



True World Order

Founder: Swami Vishnudevananda, est. 1957

## International Sivananda Yoga Vedanta Centre

yoga exercises - breathing - relaxation - diet - meditation

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E-mail: london@sivananda.net, Registered Charity No 1103746, Company No 5091856, registered in England and Wales

### TEACHERS TRAINING COURSE APPLICATION FORM

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

Course held at: \_\_\_\_\_ Date of Course: \_\_\_\_\_

#### Accommodation :

Tent Space                      Double Room

Dormitory                        Single Room

Uniform size :            **S**    **M**    **L**

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 \_\_\_\_\_ M    F

Address \_\_\_\_\_

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

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

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

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

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

Where did you hear about us \_\_\_\_\_

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

# SIVANANDA YOGA VEDANTA CENTRE

## 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 Evening curfew is 11 pm. Everyone should be on the Ashram grounds by that time. No noise after 10.30 pm.
- 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 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 \_\_\_\_\_

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

#### TERMS OF PAYMENT

Application will be valid with a down payment of £500.

The remaining balance is due 6 weeks prior to the beginning of the course. Application and payment need to be made at the same location.

#### Payment methods:

##### 1) Cash

2) **Certified cheque:** Please post it to our address at Sivananda Yoga Vedanta Centre, 45-51 Felsham Road, London, SW15 1AZ, UK. Please make the cheque payable to Sivananda Yoga Vedanta Centre.

**3) Credit card:** 2.5% fee for all Visa/Mastercard/American Express payments. No additional fees for Visa Debit Card payments.

**Cancellation terms:**

1. Cancellation before the start of the course: if the space can be reallocated: a refund for the amount paid less an administration fee of £50 will be issued. If the space cannot be reallocated: A credit note for the full amount of the course will be issued, minus a £50 administration fee.
2. Leaving the course: A credit note for the full amount of the course – minus the days present in the course – will be issued minus a £50 administration fee.
3. In case of early departure: the course manual and uniforms (2 trousers/2 t-Shirts) must be returned before leaving the teaching location for the credit note to be authorized.
4. The credit note will only be issued two to four weeks after the course completion date and will not be issued at the course location.
5. 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. In Reith (Austria), the credit note cannot be applied to room and board fees; it can be applied to tuition fees only.

The Teachers Training Course fee contains administration, lessons, meals and manual. Airport and/or train transfers are not included. Prices are calculated in Euros and any dollar fluctuations are of no impact. A valid health travel insurance must be shown upon arrival.

**CLINICAL HISTORICAL RECORDS**

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

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