

North Country Center for Yoga and Health, Inc.

"The Yoga Loft will provide a safe and accepting environment that will offer participants an opportunity to choose educational, therapeutic and personal growth programs. The opportunity to make self-directed changes will have the common goal to help all participants develop insights and the tools to create peace of mind, personal clarity, love, self-acceptance and self-empowerment in their lives."



The Mission Statement for the North County Center for Yoga and Health

Letter of Agreement for Guest Users

(approved by the Board 12/14/2005; updated 4/10/2008; updated 5/5/2009)

FAQ'S:

Who is a guest user? Guests are generally any one person or small group who desires a comfortable quiet setting in an atmosphere supportive of personal growth. Guest usage should be commensurate with the mission of the Yoga Loft.

What are the usage fees for guest users?

The one-time usage fee for use of the Loft (up to 8 hours of use) is \$10/hr (capped at \$40).

One-time guest users who themselves charge a fee will be considered instructors or practitioners, as appropriate, and they will pay the same usage fee as does an instructor ("30% of his or her income from classes or workshops") or practitioner ("10% of the practitioner's fee").

Guest users who can not afford these fees are invited to negotiate a lesser fee or to make an offer of payment "in kind," i.e. offer their services to clean, make repairs, do yard work, etc.

When and how are the usage fees paid? The usage fee is due no later than one week after the day of use.

Payment should be given or sent to the Administrative Consultant: **Yoga Loft, 107 ½ Main Street Attn: Becca Pickens**. Checks should be made out to: "North Country Center for Yoga and Health, Inc."

What are the space use priorities at the Yoga Loft? Guest users have fourth priority for space at the Yoga Loft. Generally space is assigned in the following order: 1) established instructors--with preference given to instructors who have larger numbers of students, 2) new instructors, 3) practitioners, 4) guest users.

What is the procedure for guests to use the facilities at the Yoga Loft? People who wish to receive guest privileges at the Yoga Loft should contact the **President of the Board, Shelby Connelly**, shelbyconnelly@hotmail.com. She will answer your questions and tour the Yoga Loft facilities with you. Before being granted guest privileges, all guests must: 1) have their request for use of Yoga Loft space approved by the Program Committee of the Board, 2) receive an orientation tour of the Yoga Loft facilities, 3) sign and return a copy of this "Letter of Agreement" to the Administrative Consultant: **Yoga Loft, 107 ½ Main Street Attn: Becca Pickens, rebecca@mindseyefarm.com**

What additional administrative procedures are the guest's responsibility? Any cancellations of room use or other changes in scheduling must be reported to the Program Consultant, Alison McGinn, aemcginn@gmail.com, 315-386-3040, as soon as the change or cancellation decision is made.

What about liability insurance? In the event that someone suffers an injury during your meeting or event, you may be liable. Therefore we strongly encourage guests to consider securing personal liability insurance. If you do not wish to purchase any personal liability insurance, we suggest that you, and all members of your

(Please sign and return all pages of this document; keep a copy for yourself)

group in attendance, sign a waiver as part of your administrative procedures at your meeting or event at the Yoga Loft. A copy of an appropriate waiver to use for this purpose is available from the Administrative Consultant, Becca Pickens. (Note: there is an emergency 911 cell phone to the left of the kitchen sink at the Yoga Loft, should you ever need it.)

Anything else I need to know? The Board of the Yoga Loft reserves the right to change the priorities of use and to restrict or cancel usage privileges when it deems it necessary

The Yoga Loft is a non-profit organization. The fees set forth in this letter do not cover the entire cost of operating the Yoga Loft. We not only need to rely on contributions and fund-raisers to make up the differences between income and expenses, but we must also rely on you, the users of the space at the Yoga Loft, to be good stewards of our facilities in order to help keep our operating costs down.

The Yoga Loft Board

I have read, understood and agree to abide by the procedures and stipulations in this document.

SIGNED

DATED

ADDRESS

PHONE

Please return a signed/dated copy of this entire document to: Yoga Loft, 107 1/2 Main Street Attn: Becca Pickens