



Sri Divya Jivan Sanskrutik Sangh

SIVANANDA ASHRAM, AHMEDABAD 44th YOGA TEACHER TRAINING COURSE

44th Yoga Teacher Training Residential Course will be conducted at Sivananda Ashram, Ahmedabad from 11th December 2019 to 30th December 2019. 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*). Candidate has to give entrance test or send video clips of his/her Yogasan performance, after finding their performance up to the mark than only admission will be given.
3. The entire training course will be conducted in English and of 200 Hrs.
4. (i) This training will include the practice of Yogasanas, Pranayama, Meditation, Kriyas, Mudras, Bandhas, Shankprakshalan (total cleansing of Elementary Canal) and Yoganidra etc., (ii) Expert Teachers will teach basic knowledge of Bhagavad Gita, Philosophy of Patanjali Yoga Sutra, Anatomy and Physiology of the human body, Philosophy & Psychology of Yoga, Science of Natural Healing Reiki and Ayurveda & Sanskrit as well
5. 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 in theory class for a lady will be white Salwar-Kameez/ trouser and top; and for a man will be white Kurta (Jubba)-Payjama/pant and shirt, whereas during Yoga Practical they may have color clothes.**
7. Please bring with you yoga mat 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. 20,000/- and for a foreign student US\$ 500/-. This will include arrangement of education, lodging and boarding. The payment is to be made on or before 05th of December 2019 by Cash/Chq./ D.D. favoring "Sri Divya Jivan Sanskrutik Sangh" Ahmedabad, along with the form.
9. If you are admitted to the course, you are requested to report on 10th of December 2019 before 06.00 p.m. at Sivananda Ashram, Jodhpur Tekari, Ahmedabad, with your daily necessities. The course will be over on 30th December 2019 by 8.00 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



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

Secretary, Sri Divya Jivan Sanskrutik Sangh

SIVANANDA INSTITUTE OF VEDANTA & YOGA ACADEMY

APPLICATION FORM

44TH YOGA TEACHER TRAINING COURSE

(11TH OF DECEMBER 2019 TO 30TH OF DECEMBER 2019)

(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) Details of previous knowledge of yoga _____

(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 seekers of truth 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 fees Rs. 20,000/- or US\$ 500/- 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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