



True World Order, Founder: Swami Vishnudevananda, est. 1957
Sivananda Yoga Vedanta Academy
yoga exercises - breathing - relaxation - diet - meditation

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Ayurveda Nutrition/Cooking Course in Reith/Tyrol

Course date: _____
date de la formation - Datum - Fecha del Curso

Arrival date: _____ Departure date: _____
Date d'arrivée - Ankomsttag - Fecha de Llegada Date de départ - Abreisetag - Fecha de Salida

Name _____ Age _____ Sex (M/F) _____
Nom et prénom - Vor und Zuname - Apellidos & Nombre Alter - Edad

Address _____ E-mail _____
Rue & No. - Strasse u. Nr. - Calle

City/Prov/State _____ Country _____ Postal code _____
Ville - Stadt - Ciudad Pays - Land - País Code Postal - PLZ

Home telephone _____ Work telephone _____
Privé - Privat - Casas Travail - Arbeit - Trabajo

Mobile _____ Fax _____ Occupation _____
Occupation - Beschäftigung - Ocupacion

Education & Skills _____
Education & Capacities - Ausbildung & Fähigkeiten - Educacion & Capacidades

Illnesses _____ Prescribed medications _____
Maladies - Krankheiten - Enfermedades Medicaments - Medikamente - Medicamentos

Contact in case of an emergency _____
Contacter en cas d'urgence - Kontaktadresse für Notfälle - Contacto de Emergencia

Address _____ E-mail _____
Rue & No./Ville/Pays/Code Postal - Straße u. Nr./Stadt/Land/PLZ - Calle/Ciudad/Pais

Telephone _____ Relationship _____
Relation - Beziehung - Relacion

Previous knowledge of Ayurveda _____
Bisherige Kenntnis von Ayurveda

Length of time practising yoga _____ Did you take the TTC, where, when? _____
Depuis combien de temps pratiquez-vous le Yoga - Yogapraxis seit ____ Avez-vous fait le TTC, où ? - Has tomado el TTC, y done ?
- Desde cuando esta ud practicando yoga

Are you a member of a Sivananda Yoga Centre? Which one? _____
Membre Centre Sivandanda, lequel? - Mitgl. eines Sivananda Zentrums, wo? - Este ud Miembro del Centro Sivananda, el cual?

Reasons for wanting to attend course _____
Raisons pour prendre le cours - Warum möchten Sie den Kurs nehmen - Rezones para tomar el curso

Uniform size (please check one): Small Medium Large X-large
Taile d'uniforme - Kleider gröÙe - Talla uniforme

Languages _____ Preferred accommodation _____
Langues - Sprachen logement préféré - Unterkunftswunsch

Knowledge of English (please check one): good medium little none
Connaissance de l'Anglais - Englischkenntnisse - Conocimiento de Ingles

General Rules for the Ayurveda Nutrition/Cooking Course

In order to keep a clean and pure atmosphere it is essential that you follow the rules below 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

1. Attendance at all classes, lectures, morning and evening meditations 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 get to know about 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 and 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 6.00 pm and 8.00 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 10:00pm
7. Rules for conduct in temples and meditation halls: 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. Please do not use any electrical devices in your room.
10. In case of cancellation before the beginning of the course, a credit note for the full course amount less an administration fee of 50 € will be issued.
In case of cancellation during the course there will be no refunds but a credit note less an administration fee of 50 € will be issued. The yoga credit note is not transferable, valid for 1 year and can be used in all Sivananda Yoga Centres or ashrams. It cannot be used for boutique items.
11. If you have any medical problem, please let us know when you enrol for your stay.
12. Please adapt your dress to the ashram atmosphere: loose-fitting clothing.
13. The Sivananda Yoga Vedanta Centre suggest that you refrain from any type of sexually oriented behaviour.

Terms of Payment:

Please enclose with your registration a down payment of 300 €. The remaining balance is to be settled 4 weeks prior to the course.

Payments can be made by

1) Certified cheque. Please mail it to our address at Sivananda Yoga Vedanta Academy, Bichlach 40, 6370 Reith bei Kitzbühel/Tyrol, Austria. Please write the cheque in the name of Sivananda Yoga Vedanta Academy.

2) Bank transfer

**Sivananda Yoga Vedanta Academy
Austria: Volksbank Scheffau,
acct. no. 700 33 749, bank code 43 770
IBAN: AT04 4377 0000 7003 3749
BIC: VBOEATWWKUF**

3. Credit card (Visa oder MasterCard plus 4 % charge). Please call with your credit card information. Tel. +43 (0) 5356/ 67 404.

In the case of registrations made via Sivananda Yoga Centres located outside of Austria, these centres are acting solely as agents for the Sivananda Yoga Vedanta Academy in Reith near Kitzbühel, Austria.

The tuition fee includes administration and lessons in Ayurveda and Yoga. Travel costs are not included. It is recommended to take out a travel health insurance policy.

Telephone

A public phone is available at the hotel where you can also receive calls. The best hours to receive calls are: 10:00 – 11:30am, 2:30-4pm and 6-7pm. Programme activities are going on at other times. Tel. +43 (0) 5356 65242

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 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.

As a participant of the Ayurveda Nutrition/Cooking Course 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.

DateSignature

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