

TERMS AND CONDITIONS – Master’s Training Course (“MTC”)

These Terms and Conditions constitute an agreement between Krishna Ganga Foundation (hereinafter referred to as “Light House”/ We/Us) and the Student (hereinafter referred to as You/Your/ Yourself) “Student shall mean any person who has registered and have been selected by Light House for attending the Master’s Training Course (“hereinafter collectively referred to as “MTC”. (“Master”) shall mean teacher or teachers including MTC coordinators conducting MTC sessions for You. By registering for MTC, You agree to have read, understood, comprehended and accepted to be legally bound by these Terms and Conditions. This is an electronic record that does not require a physical or digital signature to be created.

Light House and You are collectively referred to as “Parties” and individually referred to as “Party”.

ELIGIBILITY AND CERTIFICATION

ELIGIBILITY TO ATTEND MTC

Student should be sincere and honest and have a deep earnestness to live a life of awareness.

Student must be physically fit and flexible.

Student must not be dependent on drugs or alcohol.

Student must be free from serious medical conditions, including severe spinal cord injuries, slip disc issues, or other severe physical or mental illnesses.

We advise against women attending the MTC during menstruation. Consequently, We kindly request that You abstain from applying if the session dates coincide with Your menstrual cycle.

Student should be ready to sincerely follow and practice the preparatory instructions We share including diet, exercise and meditation.

Before coming here Student should sort their family/official affairs and come with a clean state of mind. If You tell lies before coming here, We assure that You WILL NOT connect with divine energy/light.

Light House is an abode of divine love that transcends religious, ideological or any other kind of divisions. Therefore, if You are hardcore believer in any religion/idea etc. please do not apply.

The language of communication of all MTC sessions is English, therefore basic knowledge of English is mandatory for all Students including foreign Students. Foreign Students may please note that Light House will not able to provide resources or facilities for translation of any foreign language to English language.

It is essential that You thoroughly review all of our Terms And Conditions before applying for MTC , as they are distinct from standard policies. Please ensure that You read and fully understand these Terms And Conditions to be well-informed before proceeding with Your registration. .

In this meditation when the Student is in a state of deep rest, the Master or MTC coordinators need to create body positions like bandhas (Yogic Postures) by touching the body. Also, certain body parts need to be pressed to activate healing. Those who have reservations to the above-mentioned techniques may inform the Master or MTC coordinators in advance or not join MTC .

In this program, attention would be paid to each individual depending on how his/her energy awakens i.e mild, medium or intense.

CERTIFICATION

The Student will be awarded the title of “YOGI (for male) and YOGINI (for female) in their certificates. Certificates will be awarded to only those who touch the cosmic energy/divine light and imbibe the essence of living a life of awareness. The awarding of the certificate is entirely at the discretion of the Master.

By registering for our course, You acknowledge that this certificate does not entitle You to teach MTC course. You also agree that, under no circumstances, will You teach or impart the MTC course, in part or in full, to others without prior written permission from the Master.

REGISTRATION

By registering You agree to provide accurate, true, correct, current and complete information about Yourself.

Your registration for the MTC will be complete only after You receive a confirmation from Light House confirming Your registration and attendance. Light House reserves the right to refuse registration of anyone, at any time, without specifying any reason.

As per government guidelines, all overseas Students (non- Indian passport holders, OCI (Overseas Citizenship Of India) cardholders and NRI's) are required to present their valid passport in original and Indian Visa/ OCI card on arrival at Light House. As per government guidelines, Light House shall share relevant details of all overseas Students with government authorities in accordance with law , You shall cooperate with Light House to comply with the same.

PREPERATION:

You understand that this is an intense training devoted to the Art of Spontaneous Meditation (hereinafter referred to as “Kriya Meditation/Cosmutation”) and therefore it is mandatory to follow and sincerely practice all instructions in the booklet- Preparation For Kriya Meditation before attending MTC.

You understand that You have been selected by Light House to attend MTC, Hence, Your attendance to MTC cannot be transferred to any of your family member, relative, friend or anybody else.

