



# INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRE

Postures \* Breathing \* Relaxation \* Diet \* Meditation

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## TEACHERS' TRAINING COURSE APPLICATION FORM: EUROPE / VRINDAVAN

Date of Application: \_\_\_\_\_

Held at: \_\_\_\_\_ Date of Course: \_\_\_\_\_

### Accommodation :

Dormitory

Tent Space

Other (please specify) \_\_\_\_\_

### Uniform Size:

Small

Large

Medium

X-Large

(Photo)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  M  F

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Country \_\_\_\_\_

Tel (H) \_\_\_\_\_ (W) \_\_\_\_\_ Mob \_\_\_\_\_ Email \_\_\_\_\_

Marital Status \_\_\_\_\_ Children \_\_\_\_\_ Occupation \_\_\_\_\_

Education & Skills \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Languages Spoken \_\_\_\_\_

Illnesses \_\_\_\_\_ Prescribed Medication \_\_\_\_\_

### Emergency Contact:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Country \_\_\_\_\_

Tel (H) \_\_\_\_\_ Relationship \_\_\_\_\_

Length of time practising yoga \_\_\_\_\_

Are you a member of any Sivananda Yoga Vedanta Centre? Which? \_\_\_\_\_

Reason for attending this course \_\_\_\_\_

Where did you hear about us \_\_\_\_\_

A payment of £ \_\_\_\_\_ is enclosed

Payment can be made by bank draft, money order, personal cheque, credit or debit card (Mastercard/Visa/Switch).  
Balance is due four weeks prior to start of course.

# SIVANANDA YOGA VEDANTA CENTRE

## YOGA TEACHERS' TRAINING COURSE RULES

### AGREEMENT FORM

- 1 Absolutely no drugs are to be taken or distributed on or off the premises of the Ashram as they are destructive to one's psychic body and consequently antithetical to yogic disciplines. Please advise the teachers of any prescription drugs you may be taking during the course.

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- 2 Absolutely no alcohol, tobacco, meat, fish or eggs are allowed on the course.

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- 3 The Ashram is not a social club or resort. Students are recommended to observe celibacy and silence as much as possible during this intensive four week course. The student's behaviour and attitude, both private and public, should be such as to enhance the spiritual atmosphere of the Ashram.

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- 4 Attendance at all classes and morning and evening meditation is mandatory. To ensure attendance, a written notice must be submitted to the teacher in order to procure approval for any absence. Too many absences from classes may result in dismissal of the student from the entire course.

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- 5 Any absences from the Ashram, particularly overnight excursions, apart from brief trips to nearby villages, must be cleared by the teacher before leaving.

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- 6 Karma yoga or selfless service is an integral part of the course. It is a very practical discipline helping the student to eliminate egoistic and selfish tendencies. At least one hour of karma yoga is required from each student daily.

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- 7 Public nudity is absolutely forbidden. Modest dress is required.

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- 8 Evening curfew is 11pm. Everyone should be on the Ashram grounds by that time.

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- 9 No noise after 10.30pm.

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- 10 Temple rules: The atmosphere in the temple should especially be kept pure. At least hands, feet and face should be cleaned before entering. There should be no unnecessary talk or chatter in the temple. This is to be regarded as a place of worship and meditation.

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- 11 The playing of heavy music – rock music etc, is strictly forbidden in the Ashram.

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- 12 Fires, incense or candles are forbidden anywhere outside of the temple.

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- 13 We recommend that you familiarise yourself with our teachings by attending classes and satsangs (group meditation) at one of the Sivananda Yoga Vedanta Centres or Ashrams.

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As a Yoga Teacher Trainee of the Sivananda Yoga Vedanta Centre, I do hereby agree to participate in all activities and I confirm that I am aware of the content of the course (see UK Teacher Training brochure or website).  
 I assume full responsibility for myself and my personal property and will endeavour to make a genuine effort towards my own self-improvement according to the teachings of yoga according to Swami Sivananda and Swami Vishnudevananda. I understand that if I should break any of the above rules, I may be asked to leave.  
 I further agree to abide by the pricing policy outlined in the most recently published London Centre brochure and on the web site [www.sivananda.org/london](http://www.sivananda.org/london)

**Date** ..... **Signature** .....

#### BOOKING INFORMATION

A deposit of £200 is payable when you submit this application form. The full course fee must be paid at least four weeks prior to the course commencement date (the "Start Date"). Should you cancel from the course, the Organisation will endeavour to fill the place left by the cancellation. If the place has not been filled by the Start Date, the Organisation shall be entitled to retain all or part of any fees (as set out below) as a contribution toward the losses or costs the Organisation has suffered as a result of the cancellation.

Cancellation Date prior to Course Start Date	Fee Retained
3 months or more	£150
Between 3 months and 8 days	£200
7 days or less	£350

If the place has been filled by the Start Date, a full refund, minus a £100 administration fee, will be given only in the event that the Organisation has been able to reallocate the place to another student.  
 The fees will be held by the Organisation pending the Start Date and the repayment to the student will then be calculated depending on whether the place had been reallocated and on the student's cancellation date.  
 If the Organisation cancels the course, a full refund of all course fees and deposit will be given.  
 In the event that the student leaves the course after the Start Date, either on his own accord or through dismissal from the course, then the Organisation is under no obligation to refund the course fees or deposit.