



# INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRE

Postures \* Breathing \* Relaxation \* Diet \* Meditation

45 - 51 Felsham Road, London SW15 1AZ Tel: 020 8780 0160

email: londonttc@sivananda.net • www.sivananda.co.uk • www.sivananda.eu

## LONDON RESIDENTIAL COURSES APPLICATION FORM

Date of Application: \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  M  F

Address \_\_\_\_\_

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

Tel (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M) \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Illnesses \_\_\_\_\_ Prescribed Medication \_\_\_\_\_

(Photo)

### Emergency Contact:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

How did you here about the course? \_\_\_\_\_

### Courses: (please tick)

- Stress Management (Diploma Course) with Swami Jyotirmayananda
- Yoga Vedanta Diploma (Diploma Course) with Swami Kailasanananda, Yoga Acharya
- Yoga Psychology and Positive Mental Health (Diploma Course) with Dr. Uma Krishnamurti
- Raja Yoga Sutras of Patanjali (Diploma Course) with Swami Durgananda, Yoga Acharya
- Yoga Anatomy (Certificate Course) with Madhava

### Tuition Fee for Residential Diploma Courses: (please tick)

- Dorm 1 £410  Dorm 2 £455  Shared £495  Double Room £535

### Tuition Fee for Residential Certificate Courses: (please tick)

- Dorm 1 £310  Dorm 2 £355  Shared £395  Double Room £435

### Tuition Fee for non Residential Courses: (please tick)

- Diploma Course £350  Certificate Course £250

A payment of £ \_\_\_\_\_ is enclosed

Payment can be made by bank draft, money order, personal cheque, credit or debit card (Mastercard/Visa/Switch).  
Balance is due four weeks prior to start of course.

# SIVANANDA YOGA VEDANTA CENTRE

## General Rules: Residential Courses

For any questions please contact: [londonttc@sivananda.net](mailto:londonttc@sivananda.net)

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

- 1 Attendance at all classes, lectures, morning and evening meditations is mandatory.
- 2 Alcohol, tobacco, meat, fish, eggs and coffee are prohibited on the Centre 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 centre. If you come to know about others keeping, taking or distributing drugs you are obliged to report this to the principal of the course immediately.
- 3 A Yoga Centre is not a club or vacation resort. Your conduct – private or public – should enhance the spiritual atmosphere of the Centre. Do not waste your prana (vital energy) in fruitless activities.
- 4 Please do not leave the Centre between 8pm 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 do one hour of Karma Yoga per day.
- 6 Please respect silence in the Centre after 10pm.
- 7 Rules for conduct in temples and meditation halls: The atmosphere should be kept pure in these locations in particular. At least hands, feet and face must be clean. No unnecessary talk. These locations are for meditation and prayer.
- 8 Music is not allowed in the centre.
- 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 **Cancellation Policy:** Cancellation before the course commences – a credit note or refund for the amount paid less an administration fee of £50 will be issued. Cancellation during the course – there will be no refunds issued for cancellations after the course commences. A credit note for the remaining days of the course minus an administration fee of £50 will be issued. Credit notes are not transferable, valid for 1 year and can be used in all Sivananda Yoga Centres or Ashrams. *Please note:* Credit notes cannot be used for boutique purchases.
- 11 If you have any medical concerns, please let us know when you enrol for the course.
- 12 Please adapt your dress to the Centre atmosphere. Please wear loose clothing with covered shoulders and legs.
- 13 The Sivananda Yoga Vedanta Centre suggest that you refrain from any type of sexually oriented behaviour.

### Terms of Payment:

Please complete the application form signed, dated and return with a £50 deposit. The remaining balance is due 2 weeks prior to the course start date. The course fee covers administration costs, tuition, meals and accommodation. Payments can be made as follows:

### Certified cheque

Please post to Sivananda Yoga Vedanta Centre, 45 – 51 Felsham Road, London SW15 1AZ.  
Cheques should be made payable to Sivananda Yoga Vedanta Centre.

### Bank transfer

Sivananda Yoga Vedanta Centre  
The Royal Bank of Scotland  
Account no. 10182392  
Sort Code: 160038  
IBAN: GB28RBOS16003810182392  
BIC (Swift): RBOSGB2L

### Credit card

Visa or Mastercard plus 2% charge. Please call the Centre with your credit card information. Tel. +44 (0)20 8780 0160

### 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 teaching of Swami Sivananda and our teacher and Guru Swami Vishnudevananda. Accordingly, the Sivananda Yoga Vedanta centres of Europe prohibit all staff from engaging in sexually suggestive remarks and gesturing as well as 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 European Sivananda Yoga Vedanta Centres 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 Acharyas in order for corrective action to be undertaken without delay. Complaints made to an Acharya 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 Centre liable for any personal loss, accident or any other damage which might result from your stay at the Centre.*

I hereby agree that I have read the rules of the Sivananda Yoga Vedanta Centre and 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 Centre 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 applicants under 18 years of age)