

THE INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRES



Founder: Swami Vishnudevananda, since 1957

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Information and advice at the SIVANANDA YOGA ZENTRUM BERLIN:

Schmiljanstr. 24, 12161 Berlin, ++49 30 85 99 97 98, e-mail: poland@sivananda.net

Application for Yoga Teachers' Training Course in Ustka, Poland

Formularz zgłoszeniowy. Kurs dla nauczycieli jogi. Polska

Jogos mokytojų kursų dalyvio anketa

Arrival date _____ **Departure date** _____
Atvykimo data/Data przyjazdu/Data прибытия Išvykimo data/Data wyjazdu/Data отъезда

Name _____
Vardas, pavardė/Imię i nazwisko/Фамилия, имя, отчество

Street, No. _____
Gatvė, Nr./Ulica, nr, mieszkanie/№ дома, название улицы

Postal code, City _____ **Country** _____
Pašto kodas, miestas/Kod pocztowy, miasto/Почтовый индекс, город Šalis/ Kraj/Страна

Telephone (work) _____ **Telephone (home)** _____
Telefonas (darbo)/Tel. służbowy/Служебный телефон Telefonas (namų)/Tel.domowy/Домашний телефон

Mobile _____ **Fax** _____ **E-mail** _____
Мобильный телефон Факс адрес эл. почты

Marital status _____ **Age** _____ **Children** _____ **Sex (M/F)** _____
Šeimyninė padėtis/Stan cywilny/Семейное положение Amžius/Wiek/Возраст Vaikai/Dziesci/Дети Lytis/Płeć(К/М)/Пол

Education and skills _____ **Occupation** _____
Išsilavinimas ir įgūdžiai/Wykształcenie/Образование и навыки Profesija arba užsiėmimas/ Zawód /Профессия или род занятий

Languages _____
Kokias kalbas mokate/Znajomość języków/Какими языками владеете?

Illnesses _____ **Prescribed medication** _____
Kokiomis ligomis sergate/Choroby/Наличие болезней (перечислить) Kokius vaistus vartojate/Przyjmowane leki/Какие лекарства предписаны

Contact in case of emergency _____
Kam pranešti nelaimės atveju/W razie wypadku powiadomić/С кем можно связаться в случае крайней необходимости

Address _____ **Postal code, City** _____
Adresas/Adres/№ дома, название улицы Pašto kodas, miestas/Kod pocztowy, Miasto/Почт. индекс, город

Country _____ **Telephone** _____
Šalis/Kraj/Страна Telefonas/Telefon/Телефон

Relationship _____
Giminystės ryšys/Stopień pokrewieństwa/Какое к Вам имеет отношение

Length of time practising Yoga _____
Kiek laiko praktikuojate jogą/Jak długo praktykuje Pan/i jogę/Сколько времени занимаетесь Йогой

How did you hear about us? _____
Kaip apie mus sužinojote?/Jak Pan/i dowiedział/a się o nas?/ Как узнали о нас?

Member of a SYVC, which one? _____
Kokio Sivananda jogos centro nariu esate?/Czy jest Pan/i członkiem SYVC. Którego?/Членом какова Центра Йоги Шивананды являетесь?

Reasons for wanting to attend course? _____
Kodėl norite dalyvauti kursuose?/Dlaczego chce Pan/i uczestniczyć w kursie?/С какой целью хотите пройти курсы?

Uniform Size: Small Medium Large Xlarge **Knowledge of English:** good moderate little none
Uniformos dydis: Mažas Vidutinis Didelis Labai didelis Anglų kalbą moku: gerai vidutiniškai šiek tiek nemoku
Rozmiar stroju: S M L XL Znajomość jęz. Angielskiego: dobra średnia podstawowa brak
Размер униформы: Маленький Средний Большой Очень Большой Знаю английский: хорошо средне плохо не знаю

Preferred accommodation (see brochure) _____
Pageidaučiau įsikurti (žr. lankstinuką)/Zakwaterowanie (zobacz broszura informacyjna)/Предпочитаю размещение (см. буклет)

PLEASE SIGN RULES ON REVERSE

Prašome pasirašyti, kad susipažinote su kitoje lapo pusėje esančiomis taisyklėmis/Prosze podpisac się pod regulaminem na odwrocie/Подпишитесь, пожалуйста, под правилами на обратной стороне