INSTRUCTIONS TO BE FOLLOWED DURING MTC SESSION

All sessions of MTC require mandatory attendance. You may not be allowed to attend the following session if you miss or drop out of any previous sessions.

Students should be punctual and arrive at least 5 minutes before the start of each session.

Ganga-bath is a mandatory part of MTC session and You are not permitted to avoid ganga bath. You understand that it might not be always possible for Light House to take the students to a clean ganga ghat and hence Your cooperation is needed. may not be always possible various factors including weather, local restrictions etc may result in having to compromise with the facilities.

Being a practicing yogi, You are advised to speak only when necessary and otherwise remain in silence.

All through the sessions of MTC, Students are required to have a modest quantity of breakfast and lunch, as most of these yogic practices are best done on an empty stomach or after light refreshments.

During the entire period of MTC, the Students are required to make minimal use of mobile phones and gadgets.

Mobile phones, musical instruments and electronic gadgets including smart watches are STRICTLY FORBIDDEN in the yoga hall.

During MTC session both men and women should wear clothing that covers shoulders, upper arms, midriff and legs down to their ankles. Please avoid tight, transparent or too thick clothing. We recommend wearing light stretchable full sleeve t-shirts/top and full-length pants. During winters You may wear stretchable skin-fit thermal wears for yoga, pranyama and meditation classes.

FOR WOMEN: We don't recommend women joining MTC if their menstruation period coincides with the MTC session dates. However, in the unlikely event You start menstruating during the MTC session, You have to inform Us immediately and follow Our course of advice, even if that means discontinuing MTC.

HEALTH DECLARATION:

You understand that our pre-requisites require the student to be mentally and physically fit in order to attend MTC. MTC may aggravate a physical injury, medical condition, and psychological condition and You represent and warrant that You are physically and psychologically fit to attend MTC.

You agree and undertake that You do not have any of the following conditions:

- A. History of fainting, fits, stroke, heart seizures, spinal problems, heart attack, uncontrolled bleeding of any kind, chronic fatigue and active rheumatologic problem.
- B. Undergone major and minor surgeries in the past 6 months.
- C. Suffering from any other chronic disease

You further undertake that You agree to provide Light House accurate, true, correct, current and complete details of all/any of Your medical conditions and give full disclosure of any pre- existing or existing disease, medical ailment or injury at the time of registration for MTC. You agree that in the event of incomplete or false information given by You, You will not be allowed to attend MTC or may be asked to discontinue even in the midst of MTC.

You understand that for anyone with abovementioned physical and medical conditions, MTC can be harmful to the health of such person. It is Your responsibility to consult a healthcare provider/ doctor and certify Yourself to be fit enough to attend MTC. We may require You to produce such medical certificate before attending the MTC.

If You develop any of the following health conditions during MTC,

- A. Injury, illness of any other medical condition or
- B. You feel extreme pain and discomfort

We may at our sole discretion prohibit You from continuing with MTC.

In the event of any emergency or unforeseen health-related complications, You agree to abide by the recommendations made in Your best interests by Light House. Any medical expenses incurred in this regard will be fully borne by You.

You understand that Light House has limited supply/variety of medications and You agree to carry all the regular medications that You would need throughout Your stay at Light House, including any and all prescriptive medicines and supplements, adequate for the duration of MTC.

In consideration for being permitted to attend MTC, You agree to assume full responsibility for any risks, injuries, or damages known or unknown, that You might incur as a result of attending MTC.

You acknowledge and agree to take full responsibility of Your health during Your stay in Light House.

In further consideration for being permitted to attend MTC, You hereby knowingly, voluntarily, and expressly waive any and all claims, liabilities, demands, expenses, fees, legal actions, rights of action for damages, personal injury, mental suffering and distress, or death (“Claims”) , including legal fees or expenses, that You may suffer or that Your spouse, parents, children, or unborn children may suffer in connection with Your attending MTC. You agree to indemnify, release, and hold harmless Light House, including its trustees, representatives, Master, teachers, instructors, co-instructors, presenters, facilitators, employees, agents, volunteers, and independent contractors (collectively, the (“Indemnified Parties”)) from and against any loss, cost, or liability incurred in defending any Claim made by You or anyone making a Claim on Your behalf in this regard.

