

# INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRES

*Postures • Breathing • Relaxation • Diet • Meditation*

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

**SIVANANDA TEACHERS' IMMERSION COURSE (STIC)**

**PLACE:** SIVANANDA YOGA VEDANTA CENTRES & ASHRAMS, INDIA

**START DATE:** 1<sup>ST</sup> MARCH 2025

**GENDER:** MALE  FEMALE

**UNIFORM SIZE:** SMALL  MEDIUM  LARGE  X-LARGE

**ACCOMMODATION:** (Check website for type of accommodation available at chosen course venue)

DOUBLE ROOM  W/ BATH  
DOUBLE ROOM  COMMON BATH  
DORMITORY   
TEMPORARY  DORMITORY  
TENT

**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: \_\_\_\_\_

## **SIVANANDA YOGA VEDANTA DHANWANTARI ASHRAM RULES AND AGREEMENT:**

1. The International Sivananda Yoga Vedanta Centres are dedicated to creating a more conscious and compassionate world. We accomplish that mission by creating a safe and sacred environment. We promote spirituality, ethical behaviour, respect, trust, loyalty, and commitment. As such, we have a responsibility to maintain the safe and sacred space for deeper inner work, in accordance with the teaching of H.H. Swami Sivananda and our teacher and Guru Swami Vishnu Devananda.
2. The Ashram is not a social club or resort. The student's behavior and attitude, both in private and public should respect that of Indian culture and should enhance the spiritual atmosphere of the Ashram. Celibacy should be kept while staying at the Ashram. Public displays of affection are not permitted. Strict observance of the Ashram Dress Code and standards of conduct should be maintained at all times. Public nudity is forbidden.
3. Absolutely no smoking, alcohol, non-prescription drugs, eating meat, fish, eggs, garlic and onions are allowed in the ashram.
4. Standards of Conduct
  - Use respectful language free from profanity, cursing, swearing, vulgarity, insults, abusive or crude language, and verbal threats.
  - Maintain an environment that encourages mutual respect, promotes civil and congenial relationships and is free from all forms of harassment and violence.
  - Promote an atmosphere where everyone can discuss their differences and exchange ideas openly, honestly and respectfully.
  - Assure the security of the International Sivananda Yoga Vedanta Centres' confidential/proprietary material and equipment by those with access to it.
5. Inappropriate Conduct. It is inappropriate to:
  - Make false statements about others with malice that causes harm.
  - Publicly disclose another's private information.
  - Possess, use, or distribute alcoholic beverages or illegal drugs.
  - To play loud, rock music etc. in the Ashram. Any music played should be of sattvic nature and not disturb others. Noise or loud speaking after 10:00 pm is not permitted.
  - Enter into intimate relationships between staff and guests, teacher and student, administrator and staff, or other situations where an imbalance of power or influence, a conflict of interest, or other type of bias exists or is likely to exist.
6. 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.
7. Attendance and full participation in the daily scheduled classes and satsangs are 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. Too many absences from any particular class may result in dismissal of the student from the entire course.
8. Karma Yoga is an integral part of the course. It is a very practical approach for the student to help eliminate egoistic and selfish tendencies. At least 1 hour of Karma Yoga is required for each student every day.
9. Any absences from the Ashram, particularly overnight excursions for course participants must be cleared by the Director, reception and course instructor before the student leaves the Ashram. To gain maximum benefit of the ashram experience students and guests are encouraged to remain in the ashram throughout their stay. A 'free day' is incorporated into the program when excursions can be taken.
10. Temple Rules: The pure atmosphere in the temple areas should always be maintained, at least one's hands, feet and face should be washed before entering the area. There should be no unnecessary talk or noise in the temple area, the whole area is regarded as a place of worship and meditation. Ladies who are menstruating should not visit the temple or rituals, as they are undergoing their own purification at this time.
11. Candles, incense, mosquito coils etc. should not be burned in tents, rooms and dorms.
12. Donations are subject to change without notice. The rate at time of full payment will be applied. The suggested donation rates include all tuition, accommodation, course manual and meals.
13. Fees are non-refundable; but are transferable to another course minus the administration fee.
14. Students leaving the course before completion are required to return all their teaching materials and uniforms.
15. If you are applying for an Indian concessional rate please note you will be asked to provide evidence of Indian residency. Please note that if you are;
  - an Indian resident studying or working abroad or
  - a Non-Resident of Indian origin (NRI)you are expected to pay the full international 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. No refunds will be granted in any circumstance.

SIGNED: \_\_\_\_\_ DATED: \_\_\_\_\_

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