

THE INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRES



Founder: Swami Vishnu-devananda, since 1957
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Schmiljanstr.24, 12161 Berlin, Tel. +49 (0) 30/85 99 97 98, Fax +49 (0) 30/85 99 97 97, e-mail: Berlin@sivananda.net

Application for Yoga Teachers Training Course Poland, August 30th – September 28, 2008 Formularz zgłoszeniowy. Kurs dla nauczycieli jogi. Polska Jogos mokytojų kursų dalyvio anketa

Arrival date _____ **Departure date** _____
Atvykimo data/Data przyjazdu/Дата прибытия Išvykimo data/Data wyjazdu/Дата отъезда

Name _____
Vardas, pavardė/Imię i nazwisko/Фамилия, имя, отчество

Street, Nr. _____
Gatvė, Nr./Ulica, nr, mieszkanie/№ дома, название улицы

Zip code, City _____ **Country** _____
Pašto kodas, miestas/Kod pocztowy, miasto/Почтовый индекс, город Šalis/ Kraj/Страна

Telephone (work) _____ **Telephone (home)** _____
Telefonas (darbo)/Tel. służbowy/Служебный телефон Telefonas (namu)/Tel.domowy/Домашний телефон

Mobil _____ **Fax** _____ **email** _____
Мобильный телефон Факс адрес эл. почты

Marital Status _____ **Age** _____ **Children** _____ **Sex (M/F)** _____
Šeimyninė padėtis/Stan cywilny/Семейное положение Amžius/Wiek/Возраст Vaikai/Dzieci/Дети Lytis/Płeć(K/M)/Пол

Education and Skills _____ **Occupation** _____
Išsilavinimas ir įgūdžiai/Wykształcenie/Образование и навыки Profesija arba užsiėmimas/ Zawód /Профессия или род занятий

Languages _____
Kokias kalbas mokate/Znajomość języków/Какими языками владеете?

Illnesses _____ **Prescribed medication** _____
Kokiomis ligomis sergate/Choroby/Наличие болезней (перечислить) Kokius vaistus vartojate/Przyjmowane leki/Какие лекарства предписаны

Contact in case of emergency _____
Kam pranešti nelaimės atveju/W razie wypadku powiadomić/С кем можно связаться в случае крайней необходимости

Address _____ **Zip code, City** _____
Adresas/Adres/№ дома, название улицы Pašto kodas, miestas/Kod pocztowy, Miasto/Почт. индекс, город

Country _____ **Telephone** _____
Šalis/Kraj/Страна Telefonas/Telefon/Телефон

Relationship _____
Giminystės ryšys/Stopień pokrewieństwa/Какое к Вам имеет отношение

Length of time practicing Yoga _____
Kiek laiko praktikuojate jogą/Jak długo praktykuje Pan/i jogę/Сколько времени занимаетесь Йогой

How did you hear from us? _____
Kaip apie mus sužinojote?/Jak Pan/i dowiedział/a się o nas?/ Как узнали о нас?

Member of a SYVC, which? _____
Kokio Sivananda jogos centro nariu esate?/Czy jest Pan/i członkiem SYVC. Którego?/Членом какова Центра Йоги Шивананды являетесь?

Reasons for wanting to attend course ? _____
Kodėl norite dalyvauti kursuose?/Dlaczego chce Pan/i uczestniczyć w kursie?/С какой целью хотите пройти курсы?

Uniform Size: Small Medium Large Xlarge **Knowledge of English:** good moderate little none
Uniformos dydis: Mažas Vidutinis Didelis Labai didelis Anglų kalbą moku: gerai vidutiniškai šiek tiek nemoku
Rozmiar stroju: S M L XL Znajomość jęz. Angielskiego: dobra średnia podstawowa brak
Размер униформы: Маленький Средний Большой Очень Большой Знаю английский: хорошо средние плохо не знаю

Prefered accomodation (see brochure) _____
Pageidaučiau įsikurti (žr. lankstinuką)/Zakwaterowanie (zobacz broszura informacyjna)/Предпочитаю размещение (см. буклет)

PLEASE SIGN RULES ON REVERSE

Prašome pasirašyti, kad susipažinote su kitoje lapo pusėje esančiomis taisyklėmis/Prosze podpisac się pod regulaminem na odwrocie/Подпишитесь, пожалуйста, под правилами на обратной стороне

**Foto
Nuotrauka
Фото
Zdjęcie**

General Rules for the Teachers' Training Course

In order to keep a clean and pure atmosphere in the ashram it is essential that you follow the rules as well as the daily routine.