WHO SHOULD NOT APPLY

If You have any of the health conditions mentioned hereinabove.

We advise against women attending the MTC during menstruation. Consequently, We kindly request that You abstain from applying if the MTC session dates coincide with Your menstrual cycle.

We do not encourage children or college students to attend MTC. However, self-employed individuals or working adults who are pursuing a college education for continued professional development are eligible to apply for MTC.

Light House is an abode of Divine Love that transcends religious, ideological or any other kind of divisions. Therefore, if you are hardcore believer in any religion/idea etc. please do not apply.

CODE OF CONDUCT & STAY GUIDELINES

1. Respect for Light House environment

- Light House is a space dedicated for meditation. it is important that You try to remain in silence as much as possible throughout Your duration of stay.
- You agree to behave in such a way as to create a safe, supportive, and learning environment.

- You agree not to smoke, drink alcohol, or consume any hallucinogenic or banned drug on Light House premises.
- You agree not to engage in disruptive speech or behavior. You will comply with all applicable laws and agree not to engage in any form of harassing, offensive, discriminatory, or threatening speech or behavior, including relating to race, gender, sexual orientation, religion, or disability.
- Students engaging in or threatening to engage in such behavior will be requested to leave Light House immediately, and such students will not be eligible to receive a refund of any amount paid to Light House for MTC.
- If you witness such behavior, please promptly inform Light House in order to take appropriate action.

2. Prohibited Activities

- Please do not use gadgets or speakers on the premises of Light House at high volume or in any manner that may disturb others.
- Please do not use mobile phones while walking in Light House. Kindly move to a corner, stand/sit in one place before using the phone.
- Do not tamper with garden or indoor plants, and refrain from plucking flowers.

3. Room Use and Housekeeping

- Light House is a space designed for meditation, health, and well-being. The rooms are not to be used by the Student as a hotel, resort, or for casual stay or vacation purposes. They are made available only for meditation.
- Light House reserves the right to ask You to leave if You do not follow the Code of Conduct, do not follow the instructions as detailed above, cause damage to the property, or engage in any activities which are unacceptable to Light House.
- While You can share Your preference for a particular room, the allocation and the choice of rooms provided to you shall be the sole prerogative of Light House. You agree to accept the decision without raising any protest or dispute whatsoever.

- Except for room cleaning, no other room service is available. Occasionally, as part of karma yoga practice, the Students may be asked to clean their own rooms and wash their utensils or clean the campus.
- Use furniture and other amenities provided, including yoga mats and other yoga accessories, properly and keep the rooms and washrooms clean.
- Please turn off the geyser and other electrical appliances and switches when not in use. Please seek staff help if You do not know how to operate any electrical device.
- The use of the spa room or washing machine is not allowed unless with prior permission from the managing staff.
- During check-out, please leave Your room clean and tidy. Do not discard any of Your belongings here.

4. Use of Facilities

- Students are welcome to borrow and read any book from our mini library in the dining hall. Do not remove the plastic wrap of the books placed in the section marked as "FOR SALE." Do not carry the books to your room or elsewhere. You are free to visit the dining hall anytime and read them. Do not tamper with or use markers of any sort on the books.
- Students are welcome to visit the Yoga Hall anytime for meditation, unless any other classes are being held there at that time. Use of the music system in the Yoga Hall or playing music on your own device (allowed only for bhajans or meditative music) is not allowed unless with the permission of the Master/MTC co-ordinator.

5. Yoga Hall Guidelines

The Yoga Hall is a sacred and dedicated space exclusively for yoga and meditation. Students are encouraged to visit the Yoga Hall for meditation at any time, provided no classes are in session.

- **Music:** The use of the music system in the yoga hall is allowed only for bhajans or meditative music and requires prior approval from the Master or MTC co-ordinator.

