



True World Order

Founder: Swami Vishnudevananda, est. 1957

## Sivananda Yoga Vedanta Academy

yoga exercises - breathing - relaxation - diet - meditation

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### Application for Advanced Yoga Teachers' Training Course in Vrindavan, North India

Date of course from début du cours	_____	till fin du cours	_____	<b>Photo</b>			
Arrival date date d'arrivé	_____	Departure date date de départ	_____				
Name Nom	_____						
Street, no. Rue & no.	_____						
City/prov/state Ville	_____	Postal code code postal	_____				
Country Pays	_____						
E-mail	_____						
Work telephone Travail	_____	Home telephone Privé	_____				
Mobile phone	_____						
Fax	_____						
Marital status statut marital	_____	Age âge	_____	Children enfants	_____	Sex M/F sexe	_____
Education and skills Education et talents	_____			Occupation profession	_____		
Preferred language for the course Langue préférée	_____			Which other languages do you speak ? quel autre langue parlez vous ?	_____		
Knowledge of English Connaissance de l'anglais :	good <input type="checkbox"/> medium <input type="checkbox"/> little <input type="checkbox"/> no <input type="checkbox"/>						
Contact in case of emergency Contacter en cas d'urgence	_____			Relationship relation	_____		
Street, no. Rue & No	_____			Postal code, city Code postal, Ville	_____		
Country Pays	_____			Telephone Telephone	_____		
How did you hear about us? Comment nous avez-vous connu ?	_____						
Length of time practising Yoga Temps de pratique du yoga	_____			Member of a SYC, which? membre d'un centre CYS, lequel ?	_____		
TTC information, year, Information über die Lehrerausbildung, Jahr, wo ? - Formation de professeur suivie en quelle année, ou ?	_____						
Reasons for wanting to attend the course Raisons pour suivre la formation	_____						
Uniform size: small <input type="checkbox"/> medium <input type="checkbox"/> large <input type="checkbox"/> xlarge <input type="checkbox"/> Taille d'uniforme				Preferred accommodation (see brochure) logement préféré (voir brochure)	_____		
Do you have illnesses? Yes <input type="checkbox"/> No <input type="checkbox"/> Avez-vous une maladie?				If yes, which? Si oui, laquelle?	_____		
Do you take medicine? Yes <input type="checkbox"/> No <input type="checkbox"/> Prenez-vous des médicaments?				If yes, which? Si oui, laquelle?	_____		
Nationality Nationalité	_____			Passport number Numéro de passeport	_____		
Date of issue Date d'émission	_____			Place of issue Lieu d'émission	_____		

Please sign the rules on reverse - Merci de signer les règles au dos

## General Rules for the Advanced Teachers' Training Course (ATTC)

The ATTC is a spiritual practice under the guidance of Swamis with profound India experience. To be able to access the spiritual roots of yoga, constant adaptation to local customs, open-mindedness and sincere acceptance of the instructions given by the Swamis are necessary. We will readily answer all your questions. In order to keep a pure atmosphere in the Ashram it is essential that you follow the rules as well as the daily routine.

**This course is intensive and requires sound physical and mental health. For any questions please contact [tyrol@sivananda.net](mailto:tyrol@sivananda.net)**

1. Attendance at all classes, lectures, morning and evening meditation sessions is mandatory. If a class or meditation cannot be attended, a written explanation has to be given to the principal of the course. Frequent absence may lead to expulsion from the course.
2. Alcohol, tobacco, meat, fish, eggs and coffee are prohibited on the ashram premises. During the course we cannot cater to personal dietary preferences except the yogic-vegetarian meals. Absolutely no drugs. No taking, distributing or dealing in or around the ashram. If you learn of others keeping, taking or distributing drugs you are obliged to report this to the principal of the course immediately.
3. An ashram is not a club or vacation resort. Your conduct – private or public – should enhance the spiritual atmosphere of the ashram. Do not waste your prana (vital energy) in fruitless activities.
4. Please do not leave the ashram between 6 pm and 8 am without the permission of the principal of the course.
5. Karma Yoga, selfless service, is part of the course. We kindly ask each participant to join in Karma Yoga for about one hour daily.
6. Please respect silence in the ashram after 10 pm.
7. Rules for conduct in Brahmar Ghat Mandapam (Saptaha hall), Ras Lila Mandapam (main hall), Brahmar Gat (temple garden): The atmosphere should be kept especially pure in these localities. At least hands, feet and face must be clean. No unnecessary talk. These locations are for meditation and prayers.
8. Music is not allowed in the ashram.
9. In order to avoid fire hazards, incense and candles are only allowed in the temple and meditation hall. Due to limited availability of electric power, please do not use any electrical devices in your room.
10. If you have any medical problem, please let us know when you enrol for your stay.
11. Please adapt your dress to the ashram atmosphere: loose fitting, adapted to the traditional Indian way of living. No tops, no shorts, no short skirts. Ladies should wear a shawl or upper cloth. Books and pictures should be only of spiritual nature.
12. The Sivananda Yoga Vedanta Centres suggest that you refrain from any type of sexually oriented behaviour.

