjali, The Bhagavad Gita, and the Ishavasya Upanishad to explore the foundations of yoga philosophy. We examine the origins of Hatha and Kundalini Yoga and how they evolved from ancient tantra, and explore their significance in the modern world.

What is special about this journey?

First know that this journey to the history and philosophy of yoga is a journey within you and not without you ;-). We travel to the heart of yoga with the clear purpose in mind to enrich your heart. Yoga is here to enable you to live a better life and we are set out to unveil these secrets.

Contents:

- The Nature of Yoga
- History of Classical Yoga
- History of Tantra and Hatha Yoga
- The Philosophy of Yoga and the Bhagavad Gita
- The Philosophy of Patanjali Yoga and the Sutras
- Tantric Philosophy, and Kundalini



Clemens Biedrawa - Course Management

Important Policies

1.1 Refund Policy

Admission Denials. - An applicant who is denied admission into the program is entitled to a full refund of all money paid by said applicant.

Cancellation After Seven Days, But Before Program Start Date. - An applicant who submits written notice of cancellation within seven (7) business days after signing the training agreement, but before the program begins, is entitled to a refund of all money paid. The refund will be paid within thirty (30) days of receiving the notice of cancellation.

Refund After Program Start Date. - There will be no refunds after the start date of the program. If the applicant withdraws the program for any reason after it starts, the applicant will be responsible for tuition, regardless of any partial payments that have been made to date.

1.2 Terms and Conditions:

Terms and Conditions of the registered association: Matsya Yoga, ZVR 1919606477.

Scope of Application

These General Terms and Conditions (T&C) apply to all services provided by Matsya Yoga, ZVR 1919606477, for drop-in sessions and courses, as published in the form of a timetable, as well as for workshops. By purchasing a block/session card for drop-in sessions, as well as by registering and paying for a course/workshop, which entitles the participant to use one of the mentioned services, the participant accepts the following terms and conditions. "Drop-in sessions" refer to all units listed in the timetable.

Right of Use

a) Upon purchasing a block/session card for drop-in sessions and registering and paying for a course/workshop, the participant is entitled to use the facilities of the Matsya Studio during the offered course times as per the timetable or for the duration of a workshop. Participants are allowed to use the Matsya Studio's facilities for changing and (brief) showering 20 minutes before and 20 minutes after the end of the sessions/workshops. The participant is obliged to show identification upon request by the staff of Matsya Studio. Otherwise, they may be denied use.

b) In principle, participants have access to all services of the Matsya Studio. However, there is no legal entitlement to avail of these services. Workshops, courses, and open yoga classes have limited participant numbers. If specific personal conditions are required for certain services, these must be met by the participant. If these conditions are not met, there is no obligation for the E.U. and its teachers to provide the service.

c) Participants must behave in a way that does not disrupt the course of the sessions/courses/workshops, treats the studio's furnishings with care, and does not affect other participants. During a session, absolute silence must be maintained and any disruption, including by devices, avoided. Participants must adhere to these rules and, in the interest of all, follow precise instructions from the E.U.'s staff members. House rules must be observed.

d) Matsya Yoga and its staff are entitled to terminate a member's contract without notice in the event of a gross violation of house rules, breaches of decency, physical altercations, threats, insults, sexual harassment, theft, or a gross violation of general hygiene regulations. In this case, the already paid fee will not be refunded. Claims for damages remain unaffected.

3. Types of Contracts and Conditions

a) Types of Contracts

I. Blocks/Session Cards

Participants can choose from the following blocks/session cards:

Single Session: Entitles the participant to attend one individual yoga class.

10-session Block: Entitles the participant to attend 10 drop-in sessions from the timetable, valid for a period of 12 months from the day of first use. No credit will be given for unused sessions.

Training Purchase Ticket - Allows participation in a training within one year after payment.

II. Course Participation:

Course participation refers to attending sessions for a specified time period with exact day and time as mentioned on the website. These courses consist of sequential units. Missed sessions from a course cannot be made up.

III. Workshop Participation:

Workshop participation refers to attending sessions for that particular workshop with a specified day and time as mentioned on the website. Missed sessions cannot be made up.

Non-use of services provided by Matsya Yoga and its staff due to reasons within the participant's sphere does not entitle the participant to reduce, reclaim their payment, or to an alternative visit to another course/workshop.