- **Yoga Accessories:** Students are permitted to use yoga mats, blocks, belts, and any other accessories provided in the Yoga Hall. These items must not be taken outside the Yoga Hall unless directed by the teachers or the Master or MTC Coordinator

6. Meals and Dietary Considerations

- Please be on time for the meals. Students will be provided only vegetarian food. If you have any food allergies, please make appropriate food arrangements for yourself. Carrying food and beverages to rooms is not allowed.
- Students are only permitted in the kitchen to refill water from the water purifier. All other access is not allowed.

7. Safety and Accountability

- While Light House is a safe space, students are advised to ensure the safety of their valuables and belongings. Light House will not be held liable for any lost items.
- You will be held accountable for any damage caused by you to the property and assets of Light House, and Light House shall be entitled to demand money from you for the loss suffered due to damage of its property and assets.
- Do not trespass onto Krishna Sir's residence, garden, backyard, or portico.
- Please be aware that Light House campus is under CCTV surveillance for security purposes.

VOLUNTARY ATTENDANCE

You acknowledge and agree that Your attendance in MTC is voluntary. Since attending any of the Kriya Meditation sessions could involve physical activity by way of yoga, extreme body movements during Kriya Meditation sessions, emotional release by way of crying, howling, screaming, excessive exhaustion due to body pain and emotional upheaval after Kriya Meditations. You agree to assume the risks associated with attending MTC to the fullest extent permitted under

applicable law. To the extent permissible by law, You agree to indemnify Us against any and all claims, actions, losses and damages.

You acknowledge and accept that during Kriya Meditation/ Cosmutation, the Master needs to help You to do certain yoga postures or press specific points in Your body for the Kriyas to happen. If You have any reservations, You shall inform the Master before the start of MTC and refrain from attending the meditation classes conducted by the Master. You agree to indemnify the Master and Light House against any and all claims, actions, losses for not being able to attend the MTC of the Master.

During the meditation class, when the student is in a state of Deep Rest, the teachers need to create body Bandhas (Yogic Postures) like Supta Baddha Konasana, Supta Virasana, Halasana, toe flexion, pavanamuktasana, Shoulder stretching etc by touching the body. Also, certain body parts need to be pressed to activate healing. In the rare event of any injury or pain occurring during the process We shall provide you with basic medical relief. However, We shall not be held responsible for your injury or treatment of the same.

You acknowledge that you are willingly attending the MTC and that you are completely and personally responsible for any outcomes or results. You agree to use your best judgment and due diligence before acting on any knowledge or information obtained from our website or MTC or social media pages or any other material. You acknowledge and accept that Light House is not liable or responsible in any manner whatsoever for any loss or consequence of any specific outcomes or results.

Light House cannot and does not guarantee that you will achieve a specific result or benefit after attending MTC, and you acknowledge and accept that individual results may vary depending upon the Student openness, devotion and his or her level of surrender to the divine. Because the results are subject to change and are dependent on a number of factors, no guarantees can be guaranteed. There is no guarantee that using our website, programs, MTC or sessions will result in a specific result.

MTC is exempt from any representations, warranties, undertakings and guarantees. We make no representations, warranties, undertakings, or guarantees.

VIDEO, FILMING AND PHOTOGRAPHY

Light House reserves the right to use any photograph/video taken during the MTC in accordance with the Consent Form included herein below. Student who do not wish to have their image or video recorded for distribution, promotional or marketing purposes should make their wishes known to Light House in writing. You also shall have the right to revoke Your consent anytime subject to prior notification to Light House in writing. Such revocation of consent shall be effective from the date of such notification. Any person or organization not affiliated with Light House may not use, copy, alter or modify Light House photographs, graphics, videography or other, similar reproductions or recordings without the advance written permission of Light House.

Video or audio filming and photography of MTC sessions or talks by Master by Students is strictly prohibited.

You shall not disseminate any portion of these MTC classes to any third party without prior express written permission of Light House.

PAYMENT, CANCELLATION AND REFUND

You understand that Light House has to make elaborate arrangements for MTC well in advance, making arrangements for stay, maintenance of rooms, cleanliness, body massage, therapy sessions, maintenance of electronic gadgets, providing food and so on.

No Refund (Cancellation from your end): Subsequent to Your reservation, should You be unable to attend MTC, You are welcome to participate in any of the following three MTC classes. Kindly be advised that the advance paid is non-refundable.