Photo
Nuotrauka
Фото
Zdjęcie

General Rules for the Teachers' Training Course

In order to keep a clean and pure atmosphere in the teaching venue, 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 course director. Frequent absence may lead to expulsion from the course.
2. Alcohol, tobacco, meat, fish, eggs and coffee are prohibited on the 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 teaching venue. If you get to know about others keeping, taking or distributing drugs, you are obliged to report this to the course director immediately.
3. The teaching venue is not a club or vacation resort. Your conduct – private and public – should enhance the spiritual atmosphere of the teaching venue. Do not waste your prana (vital energy) in fruitless activities.
4. If you wish to leave the teaching venue (except short trips to the nearby villages), especially overnight, the course director has to give permission.
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. No nude bathing.
7. Silence on the premises after 10:30 p.m.
8. Rules for conduct in the meditation hall: The atmosphere should be kept especially pure here. At least hands, feet and face must be clean. No unnecessary talk. This location is for meditation and prayers.
9. Music is not allowed on the premises. No mobile phones allowed in yoga classes, Satsangs or lectures.
10. Photography, audio and video recording: Please do not take photographs using flash. Any publication of pictures which were taken during activities of the Sivananda Yoga Teachers' Training Course and/or represent any of the teachers and staff of the Sivananda Yoga Vedanta Organization requires previous written authorisation of the Sivananda Yoga Vedanta Organization as well as written authorisation of individuals shown on the picture(s). Audio and video recording of the activities of the Sivananda Yoga Vedanta Organization are not permitted.
11. In order to avoid fire hazards, incense and candles are only allowed in the meditation hall. No camp fires!
12. **Cancellation policy**

Cancellation before the start of the course: Within 14 days of the date when the course confirmation was sent: You have the right to withdraw your reservation for the Yoga Teachers' Training Course, without giving a reason, within 14 days of the date when the confirmation was sent. The withdrawal must be made in writing or verbally towards the organizers of the Teachers' Training Course in Poland, per email poland@sivananda.net, or phone ++49 30 85 99 97 98. You can (but don't need to) use the WITHDRAWAL FORM (attached to the acknowledgement email). The withdrawal is considered timely if the declaration is submitted within the period specified. If you withdraw the booking, we will refund payments immediately or latest 14 days from the date on which you submit the withdrawal.

Cancellation more than 14 days after the date when the course confirmation was sent: We will refund your original payment minus an administration fee of 50 euros.

If the booking for the course is received within the last 14 days before the start of the course, you waive the 14-day right of withdrawal. This waiver of the right of withdrawal will be signed upon arrival in Ustka.

If you do not show up at the course and do not contact us, no refund will be issued.

If you would like to change your booking to another course, a 50 euro administration fee will be charged. You can change to any course at a Sivananda Yoga Center or Ashram in Europe or Rudraprayag.

Early departure from the Teachers' Training Course in Ustka: Within the first 3 days: we will refund your original payment minus an administration fee of 300 euros. After 3 days: No refund will be given. 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.

13. The Sivananda Yoga Vedanta Centres suggest that you refrain from any type of sexually oriented behaviour. Please adapt your dress to the atmosphere at the teaching location: Loose-fitting clothing.

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 Centers 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.

Terms of Payment:

Please send your application form to: Sivananda Yoga Zentrum, Schmiljanstr. 24, 12161 Berlin. The registration is valid with a deposit of 300 €. Balance is due four weeks before the beginning of the course. Please pay the course fees to the following account: Sivananda Yoga Vedanta Centre, Deutsche Bank Berlin (name of the bank), IBAN: DE 97 1007 0024 0830 0204 00. BIC: DEUTDE33HAN. The price includes the examination fee, administrative costs, teaching, room and board, two sets of yoga clothing and a teacher's manual.

Airport and/or train station transfers are not included. Prices are calculated in euros; therefore any dollar fluctuations have no impact. It is recommended to sign a travel health insurance policy at your travel agent.

Translation system

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

The one-time rental fee for the radio receiver is 20 €. You can bring your own headset with normal disc man jack or buy one for approx. 10 € at the course location.

Please acknowledge with your signature:

I hereby agree that I have read the rules of the Sivananda Yoga Vedanta Organization. I agree to abide by these rules and will be present at all activities. I am fully responsible for myself and my personal belongings. The decision to participate in the activities is my own and is my own responsibility. I understand that the fee will under no circumstances be refunded in cash. In addition I agree that I will not hold the Sivananda Yoga Vedanta Organization responsible for any personal loss, accident or any other damage that might result from my participation in the activities.

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