



True World Order

Founder: Swami Vishnudevananda, est. 1957

Sivananda Yoga Vedanta Centre e.V.

yoga exercises - breathing - relaxation - diet - meditation

Steinheilstr. 1, 80333 Munich, Germany, Tel. +49 89 700 96 69 0, Fax: +49 89 700 96 69 69
E-mail: rudraprayag-himalayas@sivananda.net, www.sivananda.org/munich, www.sivananda.eu

General Rules for the Yoga Teachers' Training Courses (TTC)

To be able to access the spiritual roots of yoga, constant adaptation to local habits, open-mindedness and sincere acceptance of the instructions given by the teachers 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. Please note that it is not possible to participate in the TTC during any phase of pregnancy.

1. Attendance at all classes, lectures, morning and evening meditation sessions is mandatory. If a class or meditation cannot be attended, an explanation should 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. Pets are not allowed. During the yoga teachers' training 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 premises. If you learn of others keeping, taking or distributing drugs you are obliged to report this to the course director immediately.
3. Please do not leave the premises between 6 pm and 8 am without the permission of the course director.
4. Karma Yoga, selfless service, is part of the course. We kindly ask each participant to join in Karma Yoga for about one hour daily.
5. Please respect silence after 10.30 pm.
6. No music on the premises. No mobile phones in yoga classes, meditations or lectures.
7. No burning of incense and candles in your room, these are only used in the teaching locations.
8. **IMPORTANT:** If you have any medical problem, please let us know when you enrol for the course. It is strongly advised that all participants have a clean bill of health with no previous known medical conditions which might jeopardize his or her full participation in the course. All participants are required to see after his or her own health during the course, including any required medication, doctor's visits, hospital stays, etc. The organizers of the course can in no way provide medical assistance at any time during the course. Only the most basic medical needs can be accommodated.
9. Please adapt your dress to the traditional Indian culture, also during asana classes: No tight fitting, transparent and revealing clothing, no tops, shorts or short skirts. Ladies should wear a shawl or upper cloth. Books and pictures should be only of spiritual nature.
10. The Sivananda Yoga Vedanta Centres suggest that you refrain from any type of sexually oriented behaviour.
11. Photography, video, audio recording during classes and ceremonies is only permitted with the permission of the course director.
12. During TTC Rudraprayag in March 2014 a student almost drowned in the Ganges. Do not take a bath anywhere along the Ganges, not even to wet your feet. Anybody seen taking a bath will be asked to leave the course.

Confirmation of contract: we herewith confirm that with the enrolment for the Sivananda Yoga Teachers Training a contract will be established between you and the following service providers: The Sivananda Yoga Vedanta Centre Munich and the Hotel Monal Resort. Your accommodation agreement is concluded and performed directly between you and the provider of accommodation. The Sivananda Yoga Vedanta Centre Munich only forwards your reservation.

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 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 course directors. Corrective action will be undertaken without delay. Complaints

made to the course directors 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.

Helpful reminders for your stay

1. Please take off your shoes before entering your room or any teaching location
2. Do not drink water outside, except mineral water from a sealed bottle. Regarding food the safest is not to eat anything outside except fruits which can be peeled or dry fruits, nuts, cookies, if they are packaged (check date).
3. Please shut off fan, lamps when leaving the room. Please do not waste water. If anything is missing or not working, please inform us. Please lock the door when you leave the room.