No Refund (Dismissal due to Misconduct or Other Reasons): If, during MTC You are dismissed due to misconduct, violation of these Terms and Conditions including but not limited to violation of Health Declaration, Code Of Conduct and Our Instructions as stated hereinabove or any other reason that cause hinderance in continuing MTC for others, no refund will be provided.

No Refund (suspension or termination) We have a right at our sole discretion to immediately suspend, terminate or refuse your attendance in the midst of MTC , If

We find out or We have reasonable grounds to suspect that information provided by You is untrue, inaccurate, not current, erroneous, or incomplete. No refund will be provided.

No Refund (health situation is not conducive). We have a right at our sole discretion to prohibit You from continuing with MTC, if We feel that Your health situation is not conducive for continuing with MTC. No refund will be provided.

Refund of Advance (Cancellation from Our End): In the unlikely event that We have to cancel the MTC due to unforeseen circumstances, You will be given the opportunity to attend the following three MTC classes. In the event You are unable to still attend the same, We shall refund the advance payment done by You. We will communicate any such cancellations to You promptly.

No Refund - If You leave MTC in between for any reason whatsoever, or refrain from attending any or all session of MTC for any reason whatsoever, You will not be eligible for any refund and We will consider this as cancellation of Your Registration.

There will be no refund for a no – show.

You understand that this section pertaining to payment, cancellation and refund of Your money is important for You and therefore You are requested to reach out to Light House for any questions or clarifications that You might have at the time of Registration and/or before making any payments to Light House.

For online payments, the refund will be made by the same mode of payment i.e. via bank account transfer or Secure UPI payments. Please allow up to 4 weeks for the refund to be processed.

Refunds made for offline payments like cash will be made only through NEFT or Secure UPI payments. Please allow up to 4 weeks for the refund to be processed.

LIMITATION OF LIABILITY

In no event will We or Our respective officers, Master, coordinators, agents, partners, teachers, trustees, Master, founder and employees be liable to You or any third party for any direct, indirect, consequential, exemplary, incidental, special, or punitive damages, including lost profit, lost revenue, loss of data, or other damages arising from Your use of the website and Your attendance to MTC

held by Light House, even if We have been advised of the possibility of such damages. Notwithstanding anything to the contrary contained herein, Our liability to You for any cause whatsoever and regardless of the form of the action will at all times be limited to the charges paid by You for MTC.

INDEMNIFICATION

You hereby knowingly, voluntarily, and expressly waive any and all claims, liabilities, demands, expenses, fees, legal actions, rights of action for damages, personal injury, mental suffering and distress, or death (“Claims”) including legal fees or expenses, that You may suffer or that Your spouse, parents, children, or unborn children may suffer in connection with Your attending MTC.

You agree to indemnify, release, and hold harmless Light House, including its trustees, Master, representatives, teachers, instructors, co-instructors, presenters, facilitators, employees, agents, volunteers, and independent contractors (collectively, the (“Indemnified Parties”)) from and against any loss, damage, cost, or liability incurred in defending any Claim made by You or anyone making a Claim on Your behalf arising out of or in connection with Your attending MTC and breach of these Terms and Conditions.

FORCE MAJEURE

In the event that it is impossible or impracticable for Light House to proceed with or carry out MTC in whole or in part, due to any act of God, acts of the government, fire, casualty, flood, earthquake, war, strike, demonstrations, lockout, epidemic, pandemic, destruction of its facilities, riot, insurrection, materials unavailability, or any other cause(s) beyond the reasonable control of Light House and as a result thereof if Light House has the sole right to delay, postpone, reschedule, terminate and/or cancel the MTC, Light House will not be liable for any losses or damages incurred by the Student .

INTELLECTUAL PROPERTY RIGHTS

The website is Our proprietary property and all source code, databases, functionality, software, website designs, audio, video, text, photographs, and graphics on the Site (collectively, the “Content”) and the trademarks,

service marks, and logos contained therein (the “Marks”) are owned by Light House and protected by copyright and trademark laws and various other intellectual property rights.

