



True World Order
Gründer: Swami Vishnudevananda, 1957

Sivananda Yoga Vedanta Retreat House

yoga exercises - breathing - relaxation - diet - meditation

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Application for Himalaya Pilgrimage: Delhi-Ranikhet-Rishikesh-Haridvar-Delhi

Anmeldung - Registration - Inscricion

Arrival date _____ Departure date _____

Ankunftstag - date d'arrivée - fecha de llegada Abfahrt - date de départ - fecha de salida

Arrival time - Flight no _____ Depart time - Flight no _____

Ankunfts-/Abflugzeit (Fluege) - heure d'arrivée/départ (vols) - hora de llegada/salida (vuelos)

Name _____

Name - Nom - Nombre

Street, No _____

Strasse, Nr. - Rue & No. - Calle y No

Post code, city, state _____ Country _____

PLZ, Stadt - Code postal, Ville - Codigo postal, Ciudad

Land - Pays - País

Telephone (work) _____ Telephone (home) _____

Telefon tags - Tel. Travail - Tel. Trabajo

Telefon abs - Tel Privé - Tel. Privado

Mobile _____ e-mail _____

Fax _____ Marital Status _____ Age _____ Children _____ Sex (M/F) _____

Zivilstand - Statut marital - Estado civil

Alter - Age - Edad

Kinder - Enfants - Niños

Geschlecht - Sex - Sexo

Education and skills _____

Ausbildung und Fähigkeiten - niveau d'éducation et talents - Education y

Languages _____ Occupation _____

Sprachen - Langues parlées - Idiomas

Beruf - Occupation - Ocupación

Illnesses _____ Prescribed medication _____

Krankheiten - Maladies - Enfermedades

Medikamente - Medicaments - Medicamentos

Contact in case of emergency _____

Kontaktadresse für Notfälle - Contacter en case d'urgence - Contacto en caso de emergencia

Address _____

Adresse - Rue & No - Calle y No

Post code, City _____ Country _____

PLZ, Stadt - Code postal, Ville - Codigo postal, Ciudad

Land - Pays - País

Telephone _____ Relationship _____

Telefon - Téléphone - Telefono

Beziehung - Relation - Relación

How long practising yoga _____ TTC, Year _____ Where _____

Yogapraxis seit - Temps de pratique du Yoga - Practica del Yoga desde

TTC, Jahr/Wo - TTC, qd/ou - Año/Lugar

Member of a Sivananda Yoga Centre? Which one? _____

Mietglied SYZ, Wo ? - Membre Centre SIVANANDA, lequel? - Miembro de un centro Sivananda, donde ?

Reasons for wanting to do the pilgrimage _____

Warum moechten Sie die Pilgerreise machen ? - Raisons pour participer au pèlerinage - Razones para participar al peregrinaje

Knowledge of English: Good Average Little None

Englischkenntnisse gut/mittel/wenig/keine - Connaissance de l'Anglais bonne/moyenne/pou/nulle - Ingles bueno/medio/poco/nada

Please sign rules on back and send application form to/ Bitte die Regeln auf der Rückseite unterschreiben und senden an/
Merci de signer les regles au dos et envoyer à/ Gracias por firmar las reglas atras y mandar a:

Swami Gokulananda, Sivananda Yoga Zentrum Vienna, phone +4315865361, e-mail pilgrimage@sivananda.net, www.sivananda.eu

General Rules for the Pilgrimage

The pilgrimage is a Sadhana (spiritual practice) and will be led by Swamis with a view to experience some of the spiritual sources of yoga in India.

To be able to access the spiritual roots of Yoga, the pilgrimage will require constant adaptation to local customs, open-mindedness and sincere acceptance of the instructions given by the swamis. We will readily answer all your questions. In order to keep a pure atmosphere during the pilgrimage it is essential that you follow the rules as well as the daily routine.

This pilgrimage is intensive and requires sound physical and mental health. For any questions please contact pilgrimage@sivananda.net

1. Alcohol, tobacco, meat, fish, eggs and coffee are prohibited. During the pilgrimage we cannot cater to personal dietary preferences except the yogic-vegetarian meals. Absolutely no drugs. No taking, distributing or dealing. If you get to know about others keeping, taking or distributing drugs you are obliged to report this to the Swami in charge immediately.
2. Anyone wishing to separate from the group, whatever the reason or circumstances may be, must obtain permission from the Swami in charge. Your conduct – private and public – should enhance the spiritual atmosphere, especially in temples and meditation halls where cleanliness and appropriate clothing have to be taken into consideration. Silence should be observed as much as possible.
3. In case of cancellation, no refunds will be given but a credit note will be issued minus a 50.00 € administrative fee. The credit note is valid in all European Sivananda Centres, and cannot be used for boutique items.
4. If you have any medical problem, please let us know when you enrol for the pilgrimage.
5. Please adapt your dress to the local customs: it should be 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.
6. The Sivananda Yoga Vedanta Centres suggest that you refrain from any type of sexually oriented behaviour.

Before booking for the pilgrimage please meet or telephone with one of the European Acharyas or Swamis. They can help you to understand the spiritual nature of the tour as well as answer any questions you might have. Specific information concerning clothing, luggage restrictions, medical prevention and diet will be given at that time.

Application and Payment:

Application will be valid with a down payment of **€ 500**. The balance of **1080 €** is to be paid no later than 4 weeks before the pilgrimage begins.

Bank transfer from outside Austria:

Sivananda Yoga Vedanta Retreat House
IBAN: AT04 4377 0000 7003 3749
BIC: VBOEATWWKUF

Bank transfer from within Austria

Sivananda Yoga Vedanta Retreat House
Sort code/BLZ: 43770 Acct no./Kto-Nr.: 7003 3749

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 guest.

If in spite of the efforts 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:

As a participant in the pilgrimage of the Sivananda Yoga Organisation I acknowledge the above-mentioned rules and consent to be present at all activities. I am aware that failure to abide by the rules can result in my being expelled from the pilgrimage.

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 Retreat House liable for any personal loss, accident or damages that might result from my participation in the activities. I am fully responsible for myself and my personal belongings.

In order to maintain the spiritual unity of the pilgrimage I commit to stay until the end of the planned itinerary in Delhi on March 16th.

I spoke with.....

In the SYVC in

Date:.....Signature.....

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