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श्री दिव्य जिवन सांस्कृतिक संघ  
SHRI DIVYA JIVAN SANSKRUTIK SANGH  
Trust Reg. No. (1) F-537 (2) Guj. -452

## Yoga Teacher Training Course

Yoga Teacher Training Residential Course has been arranged at Sivananda Ashram, Ahmedabad from 18th May 2005 to 7th June 2005. Necessary instructions are as under:

1. The age of the participant should be from 20 to 40 years.
2. Those who have undergone the training of Yogasan and Pranayama, who desire in future to train others in this field or who are interested for their personal Sadhana are requested to fill up the form and send at the Ashram address.
3. (i) This training will include the practice of Yogasans, Pranayams, Meditation, Kriyas, Mudras, Bandhas, Shankh-Prakshalan and Yoganidra etc., (ii) Expert Teachers will teach Ashtang Yoga of Patanjali, different types of Yogas, Anatomy and Physiology of the body.
4. Application form as per format is to be filled and submitted for admission.
5. During the training period the dress code for a lady will be white Salwar-Kameez/ trouser and top and for a man will be white Kurta(Jhabha)-Payjama/pant and shirt.
6. Please bring with you coverlet and carpet for Asanas and all necessary routine things of daily use. Please don't bring mobile with you.
7. Yogadan for the training camp for an Indian student is Rs. 5000/- and for a foreign student US\$ 125/-. It includes arrangement of education, lodging and boarding. The payment is to be made on or before 10th May 2005 by Cash/Chq./ D/D. favouring "Sri Divya Jivan Sanskrutik Sangh" Ahmedabad, along with the form. Foreign students may pay Yogadan after their arrival at Ashram.
8. The admission to the course will be according to the merits and aptitude of the applicant. If you are admitted to the course, you are requested to join on 18th May 2005 between 4 to 6 p.m. at Sivananda Ashram, Jodhpur Tekari, Ahmedabad, with your daily necessities. The course will be over on 7th June 2005 after 4.00 p.m..
9. If a participant is disqualified on the ground of discipline of the course or any other reason he will have to leave the course midway and the amount of Yogadan will not be paid back.
10. There will be Theory and Practical exams. After successful completion of the course Gujarat University recognised Certificate will be given.
11. The sole purpose of this training course is to promote healthy mind and healthy body to the future generation in particular and mankind in general. We earnestly try to seek the grace of God by our honest efforts.

- YOGA A WAY OF LIFE

Secretary, Sri Divya Jivan Sanskrutik Sangh



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**Yoga Teacher Training Course**  
Application Form

(1) Name: .....  
(Surname) (Name) (Middle Name)

(2) Address: .....  
.....

(3) Phone: (R) ..... (O) ..... (Fax) .....  
Mobile: ..... Email: .....

(4) Age with Birthdate: ..... (5) Education: .....

(6) Profession: .....

(7) Previous knowledge of yoga if any: .....  
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(8) Experience in teaching yoga if any: .....  
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(9) Languages known: .....

(10) Hobbies: .....

(11) Have you any addiction (if yes please mention)? (Tobacco in any form is prohibited during stay): .....

(12) State if you suffer from any illness? If so give details of illness and medical treatment etc.: .....

(13) Have you your spiritual guru? If yes please mention the name. : .....

(14) Are you connected with any spiritual social institute? If so state the nature of your service. : .....

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I have read all these instructions. I join this course with the attitude of a sadhak and I will be strictly following the rules, regulation and discipline of the Teacher Training Programme and Ashram. Kindly enrol me for the course and oblige. Herewith I submit my fees Rs. 5000/- or US\$ 125/- for the course in Cash/ Chq. or D/D. No..... Dt. .... drawn on .....(Bank) in favour of "Shri Divya Jivan Sanskrutik Sangh" payable at Ahmedbad. Fees once paid will not be refunded in case I leave the course midway or am disqualified on the ground of breach of discipline of the course.

.....  
Signature of form recipient and date

.....  
Signature of the applicant



**SHRI DIVYA JIVAN SANSKRUTIK SANGH, SIVANANDA ASHRAM,**  
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Email : sivanandad1@sancharnet.in & sivananda\_ashram@yahoo.com Website: www.divyajivan.org