



# THE INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRES

Founder: Swami Vishnudevananda, since 1957

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Information and advice at the SIVANANDA YOGA VEDANTA CENTRE:

Schmiljanstr.24, 12161 Berlin, Tel. +49 (0) 30/85 99 97 98, Fax +49 (0) 30/85 99 97 97, e-mail: Berlin@sivananda.net

## Application for Yoga Teachers' Training Course in Ustka, Poland

Formularz zgłoszeniowy. Kurs dla nauczycieli jogi. Polska

Jogos mokytojų kursų dalyvio anketa

**Arrival date** \_\_\_\_\_ **Departure date** \_\_\_\_\_  
Atvykimo data/Data przyjazdu/Dara прибытия Išvykimo data/Data wyjazdu/Dara отъезда

**Name** \_\_\_\_\_  
Vardas, pavardė/Imię i nazwisko/Фамилия, имя, отчество

**Street, No.** \_\_\_\_\_  
Gatvė, Nr./Ulica, nr, mieszkanie/№ дома, название улицы

**Postal code, City** \_\_\_\_\_ **Country** \_\_\_\_\_  
Pašto kodas, miestas/Kod pocztowy, miasto/Почтовый индекс, город Šalis/ Kraj/Страна

**Telephone (work)** \_\_\_\_\_ **Telephone (home)** \_\_\_\_\_  
Telefonas (darbo)/Tel. służbowy/Служебный телефон Telefonas (namų)/Tel.domowy/Домашний телефон

**Mobile** \_\_\_\_\_ **Fax** \_\_\_\_\_ **E-mail** \_\_\_\_\_  
Мобильный телефон Факс адрес эл. почты

**Marital status** \_\_\_\_\_ **Age** \_\_\_\_\_ **Children** \_\_\_\_\_ **Sex (M/F)** \_\_\_\_\_  
Šeimyninė padėtis/Stan cywilny/Семейное положение Amžius/Wiek/Возраст Vaikai/Dzieci/Дети Lytis/Płeć(K/M)/Пол

**Education and skills** \_\_\_\_\_ **Occupation** \_\_\_\_\_  
Išsilavinimas ir įgūdžiai/Wykształcenie/Образование и навыки Profesija arba užsiėmimas/ Zawód /Профессия или род занятий

**Languages** \_\_\_\_\_  
Kokias kalbas mokate/Znajomość języków/Какими языками владеете?

**Illnesses** \_\_\_\_\_ **Prescribed medication** \_\_\_\_\_  
Kokiomis ligomis sergate/Choroby/Наличие болезней (перечислить) Kokius vaistus vartojate/Przyjmowane leki/Какие лекарства предписаны

**Contact in case of emergency** \_\_\_\_\_  
Kam pranešti nelaimės atveju/W razie wypadku powiadomić/C кем можно связаться в случае крайней необходимости

**Address** \_\_\_\_\_ **Postal code, City** \_\_\_\_\_  
Adresas/Adres/№ дома, название улицы Pašto kodas, miestas/Kod pocztowy, Miasto/Почт. индекс, город

**Country** \_\_\_\_\_ **Telephone** \_\_\_\_\_  
Šalis/Kraj/Страна Telefonas/Telefon/Телефон

**Relationship** \_\_\_\_\_  
Giminystės ryšys/Stopień pokrewieństwa/Какое к Вам имеет отношение

**Length of time practising Yoga** \_\_\_\_\_  
Kiek laiko praktikuojate jogą/Jak długo praktykuje Pan/i jogę/Сколько времени занимаетесь Йогой

**How did you hear about us?** \_\_\_\_\_  
Kaip apie mus sužinojote?/Jak Pan/i dowiedział/a się o nas?/ Как узнали о нас?

**Member of a SYVC, which one?** \_\_\_\_\_  
Kokio Sivananda jogos centro nariu esate?/Czy jest Pan/i członkiem SYVC. Którego?/Членом какова Центра Йоги Шивананды являетесь?

**Reasons for wanting to attend course?** \_\_\_\_\_  
Kodėl norite dalyvauti kursuose?/Dlaczego chce Pan/i uczestniczyć w kursie?/С какой целью хотите пройти курсы?

