



**INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRE**

Postures \* Breathing \* Relaxation \* Diet \* Meditation

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**ADVANCED TEACHERS TRAINING COURSE APPLICATION FORM**

Date of Application: \_\_\_\_\_ (Photo)

Held at: \_\_\_\_\_ Date of Course: \_\_\_\_\_

**Accommodation :**

Tent Space                      Double Room

Dormitory                        Single Room

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ M    F

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Country \_\_\_\_\_

Tel (H) \_\_\_\_\_ (W) \_\_\_\_\_ Mob \_\_\_\_\_

e-mail \_\_\_\_\_

Marital Status \_\_\_\_\_ Children \_\_\_\_\_ Occupation \_\_\_\_\_

Education & Skills \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Languages Spoken \_\_\_\_\_

Illnesses \_\_\_\_\_ Prescribed Medication \_\_\_\_\_

**Emergency Contact:**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Country \_\_\_\_\_

Tel (H) \_\_\_\_\_ Relationship \_\_\_\_\_

Length of time practising yoga \_\_\_\_\_

Where did you take your TTC? \_\_\_\_\_ Year \_\_\_\_\_ TTC Diploma No \_\_\_\_\_

Are you a member of any Sivananda Yoga Vedanta Centre? Which? \_\_\_\_\_

Reason for attending this course \_\_\_\_\_

A payment of \_\_\_\_\_ Euros is enclosed

# SIVANANDA YOGA VEDANTA CENTRE ADVANCED TEACHERS TRAINING COURSE RULES AGREEMENT FORM

- 1 Absolutely no drugs are to be taken or distributed on or off the premises of the Ashram as they are destructive to one's psychic body. Please advise the teachers of any prescription drugs you may be taking during the course.
- 2 Absolutely no alcohol, tobacco, meat, fish or eggs are allowed on the course.
- 3 The Ashram is not a social club or resort. Students are recommended to observe celibacy and silence as much as possible during this intensive four week course. The student's behaviour and attitude, both private and public, should be such as to enhance the spiritual atmosphere of the Ashram.
- 4 Attendance at all classes and morning and evening meditation is mandatory. To ensure attendance, a written notice must be submitted to the teacher in order to procure approval for any absence. Too many absences from classes may result in dismissal of the student from the entire course.
- 5 Any absences from the Ashram, particularly overnight excursions, apart from brief trips to nearby villages, must be cleared by the teacher before leaving.
- 6 Karma yoga or selfless service is an integral part of the course. It is a very practical discipline helping the student to eliminate egoistic and selfish tendencies. At least one hour of karma yoga is required from each student daily.
- 7 Public nudity is absolutely forbidden. Modest dress is required.
- 8 No noise after 10.30pm.
- 9 Temple rules: The atmosphere in the temple should especially be kept pure. At least hands, feet and face should be cleaned before entering. There should be no unnecessary talk or chatter in the temple. This is to be regarded as a place of worship and meditation.
- 10 The playing of heavy music – rock music etc. is strictly forbidden in the Ashram.
- 11 Fires, incense or candles are forbidden anywhere outside of the temple.

## 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 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 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.

As a participant of Advanced Teachers Training Course of the Sivananda Yoga Vedanta Centre, I do hereby agree to participate in all activities and I confirm that I am aware of the content of the course (see website at [www.sivananda.org/orleans](http://www.sivananda.org/orleans)).

I assume full responsibility for myself and my personal property and will endeavour to make a genuine effort towards my own self-improvement according to the teachings of yoga according to Swami Sivananda and Swami Vishnudevananda. I understand that if I should break any of the above rules, I may be asked to leave.

I further agree to abide by the terms of payment as indicated below.

Date \_\_\_\_\_ Signature \_\_\_\_\_

## TERMS OF PAYMENT

Please enclose with your registration a down payment of 500 Euros. The remaining balance is to be settled 4 weeks prior to the course. Payments can be made by credit card.

**Cancellation terms:** 1. 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. 2. 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. 3. The credit note will only be issued four weeks after the course completion date and will not be issued at the course location. 4. 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.

The Advanced Teachers Training Course fee contains administration, lessons, meals and manual. Airport and/or train station transfers are not included. Prices are calculated in Euros therefore any dollar fluctuations are of no impact. It is recommended to sign a travel health insurance policy at your travel agent.

## CLINICAL HISTORICAL RECORDS

Illnesses, hospital stays, psychological treatments or medication taken until now :

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