



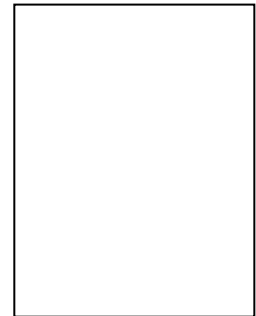
INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRES

Postures • Breathing • Relaxation • Diet • Meditation

SIVANANDA YOGA VEDANTA DHANWANTARI ASHRAM, P.O. NEYYAR DAM, THIRUVANANTHAPURAM DIST. 695 572 INDIA
 TEL: (91) 471-2273093 FAX: (91) 471-2272093 E-MAIL: yogaindia@sivananda.org

APPLICATION FOR:

- YOGA TEACHER'S TRAINING COURSE (TTC) COURSE LOCATION: _____
- FASTING AND DETOXIFICATION PROGRAM START DATE: _____
- ADVANCED TEACHER'S TRAINING (ATTC) } Send copy of TTC Certificate with application, and bring TTC uniform
- SADHANA INTENSIVE (SI)
- AYURVEDA WELLNESS COURSE ADAPTED SIVANANDA YOGA COURSE



GENDER: MALE FEMALE

ACCOMMODATION:

- DOUBLE ROOM DORMITORY TENT
- W/ BATH

UNIFORM SIZE:

- SMALL MEDIUM
- LARGE X-LARGE

PERSONAL INFORMATION:

NAME: _____ DATE OF BIRTH: _____
 ADDRESS: _____
 CITY/PROV/STATE: _____ COUNTRY: _____
 ZIP/POSTAL CODE: _____ PHONE (H): _____ PHONE (W): _____
 FAX: _____ E-MAIL: _____
 OCCUPATION: _____ MARITAL STATUS: _____ CHILDREN: _____
 NATIONALITY AND PASSPORT NUMBER: _____
 ANY DUAL NATIONALITY? Yes No
 IF YES SPECIFY SECOND NATIONALITY: _____ PASSPORT NUMBER: _____
 EDUCATION/SKILLS: _____ LANGUAGE(S): _____
 ILLNESSES (IF ANY): _____
 PRESCRIBED MEDICATION: _____

EMERGENCY CONTACT NAME: _____

PHONE: _____ E-MAIL: _____
 ADDRESS: _____ RELATIONSHIP: _____

HISTORY WITH SIVANANDA ORGANISATION:

ARE YOU A MEMBER OF ANY SIVANANDA YOGA VEDANTA CENTRES? YES NO LOCATION: _____
 HAVE YOU TAKEN TTC BEFORE? Yes No TTC LOCATION: _____ DIPLOMA No./YEAR: _____
 REASON FOR ATTENDING THIS COURSE: _____

PAYMENT INFORMATION - OFFICE USE ONLY

AMOUNT: _____ DATE: _____ RECEIPT No: _____ PAID AT: _____
 AMOUNT: _____ DATE: _____ RECEIPT No: _____ PAID AT: _____

SIVANANDA YOGA VEDANTA CENTRE (INDIA) COURSE RULES AND CANCELLATION POLICY

1. The Ashram is not a social club or resort. To maintain the spiritual purpose of the ashram students are requested respect the following rules.
2. **STANDARDS OF CONDUCT**
 - Use respectful language free from profanity, cursing, swearing, vulgarity, insults, abusive or crude language and verbal threats.
 - Maintain silence after evening satsang until the following morning satsang and during meals.
 - Use mobile phones and other communication devices only in designated areas.
 - Celibacy should be kept as part of the spiritual discipline whilst staying at the ashram. Public displays of affection are discouraged. Couples are not allowed to share rooms during Teachers Training Courses, Advanced Teacher Training Course and Sadhana Intensive.
 - Attendance and full participation in the scheduled classes and satsangs is mandatory. If for any reason you must be absent from any part of the daily schedule, a written notice must be submitted to the teacher. Absence without permission from classes may result in dismissal from the course.
 - Ashram dress code: men and women should cover the shoulders, midriff and legs. Tight fitting, transparent or revealing clothing is not permitted in the ashram. Observance of the ashram dress code should be maintained at all times including during asana classes or swimming in the nearby lake, pond or river. Nudity is forbidden.
 - Karma Yoga is an integral part of the course. It is a very practical approach to help eliminate egoistic and selfish tendencies. Students should expect to perform at least one hour of karma yoga daily.
3. **INAPPROPRIATE CONDUCT**
 - Make false statements about others with malice or publicly disclose another's private information.
 - To play loud, or offensive music in the Ashram. Any music played should be of sattvic nature and not disturb others.
 - Smoking, alcohol, non-prescription drugs, eating meat, fish, eggs, garlic and onions are not allowed in the ashram
 - Photography and video filming is not allowed during sadhana (spiritual practice) times i.e. meditation, satsang, asana class, lectures, and rituals as well as in the temple areas and during meals. This is to maintain a tranquil and protected environment for all. Exceptions will be announced by the director for special occasions.
 - Candles, incense, mosquito coils etc. should not be burned in tents, rooms and dorms due to fire hazard.
 - Temple rules. There should be no unnecessary talk or noise in the temple areas. These areas are regarded as places of worship and meditation. According to Hindu custom ladies are asked not to enter the temple areas during menses.
4. The Sivananda Yoga Vedanta Centers of India disapprove of and condemn any form of harassment directed at guests, staff or visitors. Specifically, no harassment, proposals or innuendos with a sexual connotation will be tolerated during any program or activity organized by the Sivananda Yoga Vedanta Centers of India. Guests participating in such programs are accordingly made aware of this policy and invited to apply it in their personal behaviour whilst on our premises. Any guest who thinks she (he) may be the victim of unsolicited advances or any other form of sexual harassment is asked to notify a senior Swami or Director immediately in order for corrective action to be undertaken without delay. Complaints made to a senior Swami or director 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.
5. The ashram does not accept responsibility for guests' belongings. Safe deposit facility is available at reception.
6. Dates and donations are subject to change without notice. For all programs, guests are subject to the suggested donation in effect at the time of final payment.
7. **CANCELLATION POLICY**

If you cancel your registration before the start of the course we will refund your original payment less an administration fee of C\$150 (Rs1500 Indians). For a no show, no refund will be issued. Once the course starts, if you decide to leave within 5 days, we will refund your original payment less an administration fee of C \$450 (Rs 4500 Indians). After 5 days no refunds will be issued.

 8. Students leaving the course before completion are required to return all teaching materials, manuals and uniforms.
 9. If you are applying for an Indian concessional rate please note you will be asked to provide evidence of Indian citizenship and residency. Please note that if you are;
 - an Indian national studying or working abroad or
 - a Non-Resident Indian (NRI) or
 - Overseas Citizen of India (OCI) or
 - Person of Indian Origin (PIO)you are expected to pay the full course rate. Exceptional cases are considered on an individual basis. Misrepresentation of information will result in liability to pay the full fee or dismissal from the course.

As a course participant of the Sivananda organisation, I do hereby agree to participate in all activities. I assume full responsibility for my personal property and myself and will endeavor to make a genuine effort towards my own self-improvement according to the teachings of Swami Sivananda. I understand that if I should break any of the rules I may be asked to leave.

SIGNED: _____ **DATED:** _____

"HEALTH IS WEALTH. PEACE OF MIND IS HAPPINESS. YOGA SHOWS THE WAY." - SWAMI VISHNU-DEVANANDA