**Uniform Size:** Small  Medium  Large  Xlarge  **Knowledge of English:** good  moderate  little  none   
Uniformos dydis: Mažas  Vidutinis  Didelis  Labai didelis  Anglų kalbą moku: gerai  vidutiniškai  šiek tiek  nemoku   
Rozmiar stroju: S  M  L  XL  Znajomość jęz. Angielskiego: dobra  średnia  podstawowa  brak   
Размер униформы: Маленький  Средний  Большой  Очень Большой  Знаю английский: хорошо  средне  плохо  не знаю

**Preferred accommodation (see brochure)** \_\_\_\_\_  
Pageidaučiau įsikurti (žr. lankstinuką)/Zakwaterowanie (zobacz broszura informacyjna)/Предпочитаю размещение (см. буклет)

### PLEASE SIGN RULES ON REVERSE

Prašome pasirašyti, kad susipažinote su kitoje lapo pusėje esančiomis taisyklėmis/Prosze podpisac się pod regulaminem na odwrocie/Подпишитесь, пожалуйста, под правилами на обратной стороне

**Photo**  
**Nuotrauka**  
**Фото**  
**Zdjęcie**

**General Rules for the Teachers' Training Course**

In order to keep a clean and pure atmosphere in the teaching venue, it is essential that you follow the rules as well as the daily routine.

1. Attendance at all classes, lectures, morning and evening meditation is mandatory. If a class or meditation cannot be attended, a written explanation has to be given to the course director. Frequent absence may lead to expulsion from the course.
2. Alcohol, tobacco, meat, fish, eggs and coffee are prohibited on the 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 teaching venue. If you get to know about others keeping, taking or distributing drugs, you are obliged to report this to the course director immediately.
3. The teaching venue is not a club or vacation resort. Your conduct – private and public – should enhance the spiritual atmosphere of the teaching venue. Do not waste your prana (vital energy) in fruitless activities.
4. If you wish to leave the teaching venue (except short trips to the nearby villages), especially overnight, the course director has to give permission.
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. No nude bathing.
7. Silence on the premises after 10:30 p.m.
8. Rules for conduct in the meditation hall: The atmosphere should be kept especially pure here. At least hands, feet and face must be clean. No unnecessary talk. This location is for meditation and prayers.
9. Music is not allowed on the premises. No mobile phones allowed in yoga classes, Satsangs or lectures.
10. Photography, audio and video recording: Please do not take photographs using flash. Any publication of pictures which were taken during activities of the Sivananda Yoga Teachers' Training Course and/or represent any of the teachers and staff of the Sivananda Yoga Vedanta Organization requires previous written authorisation of the Sivananda Yoga Vedanta Organization as well as written authorisation of individuals shown on the picture(s). Audio and video recording of the activities of the Sivananda Yoga Vedanta Organization are not permitted.
11. In order to avoid fire hazards, incense and candles are only allowed in the meditation hall. No camp fires!
12. **Cancellation policy.** (A) Cancellation before the start of the course: A credit note will be issued for the course payments received. A 50 € administration fee will be deducted. (B) In case of early departure: A credit note for the full amount of the course will be issued minus the days present in the course and minus a 50 € administration fee. The TTC course manual and TTC uniform (2 trousers / 2 t-shirts) must be returned upon leaving the teaching location. Only then will the credit note be authorized. (C) The credit note will only be issued four weeks after the course completion date and will not be issued at the course location. (D) 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 two years and can be used in any Sivananda Yoga Centre or Ashram in Europe, except Italy. Please note: Credit notes cannot be applied to boutique purchases or Ayurveda massages. In Reith (Austria), the credit note cannot be applied to room and board fees.
13. The Sivananda Yoga Vedanta Centres suggest that you refrain from any type of sexually oriented behaviour. Please adapt your dress to the atmosphere at the teaching location: Loose-fitting clothing.

**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 teachings of Swami Sivananda and 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 Centers 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 course directors. Corrective action will be undertaken without delay. Complaints made to a course 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.

**Terms of Payment:**

Please send your application form to: Sivananda Yoga Vedanta Centre, Schmiljanstr. 24, 12161 Berlin, Germany. The registration is valid with a deposit of 300 €. Balance is due four weeks before the beginning of the course. Please pay the course fees to the following account: Sivananda Yoga Zentrum Berlin, Deutsche Bank Berlin (name of the bank), IBAN: DE 43 1007 0024 0830 0204 02. BIC: DEUTDE33HAN. The TTC fee includes administration, lessons, meals, "uniforms" and manual. Airport and/or train station transfers are not included. Prices are calculated in euros; therefore any dollar fluctuations have no impact. It is recommended to sign a travel health insurance policy at your travel agent.

**Translation system**

For the simultaneous translation we will use a modern wireless translation system and headphones.

**The rental fee for the radio receiver is 15 €.** You can bring your own headset with normal disc man jack or buy one for 10 € at the course location.

**Please acknowledge with your signature:**

I hereby agree that I have read the rules of the Sivananda Yoga Vedanta Organization. I agree to abide by these rules and will be present at all activities. I am fully responsible for myself and my personal belongings. The decision to participate in the activities is my own and is my own responsibility. I understand that the fee will under no circumstances be refunded in cash. In addition I agree that I will not hold the Sivananda Yoga Vedanta Organization responsible for any personal loss, accident or any other damage that might result from my participation in the activities.

**Date .....****Signature.....**

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