



True World Order

Founder: Swami Vishnudevananda, est. 1957

## Sivananda Yoga Vedanta Retreat House

yoga exercises - breathing - relaxation - diet - meditation

Bichlach 40, A-6370 Reith near Kitzbühel, Tyrol, Austria, Tel. +43(0)5356/67404, Fax +43(0)5356/67404-4

E-mail: tyrol@sivananda.net, www.sivananda.org/tyrol, ZVR 925544605

### Application for Yoga Teachers' Training Course in Reith/Tyrol

<b>Date of course from</b> _____ début du cours	<b>till</b> _____ fin du cours	<b>Photo</b>		
<b>Arrival date</b> _____ date d'arrivé	<b>Departure date</b> _____ date de départ			
<b>Name</b> _____ Nom				
<b>Street, no.</b> _____ Rue & no.				
<b>City/prov/state</b> _____ Ville	<b>Postal code</b> _____ code postal			
<b>Country</b> _____ Pays	<b>email</b> _____			
<b>Work telephone</b> _____ Travail	<b>Home telephone</b> _____ Privé			
<b>Mobile phone</b> _____	<b>Fax</b> _____			
<b>Marital status</b> _____ statut marital	<b>Age</b> _____ age		<b>Children</b> _____ enfants	<b>Sex M/F</b> _____ sexe
<b>Education and skills</b> _____ Education et talents	<b>Occupation</b> _____ profession			
<b>Preferred language for the course</b> _____ Langue préférée	<b>Which other languages do you speak?</b> _____ quel autre langue parlez vous ?			
<b>Knowledge of English: good</b> <input type="checkbox"/> <b>medium</b> <input type="checkbox"/> <b>little</b> <input type="checkbox"/> <b>no</b> <input type="checkbox"/> Connaissance de l'anglais				
<b>Illnesses</b> _____ Maladies	<b>Prescribed medication</b> _____ médicaments			
<b>Contact in case of emergency</b> _____ Contacter en case d'urgence				
<b>Streer, no</b> _____ Rue & No				
<b>Postal code, city</b> _____ Code postal, Ville	<b>Country</b> _____ Pays			
<b>Telephone</b> _____ Telephone	<b>Relationship</b> _____ relation			
<b>How did you hear about us?</b> _____ Nous avez-vous connu ?				
<b>Length of time practising yoga</b> _____ Temps de pratique du yoga	<b>Member of a SYC, which one?</b> _____ membre d'un centre SIV, lequel ?			
<b>Reasons for wanting to attend the course</b> _____ Raisons pour suivre la formation				
<b>Uniform size: small</b> <input type="checkbox"/> <b>medium</b> <input type="checkbox"/> <b>large</b> <input type="checkbox"/> <b>xlarge</b> <input type="checkbox"/> Taille d'uniforme	<b>Preferred accommodation (see brochure)</b> _____ logement préféré (voir brochure)			

Please sign rules on the reverse - merci de signer les regles au dos

**General Rules for the Yoga Teachers' Training Course**  
**This course is intensive and requires sound physical and mental health. For any questions please contact [tyrol@sivananda.net](mailto:tyrol@sivananda.net)**

In order to keep a clean and pure atmosphere in the ashram it is essential that you follow the rules as well as the daily routine.

1. Attendance at all classes, lectures, morning and evening meditation 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 6pm and 8am 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 10pm.
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. If you have any medical problem, please let us know when you enrol for your stay.
11. Please adapt your dress to the ashram atmosphere. Loose-fitting clothing.
12. The Sivananda Yoga Vedanta Centres suggest that you refrain from any type of sexually oriented behaviour.
13. Photography, audio and video recording: Please do not take photographs using flash. Any publication of pictures which were taken at the Sivananda Yoga Vedanta Retreat House or during activities of the Sivananda Yoga Vedanta Retreat House requires previous written authorisation of the Sivananda Yoga Vedanta Retreat House as well as written authorisation of individuals shown on the picture(s). Audio and video recording of the activities of the Sivananda Yoga Vedanta Retreat House are not permitted.

**Cancellation Policy**

**Cancellation before the start of the course:** The following cancellation fees will be applied to the full course amount:

For yoga: 30%

For the hotel:

Up to 12 weeks before arrival date: no cancellation fee

Up to 4 weeks before arrival date: 40%

Up to 1 week before arrival date: 70%

Within 7 days of the arrival date: 90%

The cancellation fees may be reduced to the extent that the room/bed can be allocated to a new participant.

**If you would like to change the dates** of the teacher training course at the Retreat House in Reith, a rebooking fee of 50 euros will be charged.

**In case of early departure from the course,** the following cancellation fees apply to the full course amount, minus the days present in the course: Only full daily rates are remunerated, not individual activities:

For yoga: 30%

For the hotel: 70%

The cancellation fees may be reduced to the extent that the room/bed can be allocated to a new participant.

In the case of departure after 12 noon, 100% of the cancellation fee will be charged for this day.

In case of early departure from the course, the TTC course manual and TTC uniforms (2 trousers / 2 t-shirts) must be returned before leaving the teaching location. Only then can we authorize the transfer of the course fee minus the cancellation fees.

**Terms of Payment:**

Registration is valid with a down payment of 30% of the full amount. The remaining unpaid balance is due no later than 4 weeks before the course begins.

**1) Certified cheque.** Please mail it to our address at Sivananda Yoga Vedanta Retreat House, Bichlach 40, 6370 Reith near

Kitzbühel/Tyrol, Austria. Please write the cheque in the name of Sivananda Yoga Vedanta Retreat House.

**2) Bank transfer**

**Sivananda Yoga Vedanta Retreat House**

**Volksbank Scheffau, Austria,**

**IBAN: AT60 4377 0000 7003 0995**

**BIC: VBOEATWWKUF**

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 Retreat House in Reith near Kitzbühel, Austria.

**3. Credit card**

By Visa or MasterCard plus 4% charge. Please call the Retreat House with your credit card information. Tel. +43 (0) 5356/ 67 404.

The TTC fee includes administration, lessons, meals, uniforms and course manual. Airport and/or train station transfers are not included. The Kriya set is not included.

It is recommended to sign a travel health insurance policy at your travel agent.

**Teaching language**

The course in May/June is in German.

All other courses are in English. Some lectures may be taught in German.

**Translation system:** For the simultaneous translation we will use a modern wireless translation system and headphones.

**The rental fee for the radio receiver is 30 €.** You can bring your own headset with normal disc man jack or buy one for 10 € at the Yoga Retreat House.

**Telephone in Reith:**

All rooms are equipped with telephone. Please pay separately at Hotel Pointner. It is possible to receive calls. The best hours to receive calls are: 10:00–10:45 am, 1:00–1:45 pm, 6:00–6:45 pm. At other times TTC activities are going on.

Hotel Pointner: Tel. +43 (0)5356/652 42, Fax +43 (0)5356/ 652 424

**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.

**Please acknowledge with your signature:**

*Please sign that you will not hold the Sivananda Yoga Vedanta Retreat House liable for any personal loss, accident or any other damage which might result from your stay at the Ashram.*

I hereby agree that I have read the rules of the Sivananda Yoga Vedanta Retreat House, 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 Retreat House responsible for any injuries or damages that might result from my participation in the activities.

**Date .....Signature .....**

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