The Content and the Marks are provided on the website “as-is” for Your information and personal use only. Except , as expressly provided in these Terms And Conditions , no part of the website and no Content or Marks may be copied, reproduced, aggregated, republished, uploaded, posted, publicly displayed, screen- shot, photographed, screen recorded, encoded, translated, transmitted, distributed, downloaded, edited, broadcasted, transferred, taught, used, sold, licensed or otherwise exploited for any commercial or non-commercial purpose whatsoever, without Our express prior written consent.

YOUR PERSONAL INFORMATION

As part of application process, Student must provide a valid government issued ID card (with a photo) such as Aadhaar/ Driving License/Voter ID/ Passport. Student must present the same ID at the time of check in to Light House. Foreign Students must present their valid passport in original and Indian Visa/ OCI card on arrival at Light House.

You consent to the collection and use of Your personal information that You provide in connection with the MTC conducted by Us. We will use Your information to send details and announcements related to MTC classes to You. Any personal information that You provide to Us online will be handled in accordance with the laws and regulations of India. We are committed to protecting Your personal information and Your right to privacy. You agree that We may use any information that We obtain about You in accordance with the laws and regulations of India including the provisions of Our Privacy Policy.

AMENDMENT TO THE TERMS AND CONDITIONS

Light House reserves the right, at its sole discretion, to change, modify, amend, add or remove any portion of these Terms and Conditions, including the Privacy Policy, in whole or in part, at any time. Notification of changes in these Terms and Conditions and/or the Privacy Policy will be posted on the

website www.lighthousekrishna.com . Changes in these Terms and Conditions will be effective when notice of such changes has been posted and will constitute an agreement to such changed Terms and Conditions and/or the Privacy Policy.

CONSENT FORM GIVEN BY YOU

VIDEO, FILMING AND PHOTOGRAPHY

I, hereby grant my explicit consent to Light House the right to use my photographed image, videotape and sound of my voice as recorded on audio, taken during the entire duration of MTC without any consideration. I understand that solely for the purpose of promotional and marketing of MTC classes and various courses of Light House, my image/video may be edited, copied, exhibited, published, or distributed, and waive the right to inspect or approve the finished product wherein my likeness appears. Light House may use the photograph/video in publications or other media material produced, used or contracted by Light House including but not limited to: brochures, invitations, books, newspapers, magazines, television, websites, etc solely for the purpose of promotional and marketing MTC and various courses of Light House.

I also shall have the right to revoke My abovementioned consent, anytime subject to prior notification to Light House in writing. Such revocation of consent shall be effective from the date of such notification to Light House.

I acknowledge that I have completely read and fully understood the above Consent Form and agree to be bound thereby. I hereby agree to release, defend, hold harmless and indemnify Light House from any and all claims involving the use of my photograph, video, or likeness.

GOVERNING LAW DISPUTE RESOLUTION AND ARBITRATION

If any dispute arises out of or in connection with these Terms And Conditions, the effected Party shall notify the other Party of the existence of the dispute and its intention to resolve the dispute in accordance with this section.

Before resorting to Arbitration, the Parties shall (i) use reasonable endeavours to attempt to resolve the dispute through relevant personnel of both the Parties (ii) in the event that the dispute is not resolved within 90 working days from the date of such notification of dispute, the aggrieved Party may refer the dispute to arbitration in accordance with the Arbitration and Conciliation Act, 1996 before the sole arbitrator to be mutually appointed by both the Parties after serving a prior written notice of 15 working days.

The venue of arbitration shall be Rishikesh, India and the language of the Arbitration shall be English. The entire cost of the Arbitration proceedings shall be exclusively borne by the effected Party who has notified the dispute for Arbitration.

The award passed by the Arbitrator shall be final and binding upon the parties hereto.

The construction and interpretation of these Terms and Conditions and any Award passed in pursuance of the arbitration proceedings shall be governed by the Laws Of India, and the Courts of Uttarakhand shall have exclusive Jurisdiction.

TICK BOX - I acknowledge that I have completely read, fully understood and voluntarily accepted to comply with the above Terms And Conditions and agree to be fully bound thereby.