The aforementioned blocks and cards cannot be extended or cashed in. Blocks and cards for yoga classes are non-transferable. The right of use can only be transferred in the case of registration for a course or workshop, but not after the start of the same.

b) Prices and Payment:

The prices are displayed at the reception of Matsya Studio as well as on the Matsya Yoga website, and they are listed as the final consumer price. Payment is made at the time of purchasing the respective product, either in cash or bank transfer. Non-utilization of services by the Matsya Yoga and its staff does not entitle any deductions. A delay in payment occurs if the amount is not settled within the specified deadline. The participant is responsible for covering any processing fees and legal dunning costs in full. In case of serious payment delay or refusal of payment, Matsya Yoga has the right to terminate the contract without notice.

c) Validity and Interruption of Session Cards and Blocks:

Each block or session card begins with the utilization of the first session and ends upon the expiration of its respective validity period. The validity period can be interrupted or extended if there's a significant reason. A significant reason is considered as a health impairment for at least 6 weeks or a stay abroad for more than two months. Health impairment must be certified with a medical certificate, confirming that from a medical standpoint, no yoga exercises (= Asana, Pranayama, or Meditation) can be performed. Interruption and extension of the validity period are only possible if agreed upon in writing at least one day before the start of the interruption or expiration of the validity. Once the interruption has started or after the expiration of the validity, a block/session card can no longer be extended without exception.

d) Limited Number of Participants/Schedule Changes:

The Matsya Studio rooms have a limited participant capacity. With a high number of participants, a spot in a particular yoga session cannot be guaranteed. Participants are advised to arrive on time for each session. Participants are considered in the order of their registration at the reception. Short-term cancellations of yoga sessions for special reasons do not entitle participants to a price reduction or a termination, provided the

Matsya Studio's schedule is essentially maintained and thus participants have the option to switch to other open yoga sessions. The same applies regarding schedule changes, made at the sole discretion of Matsya. During the summer months, the schedule might be limited due to restricted participant numbers.

4. Liability of the Matsya Yoga Association

The participant is informed that there are no lockable lockers in the premises of Matsya Yoga. Items brought along are left unattended in the changing room. Any valuables brought along should be taken into the classroom, and electronic devices must be turned off. Unless involvement by employees of the Matsya Yoga Association is proven, liability for the loss of brought clothing, valuables, or money is excluded.

The use of services from Matsya Yoga and its staff is at one's own risk. The association and its employees are not liable for accidents or resulting physical damages to participants. Matsya Yoga and its employees are also not liable for the consequences of improperly executed exercises. In this regard, reference is made to point 5.

The liability of Matsya Yoga and its employees for financial and material damage is limited to intent and gross negligence unless Matsya Yoga and its employees caused damage by violating primary contractual obligations.

5. Health Status of Participants

The participant assures that they do not suffer from a contagious disease and that there are no medical indications against performing yoga exercises. The participant states that, in the context of Covid-19, they are vaccinated, tested, or have recovered. The participant commits to promptly informing the yoga teacher or the operator of Matsya Studio about pregnancy, chronic, or acute illness (physical or mental/psychological).

The offered services are not intended as therapy or a healing program. They do not replace medical care or the prescription of medications in any way. The employees of Matsya Yoga are entitled, without this triggering an obligation to check or liability for the decision, to deny participants the practice of yoga classes based on their own assessment of the participant's health condition.

6. Data Protection Provisions

The data of the participant is treated confidentially and is subject to legal data protection regulations. Data is used for the purpose of contract fulfillment and possibly for own advertising purposes and is not passed on to third parties. The participant agrees that personal data provided to Matsya Yoga and its staff will be electronically stored and used for the purpose of the contract.

Photos and videos from classes and workshops can be used for documentation, publication, and advertising purposes, as well as on social media (e.g. Facebook, Instagram ...) without further consent, unless there is explicit objection from a participant.

7. Jurisdiction, Applicable Law

Austrian substantive law applies, excluding any reference norms. If the KSchG (Consumer Protection Act) is not applicable to the contractual relationship, the jurisdiction is Vienna, and the materially competent court in Vienna is responsible for any disputes between Matsya Yoga and its employees and the participant.

8. Miscellaneous

There are no side agreements to these Terms and Conditions. Changes to these T&Cs require written form, as does a waiver of changes. If individual clauses of these T&Cs are wholly or partially ineffective, this does not affect the effectiveness of the remaining clauses, and the contract remains in principle, with the ineffective clause being replaced by a clause that comes closest economically to the purpose of the ineffective clause. The requirement for written form is maintained by transmission as an email. If the participant has provided an email address, all messages between the contractual parties can be made by email.

Thank you. Namaste!