1. Attendance at all classes, lectures, morning and evening meditations is mandatory. If a class or meditation cannot be attended, a written explanation has to be given to the principal of the course. Frequent absence may lead to expulsion from the course.
2. Alcohol, tobacco, meat, fish, eggs and coffee are prohibited on the ashram premises. During the course we cannot cater to personal dietary preferences except the yogic-vegetarian meals. Absolutely no drugs. No taking, distributing or dealing in or around the ashram. If you get to know about others keeping, taking or distributing drugs you are obliged to report this to the principal of the course immediately.
3. An ashram is not a club or vacation resort. Your conduct –private or public- should enhance the spiritual atmosphere of the ashram. Do not waste your prana (live energy) in fruitless activities.
4. If you wish to leave the ashram (except short trips to the near-by villages), especially over night, the principal of the course has to give permission.
5. Karma-Yoga, selfless service, is part of the course. We kindly ask each participant to join in Karma-Yoga for about one hour daily.
6. No nude bathing. Sauna with bathing suit.
7. Silence in the ashram after 10:30 p.m.
8. Rules for conduct in temples and meditation halls: The atmosphere should be kept especially pure in these localities. At least hands, feet and face must be clean. No unnecessary talk. These locations are destined for meditation and prayers.
9. Music is not allowed in the ashram.
10. In order to avoid fire hazards, incense and candles are only allowed in the temple and meditation hall. No camp-fires!
11. In case of cancellation you have the following option: Cancellation before the beginning of the course: a credit note will be issued subject to a 150€ administration fee. Cancellation during the course: for the remaining course days a credit note for the proportionate course fee will be issued subject to a 150 € administration fee. This credit note can be used in every Sivananda Yoga Centre or Ashram. It cannot be used for boutique items.
12. If you have any medical problem, please let us know when you enroll for your stay.
13. The SYVC suggest that you refrain from any type of sexually oriented behaviour

What to bring:

“Bhagavad Gita” with commentary by Swami Sivananda (The Divine Life Society, India);

“The Great Illustrated Book of Yoga” by Swami Vishnu-devananda (Three Rivers Press, NY);

“The book of Yoga” by Sivananda Yoga Centres (Ebury Press, London). All books are available at the Sivananda Yoga Centres.

Blanket, mat for asanas, meditation pillow, warm and comfortable clothing, sandals, comfortable shoes for hiking, swim suit. Receipt for payments made, writing pad. Towels, private toilet articles.

Examination and Certificate:

At the end of the course an examination of several hours takes place covering theory and practice. If you pass the exam, you will receive a certificate entitling you to teach.

Information

The Sivananda Yoga Vedanta Centres of Europe are dedicated to creating a more conscious and compassionate world. We accomplish that mission by creating a safe and sacred environment. We champion spirituality, ethical behaviour, respect, trust, loyalty, and commitment. As such, we have a responsibility to maintain a safe and sacred space for deeper inner work, in accordance with the teaching of Swami Sivananda and our teacher and Guru Swami Vishnudevanda.

Accordingly, the Sivananda Yoga Vedanta centres of Europe prohibit all staff from engaging in sexually suggestive remarks and gesturing, and unnecessary and offensive touching. You are therefore expected to refrain from directing any such behaviour towards staff, students, or guest.

If in spite of the efforts the Sivananda Yoga Vedanta Centres of Europe in this respect, you believe you have been subjected to sexual harassment from outside presenters, staff, guests, or from a swami, you should immediately report the incident to one of the Acharyas, in order for corrective action to be undertaken without delay. Complaints made to a Acharya will be treated confidentially and the alleged violator or any third party will not be advised of the complainant's identity without the latter's consent.

End of Information

Terms of Payment:

Please send your application form to:

Sivananda Yoga Vedanta Center, Schmiljanstr. 24, 12161 Berlin, Germany. The registration is valid with a deposit of 300 €. Balance is due four weeks before the beginning of the course. Please pay the course fees to the following account:

Sivananda Yoga Zentrum Berlin, Deutsche Bank Berlin (Name of the Bank), IBAN: DE 43 1007 0024 0830 0204 02.

BIC: DEUTDE33HAN

The TTC fee contains administration, lessons, meals, “uniforms” and manual. Airport and/or train station transfers are not included. Prices are calculated in “Euro” conditions therefore any dollar fluctuations are of no impact. It is recommended to sign a travel health insurance policy at your travel agent.

Telephone :

It is possible to receive calls. The best hours to receive calls are:

10:00h – 10:45h a.m., 13:00h – 13:45h p.m. and 18:00h – 18:45h p.m. At other times the TTC programme activities are ongoing.

Tel. at the Centre for Education and Vacation “Lesnik”: ++4859-81-44-635

Please acknowledge with your signature:

As a participant of the Teachers' Training Course of the Sivananda Organisation I concede to attend all activities. I am fully responsible for myself and my personal belongings. I will honestly strive towards Self-realization according to the Yoga teachings of Swami Sivananda. I am aware of the fact that by ignoring the above mentioned rules and regulations I can be expelled from the course. The fee will under no circumstances be refunded.

DateSignature

(Signature of the parents is required for all under 18 years of age)