### Cancellation Policy

1. Cancellation before the start of the course: A credit note for the full amount of the course will be issued, minus a 50 euro (or pounds sterling equivalent) administration fee.
2. Leaving the course: A credit note for the full amount of the course – minus the days present in the course – will be issued minus a 50 euro (or pounds sterling equivalent) administration fee.
3. In case of early departure: the course manual and uniforms (2 trousers / 2 t-shirts) must be returned before leaving the teaching location for the credit note to be authorized.
4. The credit note will only be issued two to four weeks after the course completion date and will not be issued at the course location.
5. Credit notes are non-transferable and can only be used by the individual whose name appears on the credit note. Credit notes are valid for one year and can be used in any Sivananda Yoga Centre or Ashram. Please note: Credit notes

cannot be applied to boutique purchases. In Reith (Austria), the credit note cannot be applied to room and board fees.

### Application and Payment:

Application will be valid with a down payment of € 300 (£200 if paid through the Sivananda Yoga Vedanta Centre in London). The remaining balance is due 4 weeks prior to the beginning of the course. Application and payment need to be made at the same location.

### Bank Transfer:

Bank: The Royal Bank of Scotland  
Account Name: Sivananda Yoga HQ  
Account Number: 10182414; Sort Code: 160038  
BIC/SWIFT: RBOSGB2L  
IBAN: GB16 RBOS 16003810182414

Please use your name as a reference. Please ensure that all bank charges are covered by you.

**The ATTC fee includes** administration, teaching, room and board and manual. Airport transfers are not included. It is recommended to purchase a travel health insurance policy in your travel agency. The Kriya kit is not included.

### Information

The Sivananda Yoga Vedanta Centres of Europe are dedicated to creating a more conscious and compassionate world. We accomplish that mission by creating a safe and sacred environment. We champion spirituality, ethical behaviour, respect, trust, loyalty, and commitment. As such, we have a responsibility to maintain a safe and sacred space for deeper inner work, in accordance with the teaching of Swami Sivananda and our teacher and Guru Swami Vishnudevananda.

Accordingly, the Sivananda Yoga Vedanta Centres of Europe prohibit all staff from engaging in sexually suggestive remarks and gesturing, and unnecessary and offensive touching. You are therefore expected to refrain from directing any such behaviour towards staff, students, or guests.

If in spite of the efforts of the Sivananda Yoga Vedanta Centres of Europe in this respect, you believe you have been subjected to sexual harassment from outside presenters, staff, guests, or from a swami, you should immediately report the incident to one of the Acharyas in order for corrective action to be undertaken without delay. Complaints made to an Acharya 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.

### Please acknowledge with your signature:

*Please sign that you will not hold the Sivananda Yoga Vedanta Academy liable for any personal loss, accident or any other damage, which might result from your stay at the Ashram.*

I hereby agree that I have read the rules of the Sivananda Yoga Vedanta Academy, that I agree to abide by these rules and that I will be present at all activities. I agree to take full responsibility for myself and for my personal property. The decision to participate in the activities is my own and is my own responsibility. In addition I agree that I will not hold the Sivananda Yoga Vedanta Academy responsible for any injuries or damages that might result from my participation in the activities.

Date .....Signature .....

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

### INFORMATION:

#### SIVANANDA YOGA VEDANTA CENTRES

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