



INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRE

Postures * Breathing * Relaxation * Diet * Meditation

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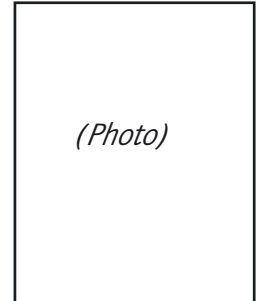
TEACHERS' TRAINING COURSE APPLICATION

Date of Application: _____

Course held at: _____ Date of Course: _____

Accommodation :

- Dormitory Double room
 Tent space Single room



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 _____ Euros is enclosed

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.

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

- 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.

- 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.

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

- 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.

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

- 8 Evening curfew is 11pm. Everyone should be on the Ashram grounds by that time. No noise after 10.30pm.

- 9 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.

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

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

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 .
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 Vishnu-devananda. 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 Terms of Payment as indicated below.

Date Signature

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

TERMS OF PAYMENT

Please enclose with your registration a down payment of 500 Euros (no refund possible). The remaining balance is to be settled 4 weeks prior to the course. Payments can be made in cash, by personal cheque or credit card.

Prices for the Teachers Training Courses in England, Canada, United States, Bahamas and India are calculated on the basis of the British pound or the US dollar. Prices will be recalculated into the Euro the first of each month according to the exchange rate of the European Centralbank. The remaining balance is calculated on the basis of the current exchange rate at the time of registration.

No refund is possible in case of cancellation but a credit note can be issued less an administrative fee of 150 Euros. This credit note can be used to attend another TTC or a guest stay at any Sivananda Ashram. It cannot be used to purchase items at the boutique of the Sivananda Centres.

The fee contains administration, lessons, meals and manual. Airport and/or train station transfers are not included. It is recommended to sign a travel health insurance policy at your travel agent.