

# SIVANANDA YOGA VEDANTA CENTRES

Postures ● Breathing ● Relaxation ● Diet ● Meditation

SIVANANDA YOGA VEDANTA DHANWANTARI ASHRAM, P.O. NEYYAR DAM, THIRUVANANTHAPURAM DIST. 695 572 INDIA

APPLICATION FOR **ONLINE** YOGA TEACHERS' TRAINING COURSE (TTC)

**START DATE: 16 Jan – 12 Feb 2021 **

Click here to insert your photo

(text areas will expand as required)

**NAME:**

## GENDER: Male Female DATE OF BIRTH:

**ADDRESS\*:**

**CITY/STATE:**       **POSTAL CODE:**

**COUNTRY:**       **PHONE (H):**       **E-MAIL:**

\* PLEASE PROVIDE CURRENT ADDRESS TO RECEIVE TTC MANUAL

## MARITAL STATUS:       CHILDREN:

**AADHAR CARD NUMBER:**

**OCCUPATION:**

**EDUCATION/SKILLS:**

**LANGUAGES:**

**ILLNESSES (ESPECIALLY ANY HEART, SPINE, NEUROLOGICAL, PSYCHOLOGICAL/ PSYCHIATRIC PROBLEMS):**

**PRESCRIBED MEDICATIONS:**

**HEALTH APPROVAL CERTIFICATE BY MEDICAL PROFESSIONAL PROVIDED:**  YES  NO

**ARE THERE ANY PENDING JUDICIAL PROCEEDINGS FROM ANY REGULATORY BODY AGAINST YOU?**

## YES NO IF YES PLEASE SPECIFY

**EMERGENCY CONTACT NAME:**

**PHONE:**       **E-MAIL:**

**ADDRESS:**        **RELATIONSHIP:**

**HISTORY WITH SIVANANDA ORGANISATION: HAVE YOU TAKEN TTC BEFORE?**

**YES NO TTC LOCATION:**        **DIPLOMA NO./YEAR:**       

**HAVE YOU TAKEN ANY OTHER SYVC COURSES?  YES NO SPECIFY:**       

|  |  |
| --- | --- |
| **TECHNICAL - CONFIRM YOU HAVE:** |  |

**1) A FUNCTIONING LAPTOP OR DESKTOP COMPUTER YES  NO**

**2) GOOD INTERNET CONNECTIVITY (broadband/4G preferable) YES  NO**

**3) A MOBILE PHONE FOR NETWORK/DATA BACK-UP YES  NO**

## APPROX. 6 GB IS REQUIRED DAILY

**REASON FOR ATTENDING THIS COURSE:**

**DISCLAIMER:** SYVC has certified, experienced teachers and will facilitate safe and enriching yoga sessions; however please understand that there are some inherent risks in every group exercise session.

**DECLARATION:** I, the undersigned, do hereby declare that:

* the information given above is true to the best of my knowledge,
* understanding the inherent risks of group training, I take responsibility to practice safely and hereby free Sivananda Yoga Vedanta Centre and its instructors of all liabilities in case of an accident during an online session

**By checking this box I hereby agree to all the statements made on this form**

**Date:**

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

## STANDARDS OF CONDUCT

* + Use respectful language free from profanity, cursing, swearing, vulgarity, insults, abusive or crude language and verbal threats.
  + Use of mobile phones during online sessions is prohibited, and you will be asked to leave the session on violation.
  + 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.
  + Dress code: yellow top and white trousers are required for satsangs and lectures. For all sessions dress should be modest ie. covering shoulders, chest, waist. Sleeveless tops, half-length pants or revealing and tightfitting outfits are not allowed.

## INAPPROPRIATE CONDUCT

* + Making false statements about others with malice or publicly disclose another’s private information.
  + It is recommended to maintain a satvic diet. Smoking, alcohol, non-prescription drugs, eating meat, fish, eggs, garlic and onions should be avoided.
  + Taking screenshots, photos or video recording of the online sessions is not allowed.

## ANTI HARRASSMENT POLICY

The Sivananda Yoga Vedanta Centers of India disapprove of and condemn any form of harassment. 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 behavior. Any participant who thinks she(he) may be the victim of unsolicited advances or any other form of sexual harassment is asked to notify a senior Teacher immediately in order for corrective action to be undertaken without delay. Complaints 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.

## CANCELLATION POLICY

* If the candidate is rejected after the initial interviews, a full refund will be provided.
* There will be no partial or full refund possible in any other circumstances.

As a course participant of the Sivananda organisation, I do hereby agree to participate in all activities.

I assume full responsibility for 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 the programme.

## By checking this box I hereby agree to all the statements made on this form

**DATED:**

*“Health is wealth. Peace of mind is happiness. Yoga shows the way.” - Swami Vishnudevananda*