



Sri Divya Jivan Sanskrutik Sangh

34TH YOGA TEACHER TRAINING COURSE

34th Yoga Teacher Training Residential Course will be conducted at Sivananda Ashram, Ahmedabad from 11th May 2015 to 30th May 2015. Necessary instructions are as under:

1. The age of the participant should be above 21 years.
2. **Those who are graduates and have undergone the training of Yogasana, Pranayama and actively practice Asanas and Pranayama for last 6 months (*should be well versed with basic yoga postures*)** or interested in this training for their personal Sadhana are requested to fill up the form and send the same to Ashram address.
3. The entire training course will be conducted in English.
4. (i) This training will include the practice of Yogasana, Pranayama, 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 human body.
5. Application form as per format is to be filled up and submitted for admission. All students are requested to submit a photocopy of their passport/photo identity along with the form.
6. 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 (Jubba)-Payjama /pant and shirt.
7. Please bring with you coverlet and carpet for Asanas and all necessary routine things of daily use. Usage of MOBILE during the class hours (i.e. 5:30 am to 09:30 pm) is strictly prohibited.
8. Fee for the training camp for an Indian student is Rs. 10000/- and for a foreign student US \$ 350/-. This will include arrangement of education, lodging and boarding. The payment is to be made on or before 5th May 2015 by Cash/Chq./ D/D. favouring "Sri Divya Jivan Sanskrutik Sangh" Ahmedabad, along with the form.
9. **The admission to the course will be strictly according to the merits and aptitude of the applicant.** If you are admitted to the course, you are requested to report on 10th May 2015 before 06.00 p.m. at Sivananda Ashram, Jodhpur Tekari, Ahmedabad, with your daily necessities. The course will be over on 30th May 2015 by 6.00 p.m.
10. If a participant is disqualified on the grounds of discipline or any other reason he will have to leave the course midway and the fee will not be refunded.
11. There will be Theory and Practical exams. After successful completion of the course Certificate recognized by Gujarat University will be issued.
12. The sole purpose of this training course is to promote healthy mind and healthy body in 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

Sri Divya Jivan Sanskrutik Sangh

[Trust Reg. No. : (1) F-537 (2) Guj - 452]

Sivananda Ashram, Jodhpur Tekra, Ahmedabad 380 015.

Ph.: 079-26861234 Telefax: 079-26862345

Website : www.divyajivan.org ~ Email: sivananda_ashram@yahoo.com





Sri Divya Jivan Sanskrutik Sangh

SIVANANDA INSTITUTE OF VEDANTA & YOGA ACADEMY

APPLICATION FORM

34TH YOGA TEACHER TRAINING COURSE

(11TH MAY 2015 TO 30TH MAY 2015)

(1) Name: Mr./Mrs./Miss: _____

(2) Address: _____

(3) Phone: (R) _____ (O) _____ (Fax) _____

Mobile: _____ Email: _____

(4) Birth Date: _____ (5) Sex: Male / Female (6) Marital Status: _____

(7) Education: _____ (8) Profession: _____

(9) Languages known: _____ (10) Hobbies: _____

(11) Previous knowledge of yoga if any: _____

(12) Experience in teaching yoga if any: _____

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

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

(15) Do you have spiritual guru? If yes, please mention the name. : _____

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

I have read all these instructions. I join this course with the attitude of a sadhak and I will be strictly following the rules, regulations and discipline of the Yoga Teacher Training Programme and Ashram. Kindly enroll me for the course and oblige. Herewith I submit my fees Rs. 10000/- or US \$ 350/- for the course in Cash/ Chq. or D/D. No. _____ Dt. _____ drawn on _____ (Bank) in favor of "Sri Divya Jivan Sanskrutik Sangh" payable at Ahmedabad. Fees once paid will not be refunded in case I leave the course midway or disqualified on the ground of breach of discipline of the course.

Signature of form recipient and date

Signature of the applicant



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