Yoga Teacher Training Course

Yoga Teacher Training Residential Course has been arranged at Sivananda Ashram, Ahmedabad from 21st December 2006 to 10th January 2007. 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 20th April 2006 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 21st December 2006 before 9.30 a.m. at Sivananda Ashram, Jodhpur Tekari, Ahmedabad, with your daily necessities. The course will be over on 10th January 2007 after 6.00 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
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: .....................................................................................

................................................................................................................................................

(8) Experience in teaching yoga if any: .....................................................................................

................................................................................................................................................

(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. : .......................................................... ..........................................................

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.

<table>
<thead>
<tr>
<th>Signature of form recipient and date</th>
<th>Signature of the applicant</th>
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SHRI DIVYA JIVAN SANSKRUTIK SANGH, SIVANANDA ASHRAM,
Jodhpur Tekra, Sivananda Marg, Ahmedabad 380015. Ph.: 079-26861234 Telefax:079-26862345
Email: sivananda11@sanchamet.in ● sivananda_ashram@yahoo.com ● sivanandashram@gmail.com ● Website: www.divyajivan.org
YOGA SHIKSHAK TALIM MISHIR (YOGA- TEACHER TRAINING PROGRAM)

- SHRI DIVYA JIVAN SANSKRUTIK SANGH, SIVANANDA ASHRAM, Jodhpur Tekra, Sivananda Marg, Ahmedabad 380015. Ph.: 079-26861234 Telefax: 079-26862345 Email: sivanandad1@sancharnet.in • sivananda_ashram@yahoo.com • sivanandaashram@gmail.com • Website: www.divyajivan.org

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

- YOGA AND YOGA-TEACHER TRAINING PROGRAM

1. (1) 20 weeks 40 hours per week

2. (2) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

3. (3) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

4. (4) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

5. (5) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

6. (6) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

7. (7) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

8. (8) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

9. (9) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

10. (10) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.

11. (11) A full-time Yoga teacher training program in Pranayama, Asana, and Meditation.
योग शिल्पक तालिम शिष्य (योग टीचर ट्रेडिंग प्रोग्राम)

आवेदन पत्र

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<tr>
<th>नाम</th>
<th>(अंक)</th>
<th>(स्थान)</th>
<th>(पिता- पतिनूँ नाम)</th>
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1. नाम:- .................................................................

2. सर्वाचें:- ............................................................

3. कोट(घर):- ......................................................... (आ)-.......................... खेल:-..........................

4. उमर(जन्मतारीख साथे):- ........................................... प. स्थ(पुराण):- ..................................

5. आयुर्वेद:- ......................................................... 7. अवसाद:- .........................................................

6. आपूर्द्ध योगावधाय शिष्य छोड़ तो तेनी विगत:- ...............................................................

7. आपूर्द्ध योगावधाय शिष्य पूर्ण तो तेनी विगत:- .................................................................

8. एक, दो भाषाओं तथा बखाड़े छौँ?:- .................................................................

10. तमारा शोष शुं छैँ? :- .................................................................

12. तमारा कोई व्यसन छोँ? शुं? :- .................................................................

13. तमारे कोई भीमारी छोँ? शुं? तेनी सार्वाच-दवा बनेने निवज्त जागावजी जड़ौँ छोँ? :- .................................................................

14. तमारा आध्यात्मिक गुरु छ्याँ? शुं छैँ? :- .................................................................

15. कोई आध्यात्मिक के सामाजिक संस्थासाथे ट्रेडिंग छोड़ देऊँ? कठी सेवा तथा भजन छोड़ देऊँ? :- .................................................................

आ योगावधाय शिष्यमां हुं साधकमावधी छेड़ौँ, अनेक आध्यात्म सन हरिमिथान अनुशासनमुँ धार्मि, शिष्यमां भर्से ज नियमो में भांव्य हे अनेक मनसे ते मंजूर छे. आ साथे योगावधाय पेटे 3. 5000/- पूरा जमा कराउं छुँ.

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<th>शिष्याचीशी निही</th>
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