



INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRE

Postures * Breathing * Relaxation * Diet * Meditation

26 impasse du Bignon, 45170 Neuville aux Bois Tel : + 33 (0)2 38 91 88 82

email : orleans@sivananda.net www.sivananda.org/orleans

SADHANA INTENSIVE COURSE APPLICATION FORM

Date of Application: _____ (Photo)

Held at: _____ Date of Course: _____

Accommodation :

Tent Space Double Room Dormitory Single Room

Manual language : English German Spanish French

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

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SADHANA INTENSIVE COURSE RULES - AGREEMENT FORM

Please note : this course is intensive and requires sound physical and mental health. If you have any doubt about your participation in this course, please contact us at orleans@sivananda.net or call to speak to the Ashram director.

- 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 the sadhana intensive 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).

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 200 Euros. The remaining balance is to be settled 4 weeks prior to the course.

Payments can be made by credit card or international bank transfer to Credit Agricole, 3 rue Pichardière, 45170 Neuville aux Bois.

BIC/SWIFT : AGRIFRPP848. IBAN : FR 76 1480 6000 2470 0187 2739 501

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. 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 one year 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 sadhana intensive 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.