



**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

**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.

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 Vishnu-devananda. 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

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 or international bank transfer to Credit Agricole, 3 rue Pichardière, 45170 Neuville aux Bois. BIC/SWIFT :AGRIFRPP848, IBAN : FR76 1480 6000 2470 0243 1788 428.

#### Cancellation terms:

1. Cancellation before the start of the course: A credit note for the full amount of the course will be issued, minus a 50 Euro 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 Euro 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 one year and can be used in any Sivananda Yoga Centre or Ashram. Please note: Credit notes cannot be applied to boutique purchases. In Reith (Austria), the credit note cannot be applied to room and board fees.

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:

---

---

---

---