

SIVANANDA YOGA CENTRE, GURGAON
Postures • Breathing • Relaxation • Diet • Meditation

SIVANANDA YOGA CENTRE, GURGAON M13/23, DLF PHASE II. GURGAON HARYANA 122003, INDIA. +919810645850
EMAIL : YOGASHOWSTHEWAY@YAHOO.COM

APPLICATION FOR CHILDREN AND PARENTS YOGA RETREAT (YR)

COURSE LOCATION: _____

START DATE: _____

CHILD: BOY GIRL AGE _____ FULL NAME: _____

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ACCOMPANYING PARENT (PLEASE FILL IN COMPLETE DETAILS FOR BOTH PARENTS IF TWO ARE ACCOMPANYING):

NAME: _____

DATE OF BIRTH: _____ MARITAL STATUS: _____

ADDRESS: _____

CITY/PROV/STATE _____ COUNTRY: _____ ZIP/POSTAL CODE: _____

PHONE (M): _____

NATIONALITY: _____

E-MAIL: _____

EDUCATION/SKILLS: _____

OCCUPATION: _____ LANGUAGE(S): _____

ILLNESSES (IF ANY): _____

PRESCRIBED MEDICATION _____

EMERGENCY CONTACT:

NAME: _____ PHONE _____

ADDRESS: _____

RELATIONSHIP/OTHER DETAILS: _____

HISTORY WITH SIVANANDA YOGA CENTRES :

ARE YOU A MEMBER OF THE SIVANANDA YOGA CENTRE, GURGAON? _____

REASON FOR ATTENDING THIS COURSE: _____

PAYMENT INFORMATION - OFFICE USE ONLY

AMOUNT: _____ DATE: _____ RECEIPT NO: _____ PAID AT: _____

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SIVANANDA YOGA CENTRE, GURGAON/ POPS HOTEL, PALAMPUR ROAD, DHARAMSALA (CALLED ASHRAM FOR THE PURPOSE OF THE RETREATS) - ASHRAM RULES AND AGREEMENT:

1. Absolutely no drugs are to be taken or distributed on or off the premises of the Ashram. Any knowledge of anyone involved in the use, possession or distribution of drugs must be reported to the Course Director immediately. Drug abuse in general is a detriment to one's psychic body and consequently is forbidden for anyone participating in the yogic disciplines.
2. Absolutely no alcohol, tobacco, meat, fish, or eggs are allowed on the Ashram premises.
3. The Ashram is not a social club or resort. The participants' behavior and attitude, both in private and public should respect that of Indian culture and should act to enhance the spiritual atmosphere of the Ashram. Celibacy should be kept whilst staying at the Ashram. Physical displays of affection are not condoned. Strict observance of the Ashram Dress Code and Dharma should be maintained at all times. Public nudity is forbidden.
4. Attendance and full participation in the daily scheduled classes for the entire programme, and satsangs daily, are mandatory. If for any reason you must be absent from any part of the daily schedule, a prior notice must be given to the Course Director. Karma Yoga is an integral part of the yoga programme. It is a very practical approach for the participant to help eliminate egoistic and selfish tendencies. At least 1 hour of Karma Yoga is required of each participant every day.
5. Any absences from the Ashram, particularly overnight excursions for retreat participants, must be cleared by the Director before leaving the Ashram.
6. The playing of loud music in public areas is not allowed in the Ashram. Any music played should be of Sattvic nature and not disturb others. Noise or loud talking after 10:00 pm is not permitted.
7. Any deposit submitted with the application is an administration fee and is neither refundable nor adjustable. Retreat donations must be paid in full 10 days prior to the programme. There is no refund of the programme fee if you cancel once the retreat begins, or if you leave during the programme. Kindly go through the cancelation policy in the details pdf.

As a Course Participant of the Sivananda Yoga Centre, Gurgaon, I do hereby agree to participate in all activities. I assume full responsibility for my personal property and myself and will endeavor to make a genuine effort towards my own self-improvement according to the teachings. I am coming with an attitude of simple living and understand that the facilities cannot be compared to a spa or resort. Sivananda Yoga Centre, Gurgaon reserves the rights of admission. No refunds will be granted in this circumstance

SIGNED: _____ **DATED:** _____

“SERVE, LOVE GIVE PURIFY, MEDITATE, REALISE”

“HEALTH IS WEALTH. PEACE OF MIND IS HAPPINESS. YOGA SHOWS THE WAY.”