

Some guideline for participants of the One Month Yoga Teachers Training Programme

- All students are expected to be present on the date that the course commences.
- Attendance at each class is mandatory. Each student should be present on time at each class including the Parisamwadas at 7.20a.m., 11.30 a.m., 6.20p.m.,
- Every day of the week for the one month full time course the student is expected to participate in the time table from 6.30a.m. to 8.30p.m. There are no holidays except after lunch on Sundays
- Medical facilities are available on payment. The students can report to the office if not well so that appropriate care can be taken.
- No smoking, drinking of alcohol or use of illicit drugs are allowed.
- Clothes have to be decent and no shorts are allowed. The clothes can be loose shalwar Kamizorg kurtas or pants and tops. Please keep the lights, fans and geysers off when not in the room lights off at 10.00p.m.
- Simple vegetarian non spicy food will be served in the dining hall at the following times: Breakfast 8.00 a.m. to 9.00a.m., Lunch 12.00 noon to 1.30p.m., Tea and snacks 4.00 p.m. to 5.00 p.m., Dinner 7.30 p.m., to 8.30p.m. No outside food is allowed except fruits which can be bought. In case a participant is not going to have a meal or meals on a certain day, the office should be informed in writing please.
- The office should be informed if the student leaves the campus for sometimes. If going out on Sunday evenings one should return by 8.00p.m.
- The students of opposite sexes will not enter each others rooms.
- For reimbursement of tickets the traveling tickets have to be produced all the travel documents have to be intact plus three passport size photographs. Complete attendance in all the classes and on completion of the requirements certificates will be granted.
- Karma Yoga has to be practiced and students have to keep their rooms, toilets and lobbies of the living areas clean. There will be a time allotted for helping with the kitchen and cleaning work daily for one hour. This helps to build an ashmram like atmosphere of cooperation and friendliness.
- Passport and extra valuables including currency should be kept in the office in an envelope for safe keeping.
- Bed linen will be changed once a week unless in emergency. Sheets, pillow cases blankets, mosquito nets are provided students are expected to bring their own towels please.
- Participants in the teacher training programmes should have a working knowledge of either Hindi or English.
- Yoga is an experiential science. It's aim is to discipline and control the whole personality so that spirituality is manifested. Let us all work together towards that goal.